



Sue Owens

LEARNING AND GROWING TOGETHER

I am pleased to share our Spring Catalog, packed with exciting new activities alongside your favorite classics.

Research shows that travel and hobbies improve our well-being, and this season you'll discover unique travel options and fresh takes on traditional crafts.

We are adding chair cardio to our stretch and flex, and chair yoga to help maintain health and mobility.

Along with bridge and cribbage, you can enjoy outdoor fun with cornhole and disc golf.

Exploring the science behind brain health will inspire healthy choices, while technology classes and creative ways to manage food enhance daily life and stretch the budget.

Change is constant and by building resilience through curiosity, activity, and connection, we create a stronger, healthier community for ourselves and one another.

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zoom

*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.*

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KJ Wingert / Photography by KJ

FOODS OF PERU AND BOLIVIA

We continue our South American Cuisine Adventure with **Chef Michael Gasaway** exploring the foods of Peru and Bolivia.

Participants will delve deeper into the vibrant and diverse cuisines of Peru and Bolivia. From the coastal ceviche dishes of Peru to the hearty stews of Bolivia, students will explore the unique flavors and ingredients that define these two South American countries. Through cooking demonstrations, participants will learn about the rich culinary traditions of Peru and Bolivia and gain the confidence to recreate these delicious dishes at home. Join us on this culinary journey as we discover the bold and mouthwatering flavors of Peru and Bolivia.

**Thursday, March 19;
6 to 8 p.m.**

LOCATION Applied Technology Building,
Room D201, Entrance 14, Parking Lot 4
FEE \$35
MEMBERSHIP Required
COURSE #26/FY-CPDV-3041-02

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 hand-picked and guided by Chef Gasaway. Make sure you eat a light meal ahead of time to save room for tasting an unexpected delight.

**Tuesday, April 7;
6 to 8 p.m.**

LOCATION Applied Technology Building,
Room D201, Entrance 14, Parking Lot 4
FEE \$35
MEMBERSHIP Required
COURSE #26/FY-CPDV-3042-01

SOUTHWEST CHICKEN PASTA CASSEROLE

By Brenda Wright

Photo by Sarah McSweeney
food styling: Mara Hall / WITCC



prep: 25 minutes | cook: 40–45 minutes | serves: 8–10 people

This is a recipe I put together one night with things I had in my freezer and pantry.

It turned out really good and now it's a favorite. I hope you enjoy! — BRENDA

INGREDIENTS

- 1 pound boneless chicken breasts
- 1 small can green chiles
- 1 small can green enchilada sauce
- 1 can diced tomatoes with green chiles
- 2 + 1 tablespoon taco seasoning
- 1 pound cooked pasta
- 1 bag frozen corn or 1 can drained corn
- 1 can black beans (rinsed and drained)
- 10–12 oz shredded cheddar cheese

INSTRUCTIONS

1. Preheat oven at 350°. Spray 9x13 casserole dish with non-stick spray.
2. Cube chicken breasts and put in plastic bag.
3. Add 2 tablespoons taco seasoning and shake to coat chicken; put in dish.
4. Add chiles, enchilada sauce, diced tomatoes, 1 tablespoon taco seasoning, cooked pasta, corn, and black beans to dish. Stir until combined.
5. Top with shredded cheese.
6. Bake 40–45 min or until chicken is cooked through.
7. Top with tortilla strips and sour cream or your favorite toppings.

enjoy!

KJ Wingert / Photography by KJ



WINTER SOUP MEAL PREP

Step into the kitchen of **Brenda Wright**, from Brenda’s Baking Company, and learn how to prepare and freeze three different types of soup. A master of organization and time management, Brenda offers tips to help you streamline cooking. Indulge your family with the warmth of homemade soup after a busy winter day.

Tuesday, March 31;
6 to 7:30 p.m.

LOCATION Zoom
FEE \$15
MEMBERSHIP Required
COURSE #26/FY-CPDV-3440-02

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

JAR GIFTS

Show your appreciation for friends, family, and coworkers with a thoughtful homemade gift. Join **Brenda Wright** from Brenda’s Baking Company as she guides you through creating a variety of fun and flavorful gift jars—perfect for holidays, special occasions, or just because. Brenda will share creative ideas and packaging tips to make your gifts look as great as they taste.

A supply list will be emailed before class, and you will have some gift jars ready to share!

Thursday, February 5;
6 to 7:30 p.m.

LOCATION Zoom
FEE \$15
MEMBERSHIP Required
COURSE #26/FY-CPDV-2114-01

FREEZER MEALS CASSEROLES

Join **Brenda Wright** from Brenda’s Baking Company and learn how to make three casseroles that freeze well and are ready when you need a quick, tasty meal. Brenda will share simple tips to help you stay organized in the kitchen and make weeknight dinners easier. Enjoy the comfort of a homemade casserole without the last-minute rush.

Tuesday, February 24;
6 to 7:30 p.m.

LOCATION Zoom
FEE \$15
MEMBERSHIP Required
COURSE #26/FY-CPDV-2116-01

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

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, April 16;
6 to 7 p.m.**

LOCATION Zoom

FEE \$15

MEMBERSHIP Required

COURSE #26/FY-CPDV-3444-02

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



CREATE YOUR OWN SALAD DRESSINGS

Discover the joy of fresh, flavorful salad dressings made right at home. Join **Brenda Wright** of Brenda's Baking Company for a fun and interactive Zoom class where you'll learn how to whisk, blend, and shake up delicious vinaigrettes and creamy dressings using everyday ingredients. Explore classic favorites and creative new combinations that will elevate any salad. Participants will receive recipes and tips to continue experimenting in their own kitchens.

**Tuesday, April 28;
6 to 7:30 p.m.**

LOCATION Zoom

FEE \$15

MEMBERSHIP Required

COURSE #26/FY-CPDV-2117-01

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

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, May 7;
6 to 7:30 p.m.**

LOCATION Zoom

FEE \$15

MEMBERSHIP Required

COURSE #26/FY-CPDV-2118-01

***A grocery list will be emailed 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 2 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, February 11

COURSE #26/FY-CPDV-3460-02

SESSION B

Wednesday, April 22

COURSE #26/FY-CPDV-3460-03



'Embracing Spring!' by Randi Mackey / Photo courtesy of Randi Mackey

SPRING WATERCOLOR PAINTING

Paint a charming spring scene featuring a small woodland animal nestled among fresh flowers with **Randi Mackey**. Using watercolor layering and blending techniques, we'll build from the lightest washes to the medium and darkest values, creating vibrant highlights and soft natural shadows. This delightful project is designed for all levels of experience.

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 fur 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 member of the Iowa Watercolor Society Signature. 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, April 4, 11, 18, and 25;
9 a.m. to noon**

LOCATION Gaylord Smith Bldg., Art Studio, Room C129

FEE \$75 (includes materials)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2615-02

COLORED/PASTEL PENCILS: HUMAN PORTRAIT

Randi Mackey will teach an advanced beginner/intermediate portrait class in colored pencil. If you are adventuresome and have always wondered about portrait drawing, this class is for you. Her teaching style is easy-going, with demonstrations before you get into the drawing, with lots of one-on-one attention, having fun while practicing, and teaching new skills. No drawing skills are required, as she will use a minimal-trace outline of this adorable face. There will be some written tutorials to help you follow along. All drawing materials are supplied, but you will want to bring a smooth board to hold an 8 x 10" paper because the tables are too rough to use as support. A clipboard slightly larger than the 8 x 10" size works great.

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, April 4, 11, 18, and 25;
12:30 to 3:30 p.m.**

LOCATION Gaylord Smith Bldg., Art Studio, Room C129

FEE \$75 (Includes materials)

MEMBERSHIP Required

COURSE #26/FY-CPDV-3014-02



Catelin Drey / Shirley Chic Photography

BRIGHTEN YOUR HOME WITH MACRAMÉ MAGIC

Join **Carolyn Hauptmann** for a fresh take on a beloved craft! Spring brings the perfect opportunity to infuse your space with vibrant, handmade decor.

In our beginner class, you will create a beginner plant hanger and spring-inspired projects, all designed to add a touch of nature-inspired beauty to your home.

Please bring a plastic pot no larger than 5" high and 6" in diameter to help size your plant hanger. All other materials are provided.

**Saturdays, March 21 and 28;
1 to 3 p.m.**

LOCATION Gaylord Smith Bldg.,
Art Studio, Room C129

FEE \$30

MEMBERSHIP Required

COURSE #26/FY-CPDV-3565-03

MOSAIC KNITTING

Discover the fun of mosaic colorwork with **Crystal Huls**. Learn how to add bold, graphic designs to a cozy hat or cowl using simple slip-stitch techniques. Participants should be comfortable with basic knitting skills, including the long-tail cast-on and the knit stitch.

**Mondays, March 30, April 6, 13,
20, 27, and May 4;
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 #26/FY-CPDV-2905-03

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

TAPESTRY CROCHET

Create your own custom tote bag with **Crystal Huls** using tapestry crochet techniques! Choose a design you love, and we'll help you turn it into a chart to crochet around your bag. An optional hard bottom insert adds extra structure. Participants should be comfortable with basic crochet skills, including the chain stitch and single crochet.

**Mondays, March 30, April 6, 13,
20, 27, and May 4;
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-2905-04



TAKING THE MYSTERY OUT OF SEED STARTING

Starting plants from seed gives you a lot more plant variety options than commonly found at your local garden center or big box store, and can save you a lot of money. Growing plants from seed is satisfying and lots of fun, but it can also be intimidating. The conflicting information about seed starting online can be confusing and misleading. At the end of this class, you will have the skills and confidence to start your own garden plants from seed.

Our expert instructor, **Laurie Taylor**, Iowa Master Gardener, owner of Living Treasures Flower Farm, and manager of Southdale Garden Center, starts thousands of plants from seed each year for her farm and Southdale. You will learn several methods of seed starting, what supplies are needed to successfully and inexpensively start seeds, Laurie's favorite seed sources, and many tips and tricks. At

the end of class, you will be able to take home your choice of future flower, veggie, or herb plants we started in class, plants Laurie has started before class, and/or packets of seeds.

**Thursday, February 19;
1 to 2 p.m.**

LOCATION Applied Technology Building, Room D202,
Entrance 14, Parking Lot 4

FEE \$10

MEMBERSHIP Required

COURSE #26/FY-CPDV-2121-01



LET'S GROW! CREATING A THRIVING CONTAINER GARDEN

Do you know that you can grow a garden without digging up your yard? Container gardens are perfect for people who want to grow flowers or food but are limited by space, have accessibility issues, or live in a place where a conventional garden isn't possible. Container gardens are also great for people who love to experiment with different plant combinations, try new plants, and like having the flexibility to move pops of color throughout the landscape.

Our expert instructor, **Laurie Taylor**, will walk you through the ins and outs of container gardening, including selecting the perfect container, the importance of soil mix, plant selection, maintenance, and more. Laurie is an Iowa Master Gardener, owner of Living Treasures Flower Farm, and Manager of Southdale Garden Center.

You will leave this class empowered and inspired to create your own container garden oasis. You will also enhance your skills to maintain a thriving container garden that will flourish all season.

**Tuesday, April 14;
1 to 2 p.m.**

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4

FEE No fee

MEMBERSHIP Not required

COURSE #26/FY-CPDV-2120-01

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 C

COURSE #26/FY-CPDV-3045-03
January 6, 13, 20, 27

SESSION D

COURSE #26/FY-CPDV-3045-04
February 3, 10, 17, 24

SESSION E

COURSE #26/FY-CPDV-3045-05
April 7, 14, 21, 28

SESSION F

COURSE #26/FY-CPDV-3045-06
May 5, 12, 19, 26

SESSION G

COURSE #26/FY-CPDV-3045-07
June 2, 9, 16, 23





FLOWER PRESSING WORKSHOP: FROM GARDEN TO GALLERY

Discover the timeless craft of flower pressing in this hands-on workshop with **Lindsay Meylor**, Horticulture Coordinator with Iowa State University Extension and Outreach. Learn how to preserve blooms and foliage from your garden as lasting works of art. Participants will assemble their own wooden flower press, practice pressing fresh flowers, and explore creative ways to display and use pressed botanicals in art and décor. All tools and materials are provided, and you'll take home a finished press and the skills to continue this relaxing and rewarding hobby.

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

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4

FEE \$35

MEMBERSHIP Required

COURSE #26/FY-CPDV-2115-01



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, 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.”

Thursday, April 9;
10:30 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE \$20

MEMBERSHIP Required

COURSE #26/FY-CPDV-2938-02

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



STAY INDEPENDENT - PLANNING AHEAD FOR FUTURE CARE

Planning now allows you to make decisions about future care that are based on your wishes. Learn about the basics of future care planning and preparing for medical appointments/events with **Carol Ehlers**, Human Sciences Specialist in Family Finance with Iowa State University Extension and Outreach. Explore tips for communicating with healthcare professionals and take home a packet of documents to help organize your medical history, key contacts, and community resources.

Tuesday, April 21;
11 a.m. to noon

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4

FEE \$10

MEMBERSHIP Required

COURSE #26/FY-CPDV-2933-01

BRAIN HEALTH

Healthy habits support healthy brains. Explore MIND diet recommendations for eating well, the importance of social connections, and activities to exercise the body and brain. The MIND diet stands for Mediterranean-DASH Intervention for Neurodegenerative Delay and combines recommendations from the Mediterranean and DASH diets. Learn which foods to enjoy more of and which ones to cut back on for a happier mind. But it's not just about what's on your plate. We'll also discuss the importance of staying connected with others and how social interactions can boost your brainpower. Join **Korissa Lassen**, a Nutrition and wellness specialist with Iowa State University Extension and Outreach, as we uncover the secrets to maintaining a sharp, resilient mind for years to come.

