LIFELONG LEARNING


Register Today
Lifelong Learning
Non-Credit Courses
712-274-6400

Featured
Kansas City &
St. Louis Trip
page 20

Look Inside
Wellness Offerings, Classes,
Trip Opportunities, Concerts,
& More!
CALL FOR EMAILS!

Do you have an email address? Share it with us!

Go to www.witcc.edu/lifelong_learning and enter your email address. We won't share your information with anyone else. But we will use it to contact you about changes in schedule, classes coming up, and reminders about classes you signed up for with us. Help us move into the digital age and save some paper while we are at it!
LEARN. GROW. GO.

Welcome to the Spring 2020 edition of the Lifelong Learning catalog! I am so excited about the incredible opportunities I get to share with you this semester. There are new classes such as Cake Decorating Basics with Brenda Wright and Needle Felting with Crystal Huls. Numerous classes this year will be celebrating women and the 100th anniversary of women’s right to vote.

I am also eager to present an opportunity to showcase some of the alumni of Western Iowa Tech Community College. It is a privilege to work for this college, and I want to feature some of the amazing talent around Sioux City that have been part of the college’s story. I have been able to work with WITCC’s Alumni Association to offer this trip. We will also have another Mystery Trip! There are a lot of hidden gems in this tri-state area. I can’t wait to find them all with you.

I am also thrilled to offer a few traveling adventures beyond day trips. The last New York trip was a huge success but was limited in size. So many people asked for another, so here we are! I hope you will join in the magic and fun of an NYC Broadway getaway. If flying is not for you, join us for the Kansas City and St. Louis trip! Fun is sure to be had no matter what the destination.

Thank you for being members of our community. And thank you for sharing your joy and enthusiasm for continued education. There are so many great classes led by incredible instructors. I’ll let you take the time to check them all out. Enjoy the catalog! I look forward to seeing you and continuing to create a wonderful community together.

Mara Hall
Coordinator, Institute for Lifelong Learning
712.274.8733 x1864
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WHO BELONGS TO LIFELONG LEARNING?

Most of our members are people of retirement age and Baby Boomers. Our programs are geared to their interests and needs but we certainly don’t exclude participation by younger people.

MEMBERSHIP FEE

Our annual Lifelong Learning membership fee of $10 enables us to produce and mail brochures like this one and to offer plenty of free events. The membership period runs from July 1 through June 30.

Course #CPDV-2200-01

To Register by Mail:
Send your name, address, and phone number with course name and course number to Registration, Western Iowa Tech Community College, P.O. Box 5199, Sioux City, Iowa 51102-5199.

To Register by Phone:
Call (712) 274.6404 or (800) 352.4649.
Make sure your information is always current in case we need to contact you.

To Register in Person:
During daytime hours, you can register for classes, including Lifelong Learning membership, at the Registration Office, Kiser Building. Registrations and payments may be made Monday through Thursday evenings and Saturday mornings at the Admissions Office in the Robert H. Kiser Building.

Lifelong Learning instructors are not authorized to handle registrations or collect fees.

Call For Volunteers:
Interested in volunteering? WITCC has many opportunities available! Check out the listing of open volunteering positions at www.witcc.edu/volunteer or contact our friendly Volunteer Coordinator Aimee Hoff at 712.274.8733 x1252.
As you think about local organizations you’d like to support with a charitable gift, please consider the Institute for Lifelong Learning. The Institute was created over 20 years ago to serve the community with affordable programs that inform, educate and entertain. Since then, the number of programs has risen exponentially. We offer many special events at low cost or no cost.

Your tax-deductible gift will help us stay strong and continue to offer a valued service to the community. Gifts may be sent to: The Institute for Lifelong Learning, Western Iowa Tech Community College, 4647 Stone Ave., Sioux City, IA 51106.

Our grateful thanks to the following donors who have made recent donations:

- Anonymous
- Dr. Robert E. and Jan Dunker
- Russell Gifford
- Dr. Susan Hatfield
- Rhonda Jensen
- Vibeke Jensen
- Linda Kastning
- Palmer’s Candy Company
LIFELONG LEARNING
PARTICIPATION AND POLICIES

Lifelong Learning Participation
Our programs are geared toward people who are 50 and over. Many of our participants are retired; many are Baby Boomers who are still in full-time employment. However, we welcome people of all ages to participate. You are never too young or too old to learn!

Lifelong Learning Membership
The annual membership fee for Lifelong Learning is $10 per school year (July 1 through June 30, 2019). Membership is a requirement for many classes. Members receive special mailings. Occasionally, they may receive free tickets to special events.

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.

You can register for classes, including Lifelong Learning membership, at the Registration Office in the Dr. Robert H. Kiser Building.

When registering, please give your name, address, and day and evening phone number. If you are registering more than one person, please provide this information for each person.