Thursday, April 30;
11 a.m. to noon

LOCATION Applied Technology Building Building,
Room D202, Entrance 14, Parking Lot 4

FEE \$10

MEMBERSHIP Required

COURSE #26/FY-CPDV-3052-01

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



Shane Monahan / Shane Monahan Photography

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 G

January 6, 8, 13, 15, 20, 22, 27, 29

COURSE #26/FY-CPDV-2244-07

SESSION H

February 3, 5, 10, 12, 17, 19, 24, 26

COURSE #26/FY-CPDV-2244-08

SESSION I

March 3, 5, (Campus Closed for Staff Development, March 10), 12, 17, 19, 24, 26, 31

COURSE #26/FY-CPDV-2244-09

SESSION J

April 2, 7, 9, 14, 16, 21, 23, 28, 30

COURSE #26/FY-CPDV-2244-10

SESSION K

May 5, 7, 12, 14, 19, 21, 26, 28

COURSE #26/FY-CPDV-2244-11

SESSION L

June 2, 4, 9, 11, 16, 18, 23, 25, 30

COURSE #26/FY-CPDV-2244-12

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

January 5, 12, 19, 26, February 2, 9

COURSE #26/FY-CPDV-2125-01

SESSION B

February 16, 23, March 2, (Campus Closed for Staff Development, March 9), 16, 23, 30

COURSE #26/FY-CPDV-2125-02

SESSION C

April 6, 13, 20, 27, May 4, 11

COURSE #26/FY-CPDV-2125-03

SESSION D

May 18, (Campus Closed for Memorial Day, May 25), June 1, 8, 15, 22, 29

COURSE #26/FY-CPDV-2125-04

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 E

January 7, 14, 21, 28, February 4, 11

COURSE #26/FY-CPDV-2792-05

SESSION G

February 25, March 4, 11, 18, 25, April 1

COURSE #26/FY-CPDV-2792-07

SESSION I

April 15, 22, 29, May 6, 13, 20

COURSE #26/FY-CPDV-2792-09

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

LOCATION Zoom

FEE \$25

MEMBERSHIP Required

SESSION F

January 8, 15, 22, 29, February 5, 12

COURSE #26/FY-CPDV-2792-06

SESSION H

February 26, March 5, 12, 19, 26, April 2

COURSE #26/FY-CPDV-2792-08

SESSION J

April 16, 23, 30, May 7, 14, 21

COURSE #26/FY-CPDV-2792-10



Shane Monahan / Shane Monahan Photography

LEARN TO PLAY CORNHOLE

Join **Mike Craig**, Student Activities Coordinator, once a week for four weeks of friendly competition and outdoor fun! Whether you're brand-new to cornhole or already know your way around the boards, this relaxed class is all about tossing beanbags, learning simple strategies, and enjoying a good time with others. We'll mix in skill-building challenges, team play, and plenty of laughs. Come toss, cheer, and have a blast each afternoon—no experience required.

Thursdays, April 2, 9, 16, and 23;
2 to 3 p.m.

LOCATION Dr. Robert E. Dunker Student Center Play Area,
Entrance 12, Parking Lot 3

FEE \$8

MEMBERSHIP Required

COURSE #26/FY-CPDV-2130-01

LEARN TO PLAY DISC GOLF

Discover one of the fastest-growing outdoor sports—disc golf. In this beginner-friendly, four-week class led by **Mike Craig**, Student Activities Coordinator, you will learn the basics of throwing techniques, rules of play, scoring, and course etiquette. Each session includes hands-on practice, fun challenges, and guided play on the course. All skill levels are welcome, and discs will be provided. Come enjoy fresh air, friendly competition, and a great way to stay active.

Thursdays, May 21, 28, June 4, and 11;
2 to 3 p.m.

LOCATION Disc Golf Course near KWI Radio Building

FEE \$8

MEMBERSHIP Required

COURSE #26/FY-CPDV-2135-01



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, March 2, 4, (Closed for Staff Development on March 9), 11, 16, 18, 23, 25, 30, April 1, 6, 8, 13, 15, 20, 22, 27, 29, May 4, 6, and 11;
11 a.m. to noon**

LOCATION Advanced Sciences Building, Room L304,
Entrance 4, Parking Lot 1

FEE No fee

MEMBERSHIP Not required

COURSE #26/FY-CPDV-2920-02

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 C

Thursday, March 19

COURSE #26/FY-CPDV-2626-03

SESSION D

Tuesday, May 5

COURSE #26/FY-CPDV-2626-04



Shane Monahan / Shane Monahan Photography

LEARN TO PLAY CRIBBAGE

Learn to play the classic card game that's equal parts strategy, luck, and fun—cribbage! In this beginner-friendly class guided by **Rich Hall**, you'll discover the basics of gameplay, scoring, and pegging, while picking up tips and tricks along the way. Whether you are new to the game or need a refresher, cribbage is a great way to keep your mind sharp and enjoy some friendly competition. Come for the cards, stay for the laughs, and leave ready to challenge your friends and family!

Mondays, March 2, (Campus Closed for Staff Development March 9), 16, 23, 30;
1 to 3 p.m.

LOCATION Atrium Game Area, Entrance 13, Parking Lot 4
FEE \$8
MEMBERSHIP Required
COURSE #26/FY-CPDV-3200-02

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, April 8, 15, 22, 29, May 6, 13;
1 to 3 p.m.

LOCATION Atrium Game Area, Entrance 13, Parking Lot 4
FEE \$8
MEMBERSHIP Required
COURSE #26/FY-CPDV-2823-02

WHAT'S IN A NAME?: EXPLORING THE WILD WORLD OF NAMES

“What’s in a name? That which we call a rose by any other name would smell as sweet.”

Shakespeare said that, but would that popular red flower have come to be such an enduring symbol of love if it were called “Nasturtium”? Maybe. Maybe not.

Let’s talk about names and the way they influence our lives.

Have you ever thought much about your name?

Why were you given your name? Who named you? How do you feel about it? Were you always called by that name? What names have you used in the past? How has being named what you are influenced your life’s journey?

Do you have a middle name? Have you ever used it? Did you grow up in a culture where everyone knew everyone’s middle name? Is that name mostly ignored? Is there a story behind it?

Do you use different names in different situations? Do you have a professional name? A name your spouse calls you? A name your family calls you? A name your friends called you growing up?

Were nicknames common in your community?

Have you noticed how the popularity of names waxes and wanes over different generations? Remember when there were lots of Lisas and Loris and then lots of Sarahs?

Do you have a common name or is yours a rarity? How do people confuse your name? Are you often called by the wrong name? Is it hard to pronounce? Easy to forget?

Does your name reflect your culture in any way? Are there hints of your ancestors that come through in any parts of your name? Did your last name change on the journey to your present home country?

The Bible is full of personalities whose names are changed. In some religious traditions, name changing is a part of the culture. Think of the Pope. Do you have a confirmation name that is different from your given name? Is there a story behind that?

What causes people to change their name? Is it their idea or a promoter’s or a relative’s? Would Archie Leach have had as successful a career as Cary Grant? It isn’t just actors and singers who have changed their names. Authors for centuries have used pen names for various reasons, sometimes multiple non de plumes. You may be surprised to find how many politicians are using names other than those they were born with.

Bill McKenny will guide our discussion using examples from his own name and those of the famous and infamous throughout history. You’ll be invited to share your own stories about names, personal, familial, rumor, fact or any other amusing or interesting name stories.

Once you start noticing, there are name stories everywhere.

This should be a fun look at an interesting topic, and if you are in the Witness Protection Program you can sit back and enjoy or make up your own back story and we won’t tell.

**Tuesday, May 5;
11 a.m. to 12:30 p.m.**

LOCATION: Applied Technology Building, Cargill Auditorium, Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2128-01



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 video collections. You can pick out anything from a classic movie starring Humphrey Bogart to a new Tom Hanks drama. 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.

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

The Ministry of Time

By *Kaliane Bradley*

“In the near future, a civil servant is offered the salary of her dreams and is, shortly afterward, told what project she’ll be working on. A recently established government ministry is gathering “expats” from across history to establish whether time travel is feasible—for the body, but also for the fabric of space-time.

She is tasked with working as a “bridge”: living with, assisting, and monitoring the expat known as “1847” or Commander Graham Gore. As far as history is concerned, Commander Gore died on Sir John Franklin’s doomed 1845 expedition to the Arctic, so he’s a little disoriented to be living with an unmarried woman who regularly shows her calves, surrounded by outlandish concepts such as “washing machines,” “Spotify,” and “the collapse of the British Empire.” But with an appetite for discovery, a seven-a-day cigarette habit, and the support of a charming and chaotic cast of fellow expats, he soon adjusts.

Over the next year, what the bridge initially thought would be, at best, a horrifically uncomfortable roommate dynamic, evolves into something much deeper. By the time the true shape of the Ministry’s project comes to light, the bridge has fallen haphazardly, fervently in love, with consequences she never could have imagined. Forced to confront the choices that brought them together, the bridge must finally reckon with how—and whether she believes—what she does next can change the future.”

From the publisher’s notes

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

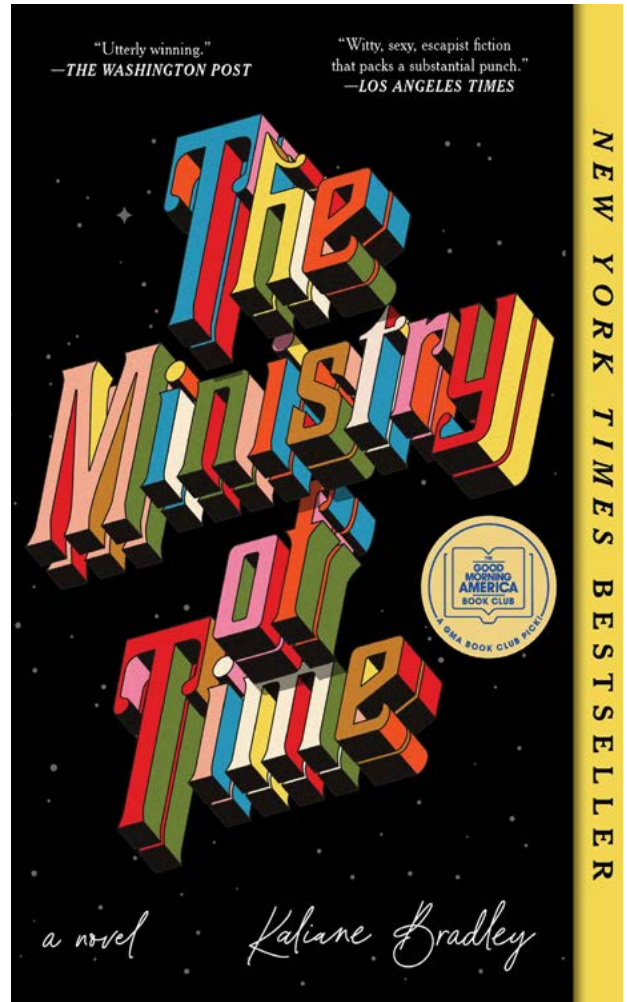
Sue Owens, Lifelong Learning Coordinator,
will lead the discussion.

LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15

FEE \$10 (lunch included)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2208-05



Jacket design by Alison Forner and jacket topography by Andrew Fottit / Courtesy of Simon and Schuster

BOOK CLUB

The Impossible Fortune: A Thursday Murder Club Mystery

By Richard Osman

“Who’s got time to think about murder when there’s a wedding to plan?”

It’s been a quiet year for the Thursday Murder Club. Joyce is busy with table plans and first dances. Elizabeth is grieving. Ron is dealing with family troubles, and Ibrahim is still providing therapy to his favorite criminal.

But when Elizabeth meets Nick, a wedding guest asking for her help, she finds the thrill of the chase is ignited once again. And when Nick disappears without a trace, his cagey business partner becomes the gang’s next stop. It seems the duo have something valuable—something worth killing for.

Joyce’s daughter, Joanna, jumps into the fray to help the gang as they seek answers: Has someone kidnapped Nick? And what’s this uncrackable code they keep hearing about? Plunged back into action once more, can the four friends solve the puzzle and a murder in time?”

From the publisher’s notes

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

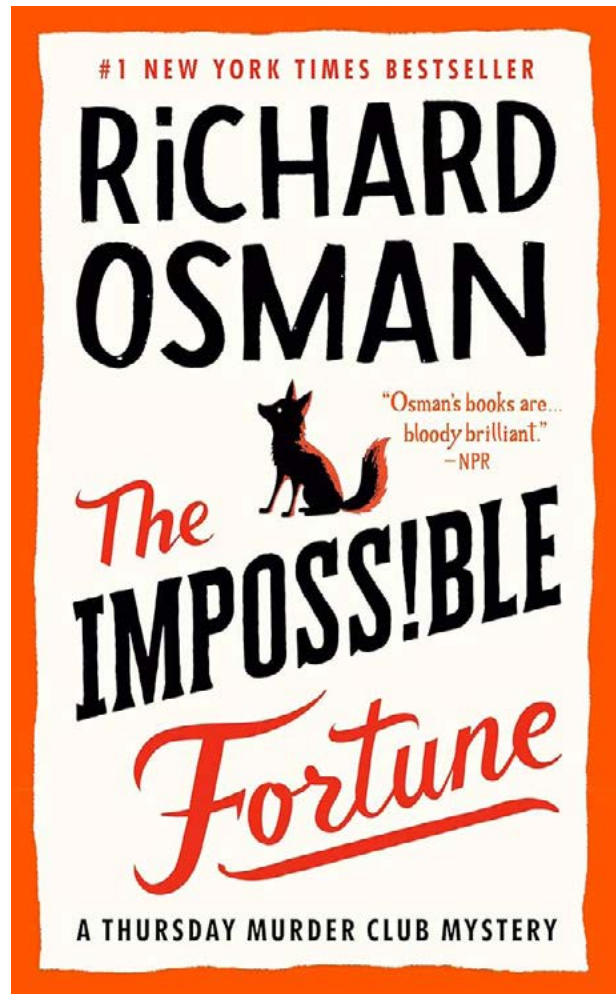
Sue Owens, Lifelong Learning Coordinator,
will lead the discussion.

LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15

FEE \$10 (lunch included)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2208-06



*Jacket design by Richard Bravery and hand lettering by Joel Holland /
Courtesy of Penguin Random House*

BOOK CLUB

The Book of Lost Hours: A Novel

By Hayley Gelfuso

“Enter the time space, a soaring library filled with books containing the memories of those have passed and accessed only by specially made watches once passed from father to son—but mostly now in government hands. This is where eleven-year-old Lisavet Levy finds herself trapped in 1938, waiting for her watchmaker father to return for her. When he doesn’t, she grows up among the books and specters, able to see the world only by sifting through the memories of those who came before her. As she realizes that government agents are entering the time space to destroy books and maintain their preferred version of history, she sets about saving these scraps in her own volume of memories. Until the appearance of an American spy named Ernest Duquesne in 1949 offers her a glimpse of the world she left behind, setting her on a course to change history and possibly the time space itself.

In 1965, sixteen-year-old Amelia Duquesne is mourning the disappearance of her uncle Ernest when an enigmatic CIA agent approaches her to enlist her help in tracking down a book of memories her uncle had once sought. But when Amelia visits the time space for the first time, she realizes that the past—and the truth—might not be as linear as she’d like to believe.”

From the publisher’s notes

Wednesday, April 1;
Noon to 1 p.m.

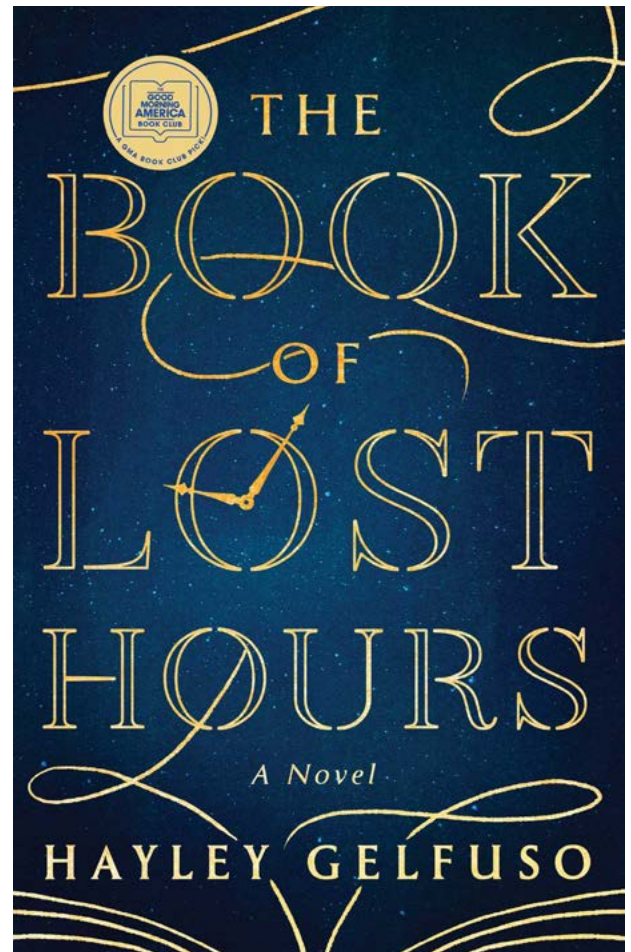
Sue Owens, Lifelong Learning Coordinator,
will lead the discussion.

LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15

FEE \$10 (lunch included)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2208-07



Jacket design by Sarah Wood / Courtesy of Simon and Schuster

BOOK CLUB

Run for the Hills

By Kevin Wilson

“Ever since her dad left them twenty years ago, it’s been just Madeline Hill and her mom on their farm in Coalfield, Tennessee. While it’s a bit lonely, she sometimes admits, and a less exciting life than what she imagined for herself, it’s mostly okay. Mostly.

Then one day Reuben Hill pulls up in a PT Cruiser and informs Madeline that he believes she’s his half sister. Reuben—left behind by their dad thirty years ago—has hired a detective to track down their father and a string of other half siblings. And he wants Mad to leave her home and join him for the craziest kind of road trip imaginable to find them all.

As Mad and Rube—and eventually the others—share stories of their father, who behaved so differently in each life he created, they begin to question what he was looking for with every new incarnation. Who are they to one another? What kind of man will they find? And how will these new relationships change Mad’s previously solitary life on the farm?

Infused with deadpan wit, zany hijinks, and enormous heart, *Run for the Hills* is a sibling story like no other—a novel about a family forged under the most unlikely circumstances and united by hope in an unknown future.”

From the publisher’s notes

Wednesday, May 6;
Noon to 1 p.m.

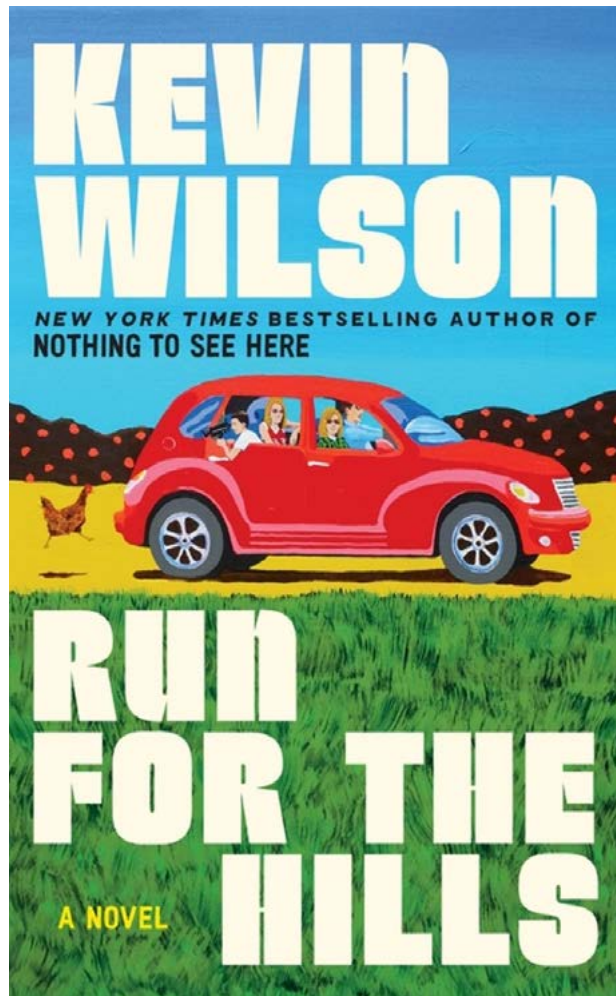
Sue Owens, Lifelong Learning Coordinator, will lead the discussion.

LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15

FEE \$10 (lunch included)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2208-08



Jacket design by Allison Saltzman and jacket art by Alan Fears / Courtesy of Harper Collins Publishers



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 tool bar, symbols, icons, and history. Time permitting, she will cover any other questions you may have.

**Tuesday and Thursday,
June 9 and 11;
2 to 4 p.m.**

LOCATION Advanced Sciences Building,
Room L304, Entrance 4, Parking Lot 1
FEE \$20
MEMBERSHIP Required
COURSE #26/FY-CPDV-2822-02

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, June 16;
2 to 4 p.m.**

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE \$10
MEMBERSHIP Required
COURSE #26/FY-CPDV-2887-02

SOCIAL MEDIA LEGACY ACCOUNTS

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, June 23;
2 to 4 p.m.**

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE \$10
MEMBERSHIP Required
COURSE #26/FY-CPDV-3037-02



SCAMS AND STAYING SAFE ONLINE: HOW TO SPOT FAKE EMAILS AND TEXTS

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, June 25;
2 to 3:30 p.m.

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE \$10
MEMBERSHIP Required
COURSE #26/FY-CPDV-2966-02

SMARTPHONE BASICS

During this session, we'll explore some of the standard features of smartphones. You'll learn how to interact with the touchscreen, access essential controls, and search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. Participants should bring their smartphone to class. Please note that this class will not cover every smartphone question. Don't let your smartphone's settings stump you. Learn smartphone basics in this workshop.

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

Thursday, March 5;
11:15 a.m. to 12:15 p.m.

LOCATION Advanced Sciences Bldg.,
Room L136, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #26/FY-CPDV-2199-01

EMOJIS, GIFS, AND MORE

Learn how to use emojis, GIFs, and more to quickly say what you mean.

In this lecture, we review what some of the most common emojis mean, where to find them on your smartphone and keyboards, and when to use them. We'll also cover how to create an avatar using Bitmoji and Memoji, GIFs, and Memes are additional ways to add some color to your communications, so we'll demonstrate where to find and create those as well.

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

Wednesday, April 15;
1 to 2 p.m.

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #26/FY-CPDV-2953-01



THE PRIVATE EYE: THE RISE OF THE FEMALE INVESTIGATOR 1975-1990

By Russ Gifford

As the world changed in the 1970s, so did the American Private Eye. The harsh, vengeance driven hit man of the 1950s and '60s owned the movie screens, on the way to creating the 'Action Hero' genre of the theatres. In the books, the PI returned to his roots in the 1970s. More of an investigator who needed to be tough, but no longer limited in his ability to show emotion as the decades changed. Robert B. Parker gives us Spenser, clearly Philip Marlowe in all but name. But Spenser, given more time than Philip Marlowe had, would evolve as the world changed.

But as the 1970s were saying it was no longer just a man's world, Marcia Muller proved it—and gave the world Sharon McCone, a female private eye. While she was not the first (paging Nancy Drew!) she certainly was the first created in the mold of the male PI. She didn't stumble on the body and get drawn in—she was hired to investigate crimes, and carries that investigation through to the usually sad and sordid finale.

What also makes McCone and the others important to our talks, is like Spade, like Marlow, like Hammer, McCone is certainly the reflection of her era. We see San Francisco in the 1970s, still the city associated with the hippie movement and the concern for the welfare of others. McCone's early days are populated with storefront lawyers believing everyone, even the poor, deserves legal representation. It is a world of San Francisco of old money and new ideas, wealth in high places, and yet street theatre, social consciousness, and gritty truth as crime and various corruptions grind the hippie hopefulness into the pavement.

McCone and Muller are only the first, however. In the next decade, Linda Barnes brings Carlotta Carlyle to life in Boston, and Sara Paretsky launches V.I. Warshawski on the very mean streets of Chicago. And most successful of all, Sue Grafton brings Kinsey Millhone to life. What makes these women P.I.'s different? Their interests and perspectives are on display in every story. Especially in the early stories, all these women are dealing with issues that involve women on levels not dealt with in the male stories. Women, who as the 1970s and 1980s are unfolding, are trying to make it in a male dominated world, be that the workplace, or the home, and how the other issues

affecting those women plays out. They are no longer just the victim, the cause, or the love interest—but a complete person involved and invested in the outcome.

The other point of interest is 'what differences are there for a female Private Eye?' How does that work out in the books? Join me to see examples of how and why! The result is fascinating and has led to the world we live in today, where females all but dominate the world of the investigator on TV!

IN PERSON: Monday, March 30;
Noon to 2 p.m.

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-3036-03

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

LOCATION Zooms

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-3036-04

ANDREW JACKSON: PRESIDENTIAL HERO, OR THE FIRST AMERICAN MONARCH?

By Russ Gifford

The Presidential Elections of 1824 and 1828, spanning the 50-year anniversary of 1776, provided an extraordinary moment in American History—and it might not be the story you heard in school.

In the election of 1824, on the eve of the 50th Anniversary of the American Revolution, Andrew Jackson, military hero but political outsider with a mercurial temper, outpolled the established Presidential heir apparent, John Quincy Adams. Gen. Jackson, the hero of the War of 1812, had won the popular vote and led in the Electoral College. But he did not get a majority of their ballots.

By the Constitution, the vote for President would be decided by the House of Representatives—each state getting one vote. The candidate who finished out of the running was the legislative genius and acknowledged master of the House. When it was Adams who carried the majority of the States, Jackson seethed. But when Adams then appointed Clay to the position of Secretary of State, Jackson charged an ‘unholy alliance’ had cheated the American people of their vote.

Technically, the Electoral College had performed as it was intended: It acted as the final failsafe to prevent unqualified men or dangerous demagogues from becoming President and undermining the Republic. The Founders had feared ‘the coming of the man on horseback’—the war hero with no understanding or respect of the Constitutional limit on the powers of the Presidency, but able to sway the public. Without a doubt, Jackson certainly met all these qualities.