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.

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 you can pay in person at the Business Office in the Dr. Robert H. Kiser Building during normal hours. You can also pay by credit card.

Waiting Lists
A lot of our tours and smaller classes fill up quickly. 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 but don’t attend.

Cancellations must be directed to WITCC Registration no less than two business days before the start of the class (712.274.6404 or 800.352.4649, x6404).

Cancellation Policy for One-Day Tours
Full payment must be made no later than seven days prior to the day of the tour or your reservation will be canceled. There will be no refunds for no-shows or cancellations made less than two business days before the tour. Cancellations must be directed to WITCC Registration, 712.274.6404 or 800.352.4649, x6404.

Special conditions apply to tours longer than one day and theatre/opera trips.

Canceled Classes Due to Low Enrollment
Lifelong Learning classes are almost never canceled due to low enrollment. If this should happen, 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
If the college closes due to bad weather, announcements will be made on the media and on the college answering machine. It is rare for all classes to be canceled. If you are in doubt about whether classes will take place because of weather conditions, be sure to call WITCC’s main number: 712.274.6400.

Sometimes a class is canceled at short notice due to unforeseen circumstances concerning the instructor (an accident, a bereavement, illness, localized weather conditions). In these cases, we do all we can to inform registered students in a timely fashion. This is why it’s important for us to have your telephone number(s). Sometimes, it isn’t possible to reach you in time. In these circumstances, we will work with you to find a satisfactory resolution.
PILATES
This Pilates mat class will work to balance strength and flexibility with an emphasis on challenging the core muscles. The instructor, Amanda Vande Zande, will present the exercises at multiple levels allowing students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various props are incorporated to enhance and intensify the workout. No previous Pilates experience is necessary to join a mat class. Pilates is a challenging and safe method to sculpt your body and to feel increased agility in your everyday movements.

MONDAYS; 9 TO 10 A.M.
Location: Dr. Robert E. Dunker Student Center, Room W203
Fee: $30 / Max: 25
Lifelong Learning membership required

SESSION C: January 27, February 3, (no class Feb. 10) 17, 24, March 2
Course #20/FY-CPDV-3010-03

SESSION D: March 30, April 6, (no class April 13) 20, (no class April 27) and May 4
Course #20/FY-CPDV-3010-04

YOGA FOR SENIORS
Join your instructor, Angela Benson, E-RYT200, for this great class geared toward seniors interested in learning beginning yoga. Yoga is known for improving cardiovascular health, mental focus, balance, strength, flexibility, circulation, and digestion all while decreasing stress! Enjoy the benefits of relaxation, conscious breathing, and gentle chair-assisted movement and stretching in this class.

THURSDAYS; 9:45 TO 10:45 A.M.
Location: Dr. Robert E. Dunker Student Center, Room W203
Fee: $20 / Max: 25
Lifelong Learning membership required

SESSION D: January 23, 30, February 6, 13, 20, 27
Course #20/FY-CPDV-2792-04

SESSION E: March 19, 26, April 2, 9, 16, 23
Course #20/FY-CPDV-2792-05

SESSION F: May 7, 14, 21, 28, June 4, 11
Course #20/FY-CPDV-2792-06

THURSDAYS; TIME VARIES
Location: Dr. Robert E. Dunker Student Center, Room W203
Fee: $25 / Max: 25
Lifelong Learning membership required
*Please note price change.
*Time change for Session B.

SESSION A: July 9, 16, 23, 30, August 6, 13
Course #21/FY-CPDV-2792-01

SESSION B: August 27, September 3, 10, 17, 24, October 1; 11 A.M. to NOON
Course #21/FY-CPDV-2792-02

IMPORTANT NOTE:
Please be sure to bring along a yoga mat and an extra pair of soft-soled shoes such as running shoes or dance shoes to wear in this class, in order to protect the floor of the studio.

These classes will be held in the Gymnasium in the Dr. Robert E. Dunker Student Center. In order to gain access to this room, you will need a WITCC ID. Please bring a change of shoes with you, preferably athletic shoes/sneakers. You can obtain your ID free of charge from Enrollment Services, Kiser Building, Entrance 1. Please allow time for your registration in the class as well as for your ID to be processed. For more information about policies regarding the Student Center, see page 5.
STRETCH AND FLEX

Have fun working out in a healthy way. The program includes stretching and weightlifting to strengthen muscles and improve cardiovascular health. This class is one of the most popular, so be sure to sign up early to avoid disappointment!

Please note WITCC ID required (see box below).

TUESDAYS AND THURSDAYS; 9:30 TO 10:30 A.M.