If the Electoral College did indeed act to protect the Presidency from Jackson, it failed miserably. Jackson spent the next four years charging that Clay had fixed the House vote in a quid pro quo arrangement for his Cabinet appointment. The Secretary of State position acted as the stepping-stone to the Presidency in the first 50 years of the Republic.

When the vote of 1828 arrived, Jackson’s voters did not leave the option to the Electoral College. He won an overwhelming majority. Not only was Adams tossed out, but

Jackson would prove to be all the things his detractors feared and his followers loved.

Victors write the histories, and in the years following his time in the White House, the schools taught us about the man who preserved the Union, and extended the vote to all white males, not only landowners. But he repeatedly engaged in acts not written in the Constitution, and some explicitly outlawed by it.

It is a story that may sound familiar today. Join me to hear how the story played out 200 years ago!

IN PERSON: Monday, April 6;
Noon to 2 p.m.

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2974-01

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

LOCATION Zoom

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2974-02

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.

IN PERSON: Mondays, April 13 and 20;
Noon to 2 p.m.

LOCATION Cargill Auditorium, Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-3017-01

ZOOM: Mondays, April 13 and 20;
6:30 to 8:30 p.m.

LOCATION Zoom

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-3017-02

*This series is about
people whose actions
have impacted the world.
These individuals made
national news with
perseverance, persistence,
and sacrifice.*

THE SUCCESSES OF FAMOUS FIRST LADIES IN AMERICAN HISTORY

With no authority, no power, and no salary, the prestige of the title might be welcomed, but the pressure of being the 'First Lady' is clearly astronomical. Yet most flourished in the role. We will look at the most famous of the women to hold the position, and see the differences in how they operated, and the leadership they clearly offered to those following their example.

IN PERSON: Monday, April 13; Noon to 2 p.m.

ZOOM: Monday, April 13; 6:30 to 8:30 p.m.



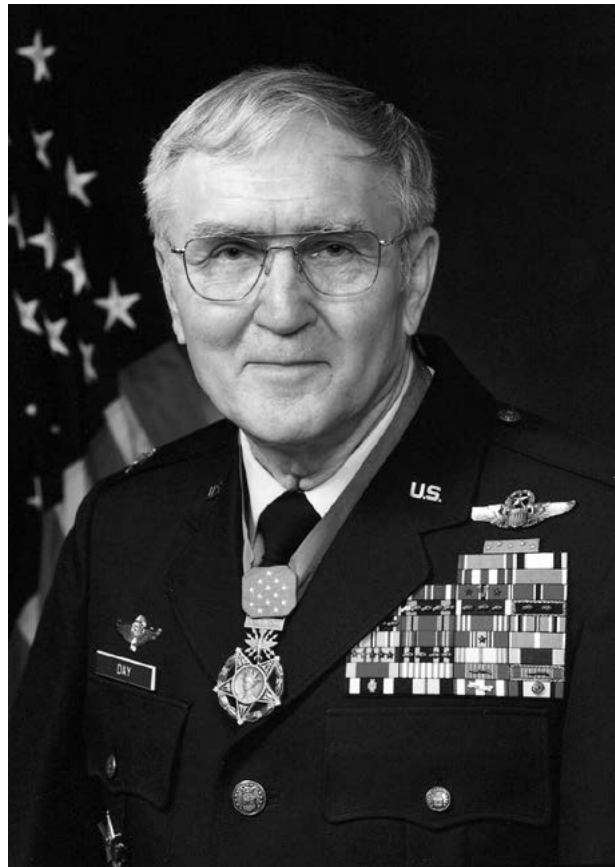
"First Lady Jacqueline Kennedy stands at Vijay Chowk, following her arrival in New Delhi, India" by Cecil W. Stoughton / Wikimedia Commons / Public Domain

THE LIFE AND TIMES OF COLONEL GEORGE 'BUD' DAY

The second program will chronicle the Life and Times of Colonel George 'Bud' Day, one of the most decorated men in American History. We'll hear his story and his heroism, and marvel at the fact this man not only started in Sioux City, Iowa, but after serving in WWII, he returned here, attended Morningside College, and got his law degree from USD. But when Korea, and then Vietnam beckoned, he stepped up and stepped into history.

IN PERSON: Monday, April 20; Noon to 2 p.m.

ZOOM: Monday, April 20; 6:30 to 8:30 p.m.



"Portrait of USAF Colonel George Everett 'Bud' Day" by U.S. Government / Wikimedia Commons / Public Domain

LOOKING BACK: THE BEGINNING OF THE NEW WORLD ORDER 1989–2015

By Russ Gifford

It has been almost a quarter of a century since Bill Clinton left the White House. But the changes and challenges make it seem like it was from a different time.

Precisely speaking, it was. Clinton, the first of the Baby Boomer Presidents, was both the first of the new, but also the last of the old. He was elected at the high-water mark of the WWII generation, but more accurately, as we can see now, also the last gasp of that group's ideals. He was the first—and really, almost the last of the post-Sputnik embrace of the possibilities powered by hard work and solid mathematics in the form of facts and figures. And he embraced the idea of 'doing the math' to prepare for the future. Time and again, he warned us that now was the time to prepare for that moment when the Baby Boomers began to retire—and the financial changes that would bring. And yet, here we are.

IN PERSON: Mondays, April 27 (Part 1), May 4 (Part 2), and May 11 (Part 3);
Noon to 2 p.m.

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-1240-01

ZOOM: Mondays, April 27 (Part 1), May 4 (Part 2),
and May 11 (Part 3);
6:30 to 8:30 p.m.

LOCATION Zoom

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-1240-02

PART 1: THE POLITICS OF THE POSSIBLE: 1989–2000

The Boomers, as adults in the 1990s, were experiencing the lessons of a world where the workforce had doubled as women entered the job market in the 1970s. It was also at the time when automation began to create more jobs that brute strength and stamina were no longer the key employment skills needed. In the 1970s, attending college, not entering the workforce, became the norm. That resulted in a change that meant wages for professionals seemed to expand, but with inflation, those wages actually fell. Able to manipulate Congress to embrace total deregulation, by the late 1970s, businesses also convinced lawmakers of the need for wide-open markets, thus undercutting the Unions. The myth makers told us 'the market never lies' and the people believed them.

As facts and myths gained equal footing, the fuse was lit for an explosive clash—and the complete change in how the political parties engaged and argued became the reality of the 1990s. Mythmakers were mad that their guy had also followed the numbers, and raised taxes. Exit George Bush the elder, the last of the WWII Presidents. Enter William Jefferson Clinton—the first of the Baby Boomers—long known as the 'me' generation, the ones interested in instant gratification. He is the opposite of his predecessor. What was the result?

Like JFK, and like Reagan, Clinton's speeches painted a shining future that was popular with the majority of the public. He accomplished things every President since LBJ has promised, yet he was careful to benefit businesses as well. Still, jobs and individual earnings improved. People in general seemed to benefit, and his popularity remained high.

Yet he became the first President to face impeachment in over a century. While he was sustained in office, his shredded reputation cast a pall on his intended successor, and the results were felt across the country as the popular vote and the Electoral College split for the first time in a century.

IN PERSON: Monday, April 27; Noon to 2 p.m.

ZOOM: Monday, April 27; 6:30 to 8:30 p.m.

PART 2: HANGING BY A CHAD AND THE FALL OF THE REPUBLICANS: 2001-2009

Thus, America entered the 21st Century with an inexperienced man in the White House. Bush the younger won the office due to a turn of fate, and some would say that fate then turned again. While Clinton had won with far less than 50% of the popular vote, due to the rise of the disaffected voters turning away from the established parties, it caused Clinton to work to gather the voters behind his policies. Support was not a given. Clinton, in his years as governor, had learned to horse trade on issues, and he did that very, very well.

His successor, though, had little experience in any negotiations, and less interest in them. Unlike Reagan, Clinton, or his own father, George W. Bush was not engaged in governance before his election. He had pledged to give back the money Clinton had collected from taxpayers that had created the first federal year to year surplus since 1968. Worry about the future deficits? Why do that?

It was a return to the 1920s. The twist of fate that was the 2000 election put a president in charge who delegated the responsibilities—and the jury was out on what he actually believed the role of government to be.

And exactly like the 1920s, a president who trusted his subordinates without checking if the actions were actually carried out as intended led to extremely troublesome results. Enron? The market never lies!

Then the many additional twists of fate began to hit home.

When the smoke cleared after 9/11, we were engaged in a war powered by contractors who used the U.S. government treasury as a piggy bank, got paid for everything—including contractors paid a hundred times more for driving a truck than the troops laying their lives on the line in the war same war zone.

The deficits—and the distrust—are mounting. When massive storms devastate the South, and the unengaged Federal government is completely unprepared, we witness an America that only our worst nightmares could conger—with video showing us the suffering filling the original Superbowl arena in Dallas. And that is only the tip of the iceberg.

Eventually, the manipulated stock market, used as a paper ATM for decades to power stock buyouts that move the cost to the new buyer and the cash to the pockets of the rich, proved it did not lie. It could see the myths were just that, and it was time to correct. And a market crashed, leaving a carter in cash greater than any before. The difference this time? It fell BEFORE election day, ensuring a change in the party in power. And the emergence of the first person of color to occupy the White House.

IN PERSON: Monday, May 4; Noon to 2 p.m.

ZOOM: Monday, May 4; 6:30 to 8:30 p.m.

PART 3: THE RISE OF THE TEA PARTY, THE FALL OF THE REPUBLICANS: 2010 – 2015

But that result of that would put more pressure on the public than ever before. And the Party lines which had torn during the Clinton era to force a third party flirtation, now ripped apart and created loud and unhappy public gatherings as audiences shouted their disapproval.

It was only the beginning. The 2010s would be a terrible era for politics. And we will watch as it gets worse. It is the Rise of the Tea Party, and no one knew it, but it was also the end of American politics as we knew it.

Join Russ Gifford as we trace how we arrived where we are today—and what tomorrow might bring.

IN PERSON: Monday, May 11; Noon to 2 p.m.

ZOOM: Monday, May 11; 6:30 to 8:30 p.m.

*Join Russ Gifford as we
trace how we arrived where
we are today—and what
tomorrow might bring.*

ROCK AROUND THE CLOCK: 1964 – 1967

By Russ Gifford

Join **Russ Gifford** as we continue our history of rock 'n' roll. This time we will sit in on a look back at four years of an explosion of good times and great music, the years 1964 to 1967. These were the incredible years—as we experienced the British Invasion and all the joy it brought, from its peak in 1966 to the return of American innovation in 1967!

We will see and hear the greats, starting with the Beatles, breaking down the door in 1964! But we will also enjoy the hits by everyone who joined them, from the Dave Clark Five, the Animals, the Hollies, Herman's Hermits, the Kinks—and everyone else.

But this is also the time where America hung on and pushed back, giving us Folk Rock from The Byrds, Peter, Paul, and Mary, the Mamas and the Papas—all powered by some guy named Bob Dylan! It was also the era of great girl groups, garage bands, and all the rest. We will fly by the new acts, saying hello at Monterey as the Summer of Love unfolds, but we will end with the acts of 1967 that are also saying goodbye! Join me for this History of Rock 'n' Roll, Part 3! Be there or be square!

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

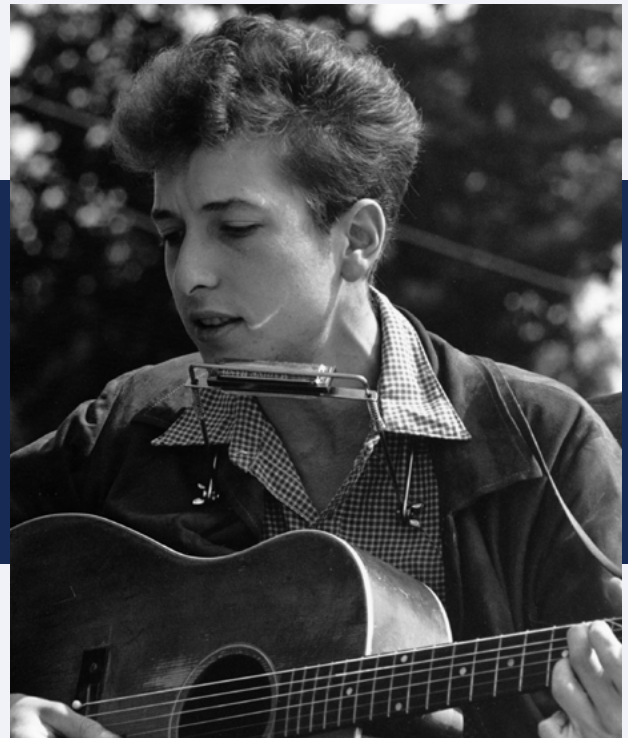
**Thursday, May 14;
6 to 8 p.m.**

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2827-02



"Bob Dylan" by Rowland Scherman / Wikimedia Commons / Public Domain

THE REVOLUTIONARY: THEODORE ROOSEVELT

By Russ Gifford

Rough Rider Teddy Roosevelt's elevation to the Presidency was unforeseen, but the results of his presidency would leave a mark unlike all other presidents. Dismissed for years, considered a 'cowboy' and a 'loudmouth' during his presidency by the serious politicians, even the biographers ignored him for most of the 20th century!

Join me as I introduce you to the differences that President Theodore Roosevelt introduced to the American Public—and we will see how Roosevelt's view of the office of the President has become the norm over the decades that followed.

Roosevelt was different from all those who came before him. Consider that following the first three presidents, who had to take actions because nothing existed in the country, only Andrew Jackson and Abraham Lincoln were known as active Presidents. And Lincoln's actions were forced, while Jackson's actions in hindsight were often outside the power of the President.

When Roosevelt took office, things began to change—not only because Roosevelt was dedicated to action. More importantly, Roosevelt was a thinker—a deep thinker, with a knowledge of history to back up his considerations. And like Lincoln, Roosevelt was aware that the United States was facing a fundamental challenge to the ideals that were the core of the U.S. Constitution. That freedom for individuals had been eroded by the emergence of massive businesses that were considered beyond the control of the U.S. Government.

He also saw the reality that the U.S. had to be involved in the rest of the world as our future depended on commerce.

Roosevelt was a force of nature whose style had never been seen on the presidential stage. He had an opinion on everything and was unafraid to express it. He spoke off the cuff, made policy on the fly, and vexed his party and his opponents equally. The only people more put off were the wealthy, as they had no lever on him, and would never come to control him.

From the time he took office, the whirlwind that was TR embraced the changes—and the challenges—of his time.

But as random as his actions might seem, his vision was epic in scale. His achievements are still with us on so many fronts today, in terms of national parks, national standing, international trade, and the idea that the President should lead not only his party, but also Congress. Those ideas were largely unheard of before TR. Afterward, they would come to be seen as the standard.

Join **Russ Gifford** for this in depth look at a personality larger than the office, as we evaluate the results of TR's time in the White House!

**IN PERSON: Monday, May 18;
Noon to 2 p.m.**

LOCATION: Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4

FEE No Charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2145-01

**ZOOM: Monday, May 18;
6:30 to 8:30 p.m.**

LOCATION: Zoom

FEE No Charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-2145-02



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.



ANCIENT EGYPTIAN LITERATURE

Ancient Egyptian literature is a vast collection of texts that includes religious works like the Book of the Dead, narratives such as the Story of Sinuhe, and various forms of poetry, wisdom literature, and historical accounts. These works were written in hieroglyphic, hieratic, and demotic scripts on papyrus, tomb walls, and stelae, offering insights into ancient Egyptian beliefs, society, and daily life. We will look at examples of these throughout Egyptian history from the earliest times through the Ptolemaic period.

Thursday, April 9;
7 to 8:30 p.m.

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE \$8

MEMBERSHIP Required
COURSE #26/FY-CPDV-2359-03

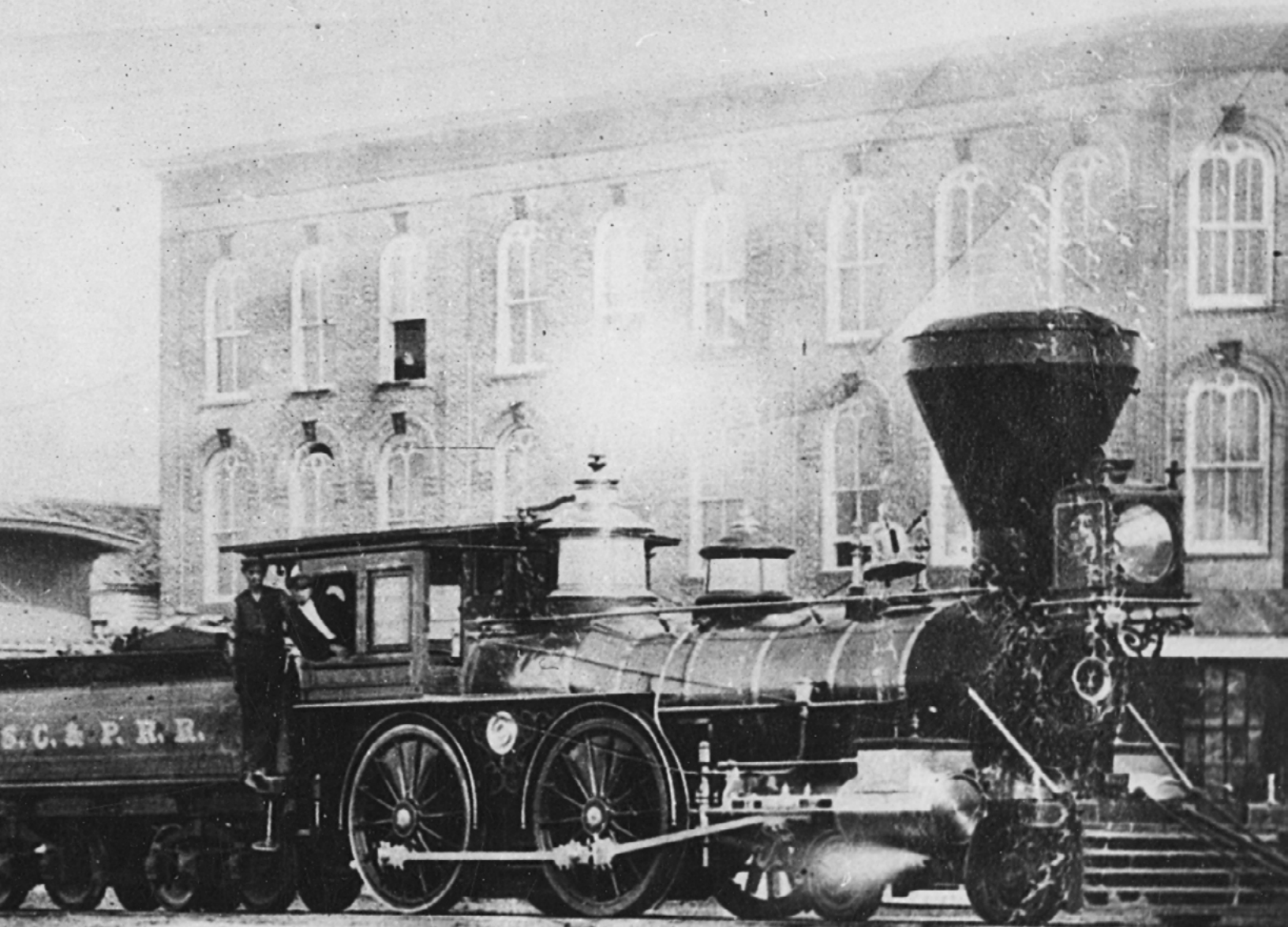
PTOLEMAIC EGYPT

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. Beginning with Ptolemy, a general and one of the somatophylakes (bodyguard companions) of Alexander the Great, and ending with Cleopatra VII, one of the most famous Queens of Egypt, we will explore how the Greeks influenced the Egyptians, how the Egyptians influenced the Greeks, and how it all came together, until the Romans arrived.

Thursday, April 23;
7 to 8:30 p.m.

LOCATION Applied Technology Building,
Room D202, Entrance 14, Parking Lot 4
FEE \$8

MEMBERSHIP Required
COURSE #26/FY-CPDV-2359-04



in the Sioux City and Pacific
58.



Photos courtesy of the Sioux City Public Museum

JAZZ IN SIOUX CITY

Sioux City had a vibrant jazz music scene from the late 1910s through the 1960s. *Jazz in Sioux City*, presented by the Sioux City Public Museum’s Curator of History, **Matt Anderson**, will feature photographs of the places where jazz music was played and the artists who played the music. The artists include such icons of American music as Lewis Armstrong, Duke Ellington and Ella Fitzgerald, along with numerous local musicians who had long careers playing jazz throughout the Sioux City area.

**Tuesday, February 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 #26/FY-CPDV-2551-06

SIOUX CITY FIRST

You might remember Sioux City’s first schoolteacher, or the name of the area’s first settler. But do you know the date of the first Thanksgiving? Or who had the first electric lightbulb? How about the dramatic results of the first mayoral election? Join **Haley Aquire**, Archival Records Clerk of the Sioux City Public Museum, to learn some of the firsts in Sioux City in the early months of 2026.

**Thursday, February 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 #26/FY-CPDV-2551-07

A WALK THROUGH THE PARK

How did this park get its name? Why is it here? What is that monument? **Tom Munson**, Archives Manager, will take the audience on a historic “tour” of Sioux City Parks through pictures and other graphics. See if you can remember the park from the photos and descriptions.

**Thursday, March 19;
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 #26/FY-CPDV-2551-08



SIOUX CITY TRUE CRIME FILES

While it might seem that violent crimes and shocking homicides are a modern phenomenon most common in big cities, history tells a different story. Sioux City has experienced its own share of dark and dramatic moments dating back to the late 1800s. In recent years, society's fascination with true crime has grown exponentially, reflecting our enduring curiosity about stories that are truly "stranger than fiction."

Sarah Enright, Local History Librarian Specialist at the Sioux City Public Library—and a true crime enthusiast herself—draws on the library's extensive local history resources, including archived newspaper clippings, microfilm, databases, and digital collections, to piece together detailed narratives of Sioux City's most notable cases.

This session continues *A Century of Suspicion*, highlighting ten cases—one from each decade of the 20th century—that reveal how crime and community have evolved together through the years.

**Tuesday, March 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 #26/FY-CPDV-2551-05

INTERNATIONAL HUMANITARIAN LAW: UNDERSTANDING HUMANITY IN WAR

The American Red Cross shares how global rules protect civilians and limit the impact of armed conflict.

International Humanitarian Law is a set of universal rules that sick, wounded, or those who surrender. Learn how these rules—rooted in the Geneva Conventions—are applied in real-world situations and why they matter.

**Tuesday, February 24;
Noon to 1 p.m.**

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

FEE No charge

MEMBERSHIP Not required

COURSE #26/FY-CPDV-2112-01

AMERICAN RED CROSS: LEARN TODAY. SERVE TOMORROW.

Step into a world where compassion meets innovation. This lifelong learning program invites you to explore how the Red Cross is evolving to meet urgent needs—through lifesaving blood services, rapid disaster relief, health and safety education, and building resilient communities. Discover new ways to turn empathy into action and leave inspired to make a lasting impact.

**Wednesday, March 25;
Noon to 1 p.m.**

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

FEE No charge

MEMBERSHIP Not required

COURSE #26/FY-CPDV-2111-01



Photos courtesy of The American Red Cross

ARMCHAIR TRAVEL: MORE SIOUX CITY RIVERSIDE HISTORY

The Riverside area of Sioux City provided a variety of industries and recreational opportunities for Siouxland's citizens in the past 170 years. From fur trading to brick making and from summertime picnics to agricultural fairs, Riverside has offered much to Siouxland. The slow current of the Big Sioux River gave people a place to gather, boat, or fish. The Loess Hill's soil gave brick makers the right stuff for their products that built many Siouxland businesses and homes. Other industries such as the Big Sioux Power Plant, the railroad yards, and large flower and vegetable greenhouses, provided jobs. Explore Riverside's past and present in this Armchair Travel presentation by **Grace Linden**, former curator of history at the Sioux City Public Museum.

Wednesday, May 13;
11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103,
Entrance 14, Parking Lot 4

FEE \$5

MEMBERSHIP Required

COURSE #26/FY-CPDV-3026-02



SIOUX CITY RAILROAD MUSEUM TOUR

All aboard a morning of local history and hands-on fun. Join Lifelong Learners as we explore the Sioux City Railroad Museum, located on the historic site of the former Sioux City Engine Terminal and Car Repair Shops of the Chicago, Milwaukee, St. Paul and Pacific Railway, often referred to as the Milwaukee Road. Discover Sioux City's important role in shaping Midwest rail travel and industry while touring restored locomotives, railcars, and interactive exhibits, including the Holocaust Rails Exhibit. Knowledgeable guides will share stories from the era when railroads powered our region's growth. Bring your own brown-bag lunch to enjoy together and share what you have learned. A perfect outing for history lovers and adventure seekers alike.

Friday, May 15;
10 a.m. to noon

LOCATION Sioux City Railroad Museum,
3400 Sioux River Rd, Sioux City, Iowa

FEE No charge

MEMBERSHIP Not required

COURSE #26/FY-CPDV-2137-01



*title unknown, by Joseph Gage /
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"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 Bridge" 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.

**Thursday, May 28;
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 #26/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 #26/FY-CPDV-3006-02.**



Shane Monahan / Shane Monahan Photography



PHARMACY TOUR

Join us for a behind-the-scenes look at Western Iowa Tech's Pharmacy Technician program. Step into their state-of-the-art simulated pharmacy lab and discover how students train for real-world pharmacy careers. You'll see the full workflow in action — from entering prescriptions and processing insurance claims to filling, labeling, and dispensing medications using both manual and automated systems.

Learn how future pharmacy technicians gain the knowledge and confidence to succeed in community and hospital pharmacy settings. **Jullina Williams**, our Pharmacy Tech Instructor, will share how students prepare for the Pharmacy Technician Certification Exam (PTCE) and what career opportunities await in today's growing healthcare field.

Whether you're curious about the profession or just love learning how things work, this tour is sure to be both educational and engaging.

**Thursday, March 26;
1 to 2 p.m.**

LOCATION Dr. Robert H. Kiser Building, Room A136, Entrance 1, Parking Lot 1
FEE No charge
MEMBERSHIP Not required
COURSE #26/FY-CPDV-3578-01

INDUSTRIAL MAINTENANCE CENTER TOUR

Get ready to experience the heart of modern industry with a guided tour of our cutting-edge Industrial Maintenance Center! Step onto what feels like a mini production floor and see where students learn to keep the gears of industry turning. From troubleshooting complex systems to mastering high-tech repair tools, this state-of-the-art facility is where future maintenance pros gain the skills to power manufacturing. Come see how we're preparing the hands that keep machines—and industries—running strong!

**Tuesday, February 10;
1 to 2:30 p.m.**

LOCATION Advanced Sciences Building, Entrance 11, Parking Lot 3
FEE No charge
MEMBERSHIP Not required
COURSE #26/FY-CPDV-3576-01

BAND INSTRUMENT REPAIR TOUR

Have you ever watched a high school marching band on Friday night and wondered what happens when something breaks? Join program instructors, **Mark Schmedinghoff** and **Dwight Van Tol**, for a look at the Band Instrument Repair program, where WITCC students train to replace pads, take out dents, and make the instruments performance-ready after a mishap. We'll tour the facilities, observe the lab in action on a typical class day, and receive an overview of the skills and operations students learn before entering this unique and rewarding profession.

**Thursday, February 26;
10 to 11 a.m.**

LOCATION Room A57L, Entrance 16, Parking Lot 5 or 6
FEE No charge
MEMBERSHIP Not required
COURSE #26/FY-CPDV-3577-01



EXPERIENCE THE SANDHILL CRANES MIGRATION

Join fellow Lifelong Learners as we witness the spectacular migration of Sandhill Cranes along Nebraska's Platte River. We'll travel to Grand Island, where we will experience the awe-inspiring sight of thousands of cranes settling into their river roosts at dusk from a viewing blind. The following day, we'll explore the Stuhr Museum, including the renowned *Wings Over the Platte* art exhibit, before heading home—another unforgettable adventure to check off the bucket list!

**Monday, March 23 and
Tuesday, March 24;**

DEPART Monday, March 23 at 9 a.m.

LOCATION Park in Parking Lot 2B

BOARDING Bus arrives at 8:45 a.m.

RETURN Tuesday, March 24 at 7 p.m.

DOUBLE OCCUPANCY FEE \$300 / person

COURSE #26/FY-CPDV-2140-01

SINGLE OCCUPANCY FEE \$400 / person

COURSE #26/FY-CPDV-2140-02

MEMBERSHIP Required



Shane Monahan / Shane Monahan Photography

SPRING MYSTERY TRIP

Join Lifelong Learners for a surprise-filled day trip to one of the region’s most scenic outdoor treasures. We’ll journey together to this beautiful destination, where the mystery lies in the special activities planned just for our group. From stunning nature views to unique park experiences, there’s plenty to discover once we arrive. Light walking, fresh air, and fun are guaranteed. Pack your sense of adventure and enjoy the mystery!

**Friday, April 17;
9 a.m. to 6 p.m.**

LOCATION Park in Parking Lot 2B

BOARDING Bus arrives at 12:45 p.m.

FEE \$85 (includes transportation, lunch, and admissions)

MEMBERSHIP Required

COURSE #26/FY-CPDV-2287-03

***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 #26/FY-CPDV-2287-04.

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!

**Tuesday, April 28;
9 a.m. to 2 p.m.**

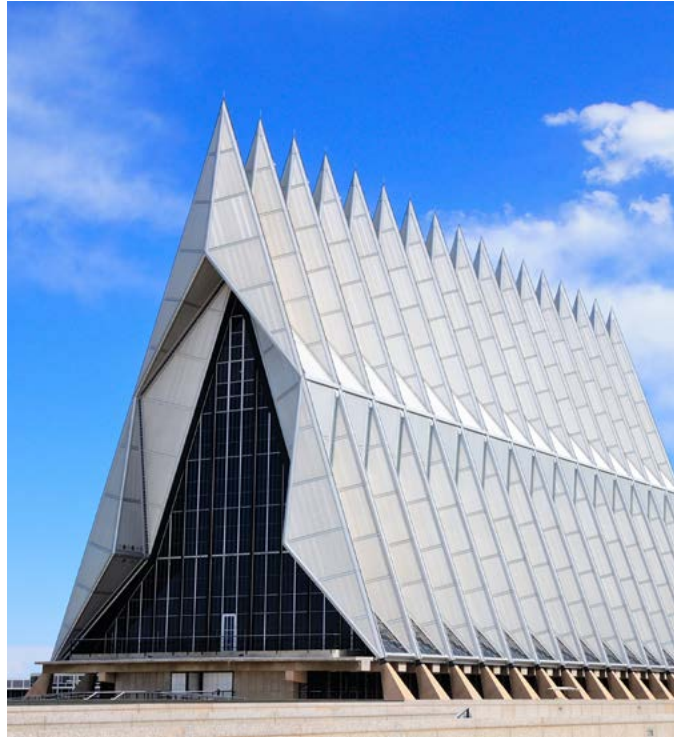
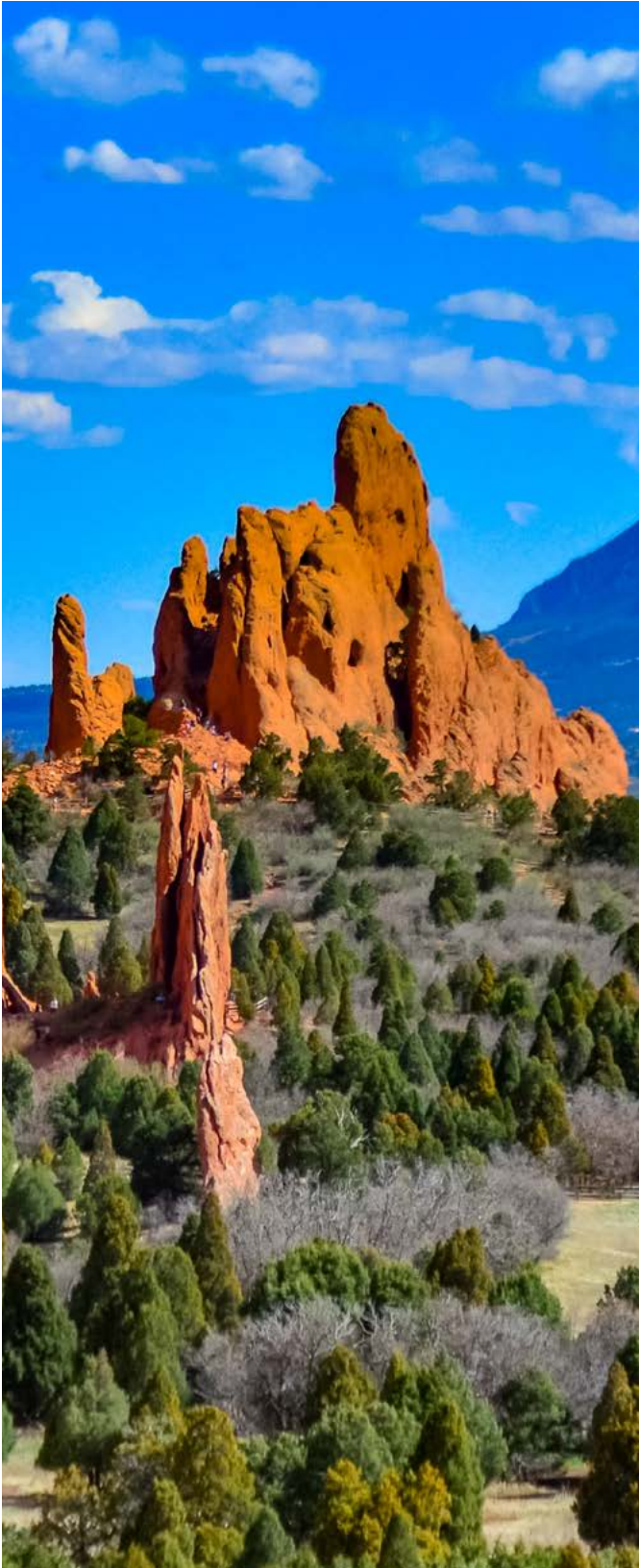
LOCATION Park in Parking Lot 2B

BOARDING Bus arrives at 8:45 a.m.

FEE \$50 (includes transportation, lunch, and admissions)

MEMBERSHIP Required

COURSE #26/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 1 – 5, 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.

Watch for full trip details coming your way in January!

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.

January 7, 10 a.m.

February 4, 10 a.m.

March 4, 10 a.m.

April 1, 10 a.m.

May 6, 10 a.m.

June 3, 10 a.m.

LOCATION Informational sessions will be held in Room A454, Entrance 3, Parking Lot 2

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

TRIP INCLUDES

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



GRAND CANYON, BRYCE & ZION NATIONAL PARKS

March 11 – 16, 2026

Join Lifelong Learners to experience the breathtaking beauty of the American Southwest on this unforgettable journey through three iconic national parks. We will fly into Las Vegas and enjoy a scenic bus tour of the awe-inspiring vistas of the Grand Canyon, the colorful hoodoos and dramatic landscapes of Bryce Canyon National Park, and the towering sandstone cliffs and serene valleys of Zion National Park. This adventure offers a perfect blend of natural wonders, scenic drives, and memorable photo opportunities.

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.

January 7, 10 a.m.

LOCATION Informational sessions will be held in Room A454, Entrance 3, Parking Lot 2

MEMBERSHIP Required

COURSE #26/FY-CPDV-2986-01

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

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

MORE INFO www.explorica.com / **TOUR CENTER ID** Albert-8358

DAY 1: Hello Las Vegas

- Meet your tour director
- Travel to Utah
- Valley of Fire State Park visit
- Dinner

DAY 2: Zion National Park

- Breakfast
- Coral Pink Sand Dunes State Park visit
- Zion Human History Museum guided visit
- Zion National Park hike Picnic lunch
- Virgin River hike
- Dinner

DAY 3: Bryce Canyon—Grand Canyon

- Breakfast
- Travel to the Grand Canyon via Bryce Canyon
- Bryce Canyon National Park orientation
- Bryce Canyon hike
- Dinner

DAY 4: Grand Canyon

- Breakfast
- Grand Canyon South Rim hike
- Picnic lunch
- Dinner

DAY 5: Grand Canyon—Las Vegas

- Breakfast
- Travel to Las Vegas
- Las Vegas tour director-led sightseeing tour: "Welcome to Las Vegas" sign, Bellagio Fountain, Container Park
- Neon Museum visit
- Dinner
- Optional Theater Show

DAY 6: End tour

- Breakfast
- Travel home

TRIP INCLUDES

- Round-trip transportation
- Breakfast daily (except arrival day)
- Dinner daily (except departure day)
- 5 overnight stays (6 with extension) in hotels with private bathrooms
- Full-time services of a professional Tour Director
- Guided sightseeing tours and city walks as per itinerary
- Please note: Hikes are only limited to beginner-level public trails
- Overnight security chaperone
- Picnic lunches at the Grand Canyon & Zion National Park
- Tour Diary™



TRAVEL ABROAD 2027

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 55 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.

January 7, 10 a.m.
February 4, 10 a.m.
March 4, 10 a.m.
April 1, 10 a.m.
May 6, 10 a.m.
June 3, 10 a.m.

LOCATION Informational sessions will be held in Room A454, Entrance 3, Parking Lot 2

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

MORE INFO www.grouptoursite.com/julinealbert

Celtic Connections: Ireland & Scotland Experience

May 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.

DOUBLE OCCUPANCY FEE \$3,999 / person plus airfare

SINGLE OCCUPANCY FEE \$4,699 / person plus airfare

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



Kenya Wildlife Safari Mount Kenya to Maasai Mara and Amboseli:

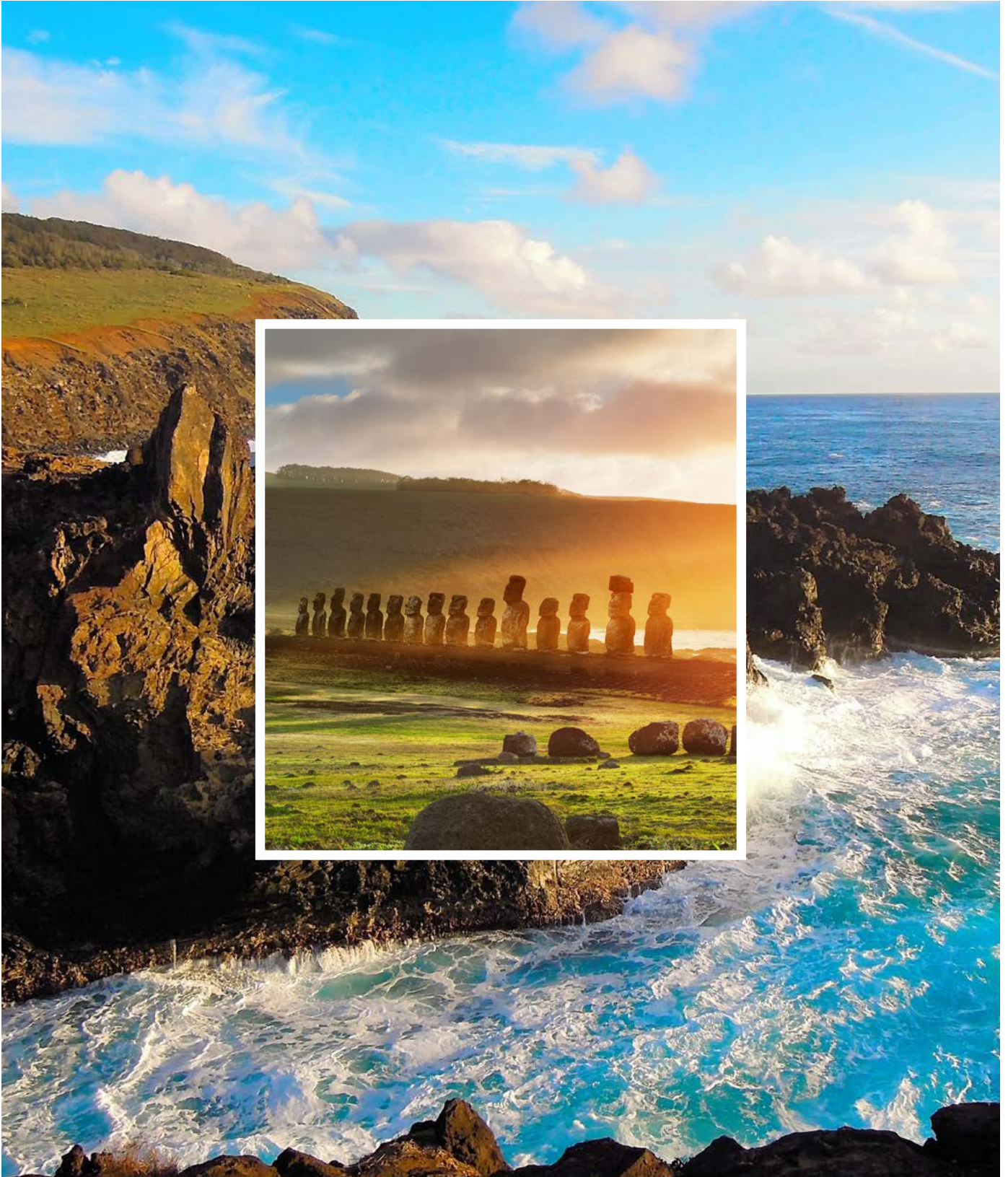
August 2 – 19, 2027

Kenya's plains teem with animals of all spots and stripes, from lightning-fast cheetahs to long-necked, lanky-legged giraffes. On this thrilling small group Safari Tour, you'll see them all in some of the country's most spectacular settings. Travel from towering Mount Kenya to the wild expanses of the Maasai Mara to witness the drama of the bush unfolding around you. Along the way, get to know kind and creative locals who are eager to share Kenyan culture and traditions.

Tour package includes: ten nights in handpicked hotels, ten breakfasts, nine lunches, nine dinners, six sightseeing tours, eight game drives, Expert Tour Director & local guides, 4x4 land cruiser safari vehicle. Tour highlights include Karen Blixen Estate, Kobe Beads facility visit, National Museum of Kenya, Aberdare National Park, Great Rift Valley, Lake Nakuru National Park, Maasai Mara and Amboseli National Park.

MORE INFO <https://groups.goaheadtours.com/tours/kenya-wildlife-safari-with-juli>





MORE INFO OR REGISTER

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

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



EASTER ISLAND, THE BEAUTIFUL POLYNESIAN ISLAND OF RAPA NUI

August 1 – 9, 2026

Traveling to Easter Island is a one-of-a-kind experience, where nature, culture, and mystery come together on one of the most remote inhabited places on Earth. Extinct volcanoes, dramatic cliffs, white-sand beaches, and wide-open grasslands create a breathtaking landscape.

Rapa Nui culture is everywhere—from the iconic Moai statues to traditional dances, stories, and rituals that share a deep spiritual heritage. Adventurers can hike volcanic trails, dive in crystal-clear waters, bike past archaeological sites, or watch the sunrise at Ahu Tongariki as the statues face the sea.

A journey to Rapa Nui is more than sightseeing—it's a chance to connect with ancient history, vibrant culture, and the powerful energy of the island.

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 55 countries and led over 20 tours worldwide. Join Juline on one of the trips of a lifetime.

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

January 7, 10 a.m.
February 4, 10 a.m.
March 4, 10 a.m.
April 1, 10 a.m.
May 6, 10 a.m.
June 3, 10 a.m.

LOCATION Informational sessions will be held in Room A454, Entrance 3, Parking Lot 2

DOUBLE OCCUPANCY FEE \$3,590 / person
COURSE #27/FY-CPDV-2987-01

SINGLE OCCUPANCY FEE \$3,945 / person
COURSE #27/FY-CPDV-2987-02

MEMBERSHIP Required

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

**\$2,000 Deposit February 2026. Remaining fee due July 2026. Travel insurance options will be shared during informational sessions.*

TRIP INCLUDES

- Round-trip flight from Omaha to Santiago, Chile
- Round-trip flight from Santiago, Chile to Easter Island
- 2 Nights in Santiago, Chile
- 5 Nights on Easter Island
- Breakfast, lunch, and dinner
- Rapa Nui Park admission. Flower lei upon arrival and a traditional gift upon departure.
- Hotu Maua
- Tangata Manu
- Polynesian show

HELPFUL INFO

- One carry-on (backpack recommended)



Courtesy of Omaha Performing Arts

MAMMA MIA

Omaha Orpheum Theatre

“A mother. A daughter. 3 possible dads. And a trip down the aisle you’ll never forget! For over 25 years, people all around the world have fallen in love with the characters, the story, and the timeless hits of ABBA that make MAMMA MIA! the ultimate feel-good show.

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter’s quest to discover the father she’s never known brings three men from her mother’s past back to the island they last visited decades ago.”

– *From Ticket Omaha*

**Saturday, May 2, 2026;
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 #26/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 #26/FY-CPDV-3043-02.**



Courtesy of Omaha Performing Arts

WICKED

Omaha Orpheum Theatre

“Wicked, Omaha’s most “popular” musical, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin — smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one “good,” and the other one “wicked.”

– From Ticket Omaha

Thursday, June 18, 2026;
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 #26/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 #26/FY-CPDV-3043-04.**



IMPROV THEATRE EXPERIENCE II

Discover the joy of spontaneity and laughter in this fun, supportive improv theatre class led by **Michael Rohlena**. No acting experience is needed—just a willingness to play, connect, and express yourself! Through engaging games, storytelling exercises, and lighthearted scene work, you'll boost your creativity, sharpen your memory, and build confidence in a relaxed, judgment-free environment. Whether you're looking to stretch your imagination or simply share a few laughs, this class is a delightful way to stay mentally active and socially connected.

**Thursday, April 30;
2 to 3:30 p.m.**

LOCATION Applied Technology Building,
Cargill Auditorium,
Entrance 14, Parking Lot 4

FEE No charge

MEMBERSHIP Required

COURSE #26/FY-CPDV-3402-02

SPRING RADIO THEATRE

Great Plains Radio Theatre Project and Western Iowa Tech Community College present *Spring Radio Theatre*, Featuring George Orwell's *1984* and *Radio KAOS*.

1984 is a warning against the dangers of totalitarianism and the importance of protecting freedom of thought, individuality, and objective truth. This radio play, just like Orwell's novel, illustrates how a government can maintain absolute power through surveillance, propaganda, manipulation of language, control of history, and the eradication of personal freedom and identity. *Big Brother* is watching you.

**Sunday, May 3;
Begins at 2 p.m.**

LOCATION Applied Technology Building,
Cargill Auditorium,
Entrance 14, Parking Lot 4

FEE \$10 door admission,
\$5 with Lifelong Learning membership,
WIT students and employees free

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, January 20 to May 5;
5:30 to 6:30 p.m.**

LOCATION Room D215, Entrance
14, Parking Lot 4

FEE No charge

MEMBERSHIP Not required

COURSE #26/FY-CPDV-3439-02

CONTACT

William Darwin, Jr.

712.317.3409 /

william.darwin@witcc.edu



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 23 and
Tuesday, February 24;
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 that will look like a calendar invitation. 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 by mail.

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.

JANUARY

1/5	9:00 AM	Mon.	Chair Cardio	W203	Page 21
1/6	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
1/6	10:00 AM	Tues.	Write Away	L404	Page 17
1/7	10:00 AM	Wed.	Travel Information Session	D202	Pages 55, 56, 58, 61
1/7	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/8	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/8	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
1/12	9:00 AM	Mon.	Chair Cardio	W203	Page 21
1/13	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
1/13	10:00 AM	Tues.	Write Away	L404	Page 17
1/13	2:00 PM	Tues.	Making the Most of Your iPad and iPhone	D202	Page 32
1/14	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/15	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/15	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
1/15	2:00 PM	Thurs.	Making the Most of Your iPad and iPhone	D202	Page 32
1/19	9:00 AM	Mon.	Chair Cardio	W203	Page 21
1/20	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
1/20	10:00 AM	Tues.	Write Away	L404	Page 17
1/20	2:00 PM	Tues.	Streaming Services and the Cloud	L304	Page 32
1/20	5:30 PM	Tues.	Community Choir	D215	Page 64
1/21	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/22	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/22	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
1/26	9:00 AM	Mon.	Chair Cardio	W203	Page 21
1/27	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
1/27	10:00 AM	Tues.	Write Away	L404	Page 17
1/27	2:00 PM	Tues.	Social Media Legacy Accounts	D202	Page 32
1/27	5:30 PM	Tues.	Community Choir	D215	Page 64
1/28	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/29	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/29	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
1/29	2:00 PM	Thurs.	Scams and Staying Safe Online: How to Spot Fake Texts and Emails	D202	Page 33

FEBRUARY

2/2	9:00 AM	Mon.	Chair Cardio	W203	Page 21
2/3	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
2/3	10:00 AM	Tues.	Write Away	L404	Page 17
2/3	11:00 AM	Tues.	Jazz in Sioux City	Cargill Auditorium	Page 45
2/3	5:30 PM	Tues.	Community Choir	D215	Page 64
2/4	10:00 AM	Wed.	Travel Information Session	D202	Pages 55, 58, 61
2/4	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/4	12:00 PM	Wed.	Book Club	L110	Page 28

FEBRUARY

2/5	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/5	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
2/5	6:00 PM	Thurs.	Jar Gifts	Zoom	Page 9
2/9	9:00 AM	Mon.	Chair Cardio	W203	Page 21
2/10	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
2/10	10:00 AM	Tues.	Write Away	L404	Page 17
2/10	1:00 PM	Tues.	Industrial Maintenance Center Tour	Entrance 11	Page 51
2/10	5:30 PM	Tues.	Community Choir	D215	Page 64
2/11	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/11	1:00 PM	Wed.	Laundry Soap Making	Coffee Spot	Page 11
2/12	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/12	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
2/12	11:00 AM	Thurs.	Sioux City First	Cargill Auditorium	Page 45
2/16	9:00 AM	Mon.	Chair Cardio	W203	Page 21
2/17	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
2/17	10:00 AM	Tues.	Write Away	L404	Page 17
2/17	5:30 PM	Tues.	Community Choir	D215	Page 64
2/19	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
2/19	1:00 PM	Thurs.	Taking the Mystery Out of Seed Starting	D202	Page 15
2/23	9:00 AM	Mon.	Chair Cardio	W203	Page 21
2/23		Mon.	Lewis and Clark Jazz Festival	TBA	Page 65
2/24		Tues.	Lewis and Clark Jazz Festival	TBA	Page 65
2/24	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
2/24	10:00 AM	Tues.	Write Away	L404	Page 17
2/24	12:00 PM	Tues.	International Humanitarian Law: Understanding Humanity in War	L136	Page 47
2/24	6:00 PM	Tues.	Freezer Meals - Casseroles	Zoom	Page 9
2/24	5:30 PM	Tues.	Community Choir	D215	Page 64
2/25	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/26	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/26	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
2/26	10:00 AM	Thurs.	Band Instrument Repair Tour	Room A57L	Page 51

MARCH

3/2	9:00 AM	Mon.	Chair Cardio	W203	Page 21
3/2	11:00 AM	Mon.	Bingocize	L304	Page 24
3/2	1:00 PM	Mon.	Cribbage	Atrium Game Area	Page 25
3/3	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
3/3	11:00 AM	Tues.	Sioux City True Crime	Cargill Auditorium	Page 46
3/3	5:30 PM	Tues.	Community Choir	D215	Page 64
3/4	10:00 AM	Wed.	Travel Information Session	D202	Pages 55, 58, 61
3/4	10:15 AM	Wed.	Chair Yoga	W203	Page 22
3/4	11:00 AM	Wed.	Bingocize	L304	Page 24
3/4	12:00 PM	Wed.	Book Club	L110	Page 29
3/5	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22

MARCH

3/5	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
3/5	11:15 AM	Thurs.	Smart Phone Basics	L136	Page 33
3/9			Staff Developpment - Campus Closed		
3/10			Staff Developpment - Campus Closed		
3/11	TBA	Wed.	Depart for National Parks Trip	Parking lot 2B	Pages 56-57
3/11	10:15 AM	Wed.	Chair Yoga	W203	Page 22
3/11	11:00 AM	Wed.	Bingocize	L304	Page 24
3/12	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
3/12	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
3/16	9:00 AM	Mon.	Chair Cardio	W203	Page 21
3/16	TBA	Mon.	Return from National Parks Trip	Parking lot 2B	Pages 56-57
3/16	11:00 AM	Mon.	Bingocize	L304	Page 24
3/16	1:00 PM	Mon.	Cribbage	Atrium Game Area	Page 25
3/17	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
3/17	11:00 AM	Tues.	Flower Pressing Workshop: From Garden to Gallery	D202	Page 18
3/17	5:30 PM	Tues.	Community Choir	D215	Page 64
3/18	10:15 AM	Wed.	Chair Yoga	W203	Page 22
3/18	11:00 AM	Wed.	Bingocize	L304	Page 24
3/19	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
3/19	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
3/19	11:00 AM	Thurs.	A Walk Through Sioux City Parks	Cargill Auditorium	Page 45
3/19	6:00 PM	Thurs.	Explore the Foods of Bolivia and Peru	D201	Page 7
3/19	6:00 PM	Thurs.	Smooth Sailing Through Medicare	Cargill Auditorium	Page 24
3/21	1:00 PM	Sat.	Beginner Macrame	C129	Page 14
3/23	9:00 AM	Mon.	Depart for Sandhill Cranes Migration Trip	Parking lot 2B	Page 52
3/23	9:00 AM	Mon.	Chair Cardio	W203	Page 21
3/23	11:00 AM	Mon.	Bingocize	L304	Page 24
3/23	1:00 PM	Mon.	Cribbage	Atrium Game Area	Page 25
3/24	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
3/24	5:30 PM	Tues.	Community Choir	D215	Page 64
3/24	7:00 PM	Tues.	Return from Sandhill Cranes Migration Trip	Parking Lot 2B	Page 64
3/25	10:15 AM	Wed.	Chair Yoga	W203	Page 22
3/25	11:00 AM	Wed.	Bingocize	L304	Page 24
3/25	12:00 PM	Wed.	Learn and Serve with the American Red Cross	L136	Page 47
3/26	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
3/26	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
3/26	1:00 PM	Thurs.	Pharmacy Tour	A136	Page 51
3/26	7:00 PM	Thurs.	Faculty Voice Recital	Cargill Audtiorium	
3/28	1:00 PM	Sat.	Beginner Macrame	C129	Page 14
3/30	9:00 AM	Mon.	Chair Cardio	W203	Page 21
3/30	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
3/30	11:00 AM	Mon.	Bingocize	L304	Page 24
3/30	12:00 PM	Mon.	The Private Eye – The Rise of the Female Investigator 1975-1990	Cargill Auditorium	Page 34
3/30	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
3/30	1:00 PM	Mon.	Cribbage	Atrium Game Area	Page 25

MARCH

3/30	6:30 PM	Mon.	The Private Eye – The Rise of the Female Investigator 1975-1990	Zoom	Page 34
3/31	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
3/31	5:30 PM	Tues.	Community Choir	D215	Page 64
3/31	6:00 PM	Tues.	Winter Soup Meal Prep	Zoom	Page 9

APRIL

4/1	10:00 AM	Wed.	Travel Information Session	A454	Pages 55, 58, 61
4/1	10:15 AM	Wed.	Chair Yoga	W203	Page 22
4/1	11:00 AM	Wed.	Bingocize	L304	Page 24
4/1	12:00 PM	Wed.	Book Club	L110	Page 30
4/2	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
4/2	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
4/2	2:00 PM	Thurs.	Learn to Play Cornhole	Dunker Student Center	Page 23
4/4	9:00 AM	Sat.	Watercolor Painting	C129	Page 13
4/4	12:30 PM	Sat.	Colored/Pastel Pencils	C129	Page 13
4/6	9:00 AM	Mon.	Chair Cardio	W203	Page 21
4/6	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
4/6	11:00 AM	Mon.	Bingocize	L304	Page 24
4/6	12:00 PM	Mon.	Andrew Jackson: Presidential Hero, or the First American Monarch?	Cargill Auditorium	Page 35
4/6	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
4/6	6:30 PM	Mon.	Andrew Jackson: Presidential Hero, or the First American Monarch?	Zoom	Page 35
4/7	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
4/7	10:00 AM	Tues.	Write Away	L404	Page 17
4/7	5:30 PM	Tues.	Community Choir	D215	Page 64
4/7	6:00 PM	Tues.	Guest Mystery Chef	D201	Page 7
4/8	11:00 AM	Wed.	Bingocize	L304	Page 24
4/8	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
4/9	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
4/9	10:30 AM	Thurs.	Who Gets Grandmother's Yellow Pie Plate	Cargill Auditorium	Page 18
4/9	2:00 PM	Thurs.	Learn to Play Cornhole	Dunker Student Center	Page 23
4/9	7:00 PM	Thurs.	Egyptology: Ancient Egyptian Literature	D202	Page 43
4/11	9:00 AM	Sat.	Watercolor Painting	C129	Page 13
4/11	12:30 PM	Sat.	Colored/Pastel Pencils	C129	Page 13
4/13	9:00 AM	Mon.	Chair Cardio	W203	Page 21
4/13	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
4/13	11:00 AM	Mon.	Bingocize	L304	Page 24
4/13	12:00 PM	Mon.	Dunker Leadership Series: First Ladies	Cargill Auditorium	Page 37
4/13	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
4/13	6:30 PM	Mon.	Dunker Leadership Series: First Ladies	Zoom	Page 37
4/14	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
4/14	10:00 AM	Tues.	Write Away	L404	Page 17
4/14	1:00 PM	Tues.	Let's Grow - Creating A Thriving Container Garden	D202	Page 16

APRIL

4/14	5:30 PM	Tues.	Community Choir	D215	Page 64
4/15	10:15 AM	Wed.	Chair Yoga	W203	Page 22
4/15	11:00 AM	Wed.	Bingocize	L304	Page 24
4/15	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
4/15	1:00 PM	Wed.	EMOJIS, GIFS, and More	D202	Page 33
4/16	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
4/16	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
4/16	2:00 PM	Thurs.	Learn to Play Cornhole	Dunker Student Center	Page 23
4/16	6:00 PM	Thurs.	Make Your Own Mixes	Zoom	Page 10
4/17	9:00 AM	Friday	Spring Mystery Trip	Parking lot 2B	Page 53
4/18	9:00 AM	Sat.	Watercolor Painting	C129	Page 13
4/18	12:30 PM	Sat.	Colored/Pastel Pencils	C129	Page 13
4/20	9:00 AM	Mon.	Chair Cardio	W203	Page 21
4/20	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
4/20	11:00 AM	Mon.	Bingocize	L304	Page 24
4/20	12:00 PM	Mon.	Dunker Leadership Series: Colonel George "Bud" Day	Cargill Auditorium	Page 37
4/20	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
4/20	6:30 PM	Mon.	Dunker Leadership Series: Colonel George "Bud" Day	Zoom	Page 37
4/21	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
4/21	10:00 AM	Tues.	Write Away	L404	Page 17
4/21	11:00 AM	Tues.	Stay Independent - Planning Ahead for Future Care	D202	Page 19
4/21	5:30 PM	Tues.	Community Choir	D215	Page 64
4/22	10:15 AM	Wed.	Chair Yoga	W203	Page 22
4/22	11:00 AM	Wed.	Bingocize	L304	Page 24
4/22	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
4/22	1:00 PM	Wed.	Laundry Soap Making	Coffee Spot	Page 11
4/23	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
4/23	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
4/23	2:00 PM	Thurs.	Learn to Play Cornhole	Dunker Student Center	Page 23
4/23	6:00 PM	Thurs.	Egyptology: Ptolemaic Egypt	D202	Page 43
4/23	7:00 PM	Thurs.	Spring Celebration Concert	Cargill Auditorium	
4/25	9:00 AM	Sat.	Watercolor Painting	C129	Page 13
4/25	12:30 PM	Sat.	Colored/Pastel Pencils	C129	Page 13
4/27	9:00 AM	Mon.	Chair Cardio	W203	Page 21
4/27	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
4/27	11:00 AM	Mon.	Bingocize	L304	Page 24
4/27	12:00 PM	Mon.	Looking Back - Part 1	Cargill Auditorium	Pages 38-39
4/27	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
4/27	6:30 PM	Mon.	Looking Back - Part 1	Zoom	Pages 38-39
4/28	9:00 AM	Tues.	Morning Mystery Trip	Parking lot 2B	Page 53
4/28	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
4/28	10:00 AM	Tues.	Write Away	L404	Page 17
4/28	5:30 PM	Tues.	Community Choir	D215	Page 64
4/28	6:00 PM	Tues.	Create Your Own Salad Dressings	Zoom	Page 10

APRIL

4/29	10:15 AM	Wed.	Chair Yoga	W203	Page 22
4/29	11:00 AM	Wed.	Bingocize	L304	Page 24
4/29	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
4/30	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
4/30	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
4/30	11:00 AM	Thurs.	Brain Health	D202	Page 19
4/30	2:00 PM	Thurs.	Improv Theater Experience II	Cargill Auditorium	Page 64

MAY

5/2	9:00 AM	Sat.	Mamma Mia at Orpheum in Omaha	Parking lot 2B	Page 62
5/3	2:00 PM	Sun.	Spring Radio Theatre	Cargill Auditorium	Page 64
5/4	9:00 AM	Mon.	Chair Cardio	W203	Page 21
5/4	10:00 AM	Mon.	Tapestry Crochet	A454	Page 14
5/4	11:00 AM	Mon.	Bingocize	L304	Page 24
5/4	12:00 PM	Mon.	Looking Back - Part 2	Cargill Auditorium	Pages 38-39
5/4	12:30 PM	Mon.	Mosaic Knitting	A454	Page 14
5/4	6:30 PM	Mon.	Looking Back - Part 2	Zoom	Pages 38-39
5/5	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
5/5	10:00 AM	Tues.	Write Away	L404	Page 17
5/5	11:00 AM	Tues.	What's In A Name?	Cargill Auditorium	Page 26
5/5	5:30 PM	Tues.	Community Choir	D215	Page 64
5/5	6:00 PM	Tues.	Smooth Sailing Through Medicare	Cargill Auditorium	Page 24
5/6	10:00 AM	Wed.	Travel Information Session	A454	Pages 55, 58, 61
5/6	10:15 AM	Wed.	Chair Yoga	W203	Page 22
5/6	11:00 AM	Wed.	Bingocize	L304	Page 24
5/6	12:00 PM	Wed.	Book Club	L110	Page 31
5/6	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
5/7	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
5/7	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
5/7	6:00 PM	Thurs.	Breakfast Meal Prep	Zoom	Page 10
5/11	9:00 AM	Mon.	Chair Cardio	W203	Page 22
5/11	11:00 AM	Mon.	Bingocize	L304	Page 24
5/11	12:00 PM	Mon.	Looking Back - Part 3	Cargill Auditorium	Pages 38-39
5/11	6:30 PM	Mon.	Looking Back - Part 3	Zoom	Pages 38-39
5/11			Western Iowa Tech Community College Graduation		
5/12	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
5/12	10:00 AM	Tues.	Write Away	L404	Page 17
5/13	10:15 AM	Wed.	Chair Yoga	W203	Page 22
5/13	11:00 AM	Wed.	Armchair Travel: More Sioux City Riverside History	Cargill Auditorium	Page 48
5/13	1:00 PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
5/14	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
5/14	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
5/14	6:00 PM	Thurs.	Rock Around the Clock	Cargill Auditorium	Page 40
5/15	10:00 AM	Friday	Sioux City Railroad Museum Tour	3400 Sioux River Rd	Page 48
5/18	9:00 AM	Mon.	Chair Cardio	W203	Page 21

MAY

5/18	12:00 PM	Mon.	The Revolutionary -- Theodore Roosevelt	Cargill Auditorium	Page 41
5/18	6:30 PM	Mon.	The Revolutionary -- Theodore Roosevelt	Zoom	Page 41
5/19	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
5/19	10:00 AM	Tues.	Write Away	L404	Page 17
5/20	10:15 AM	Wed.	Chair Yoga	W203	Page 22
5/21	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
5/21	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
5/21	2:00 PM	Thurs.	Learn to Play Disc Golf	Disc Golf Course	Page 23
5/25		Mon.	Campus Closed - Memorial Day Holiday		
5/26	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
5/26	10:00 AM	Tues.	Write Away	L404	Page 17
5/28	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 22
5/28	1:00 PM	Thurs.	Boone and Scenic Valley Railroad Dinner Train	Parking lot 2B	Page 49
5/28	2:00 PM	Thurs.	Learn to Play Disc Golf	Disc Golf Course	Page 23

JUNE

6/1	9:00 AM	Mon.	Chair Cardio	W203	Page 21
6/2	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
6/2	10:00 AM	Tues.	Write Away	L404	Page 17
6/3	10:00 AM	Wed.	Travel Information Session	D202	Pages 55, 58, 61
6/4	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
6/4	2:00 PM	Thurs.	Learn to Play Disc Golf	Disc Golf Course	Page 23
6/8	9:00 AM	Mon.	Chair Cardio	W203	Page 21
6/9	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
6/9	10:00 AM	Tues.	Write Away	L404	Page 17
6/9	2:00 PM	Tues.	Making the Most of Your iPad and iPhone	L304	Page 32
6/11	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
6/11	2:00 PM	Thurs.	Learn to Play Disc Golf	Disc Golf Course	Page 23
6/11	2:00 PM	Thurs.	Making the Most of Your iPad and iPhone	L304	Page 21
6/15	9:00 AM	Mon.	Chair Cardio	W203	Page 21
6/16	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21
6/16	10:00 AM	Tues.	Write Away	L404	Page 17
6/16	2:00 PM	Tues.	Streaming Services and the Cloud	D202	Page 32
6/18	9:00 AM	Thurs.	Wicked at the Orpheum in Omaha	Parking lot 2B	Page 63
6/18	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
6/22	9:00 AM	Mon.	Chair Cardio	W203	Page 21
6/23	9:30 AM	Tues.	Stretch and Flex	Gym Floor	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



**APPLIED
TECHNOLOGY**
Cargill Auditorium

4

**DR. ROBERT E. DUNKER
STUDENT CENTER**
Gym

**DR. ROBERT H.
KISER**

5

6



GAYLORD SMITH

CORPORATE COLLEGE

Rocklin Conference Center

ADVANCED SCIENCES

2B

*Trip & Nature Trail
Parking*

MAIN ENTRANCE

Registration

3

2

1

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