Location: Dr. Robert E. Dunker Student Center, Gymnasium and Aerobics Room W203
Fee: $10 per session
Max: 95
Lifelong Learning membership required

SESSION H: 7 Sessions
February 4, 6, 11, 13, 18, 20, (no class Feb. 25) 27
Course #20/FY-CPDV-2244-08

SESSION I: 8 Sessions
March 3, 5, (no class March 10) 12, 17, 19, 24, 26, 31
Course #20/FY-CPDV-2244-09

SESSION J: 9 Sessions
April 2, 7, 9, 14, 16, 21, 23, 28, 30
Course #20/FY-CPDV-2244-10

SESSION K: 8 Sessions
May 5, 7, 12, 14, 19, 21, 26, 28
Course #20/FY-CPDV-2244-11

SESSION L: 9 Sessions
June 2, 4, 9, 11, 16, 18, 23, 25, 30
Course #20/FY-CPDV-2244-12

SESSION A: 9 Sessions
July 2, 7, 9, 14, 16, 21, 23, 28, 30
Course #21/FY-CPDV-2244-01

SESSION B: 8 Sessions
August 4, 6, 11, 13, 18, 20, 25, 27
Course #21/FY-CPDV-2244-02

SESSION C: 9 Sessions
September 1, 3, 8, 10, 15, 17, 22, 24, 29
Course #21/FY-CPDV-2244-03

IMPORTANT NOTE: These classes will be held in the Gymnasium in the Dr. Robert E. Dunker Student Center. In order to gain access to this room, you will need a WITCC ID. Please bring a change of shoes with you, preferably athletic shoes/sneakers. You can obtain your ID free of charge from Enrollment Services, Kiser Building, Entrance 1. Please allow time for your registration in the class as well as for your ID to be processed. For more information about policies regarding the Student Center, see page 5.
YMCA WELLNESS OFFERINGS

We are proud to offer a range of classes that partner the Institute for Lifelong Learning with the Norm Waitt Sr. YMCA. These classes have been created exclusively for members of The Institute for Lifelong Learning. Participants do not need to be a member of the Norm Waitt Sr. YMCA to participate. Some classes will be held at WITCC; others will be at the Y, which is located at 601 Riverview Drive, South Sioux City, Nebraska.

Participants in Lifelong Learning classes involving equipment need to be able to move independently.

Senior Strength Circuit

This class is designed specifically for individuals 65+ years of age to help improve energy, strength, balance, and stamina. Increasing all these factors helps people keep their independence, perform their daily activities, and reduce their risk of injuries (from falls). The Senior Strength Circuit will work on balance and strengthening all major muscle groups in a fun and supportive setting. Emphasis will be placed on proper weight-lifting posture. Class sizes are small so everyone receives feedback from the instructor. WITCC ID required.

MONDAYS AND WEDNESDAYS; 10 TO 11 A.M.

Location: Dr. Robert E. Dunker Student Center, Room W203
Fee: $32 / Max: 10
Lifelong Learning membership required

SESSION D: February 10, 12, 17, 19, 24, 26, March 2, 4
Course #20/FY-CPDV-2622-04

SESSION E: March 11, 16, 18, 23, 25, 30, April 1, 6
Course #20/FY-CPDV-2622-05

SESSION F: April 13, 15, 20, 22, 27, 29, May 4, 6
Course #20/FY-CPDV-2622-06

Steady Your Stride – Balance Class

Many falls can be prevented. Exercise is one of the best ways to improve balance and lower your chances of falling. Among older adults, about one out of ten falls result in a serious injury that require hospitalization. This class will work on improving balance to reduce fall-related risks and promote healthier, independent lifestyles. WITCC ID required.

WEDNESDAYS; 9 TO 10 A.M.

Location: Dr. Robert E. Dunker Student Center, Room W206
Fee: $16 / Max: 10 / Min: 6
Lifelong Learning membership required

SESSION D: February 12, 19, 26, March 4
Course #20/FY-CPDV-2770-04

SESSION E: March 11, 18, 25, April 1
Course #20/FY-CPDV-2770-05

SESSION F: April 8, 15, 22, 29
Course #20/FY-CPDV-2770-06

WEATHER ALERT INFORMATION: The college and Y only close under extreme conditions. Otherwise classes proceed according to schedule. If you have concerns about whether classes are being held, call 402.404.8439 for classes at the Y and 712.274.6400 for classes at WITCC.
FESTIVAL OF NATIONS

WEDNESDAY, APRIL 15, 11 A.M. TO 1:30 P.M.

Location: Rocklin Conference Center, Corporate College Building, Parking Lot 2, 2B, and 3
Fee: $5
Featuring music, food, parade of nations, and native dress.
EVOLVE YOUR MASSAGE

Bring the benefits of massage into your own home! Join Cassie Thompson of Evolve Yoga and Wellness Center, for a relaxing afternoon of self-care. You will learn basic massage and self-care techniques that you can start using right away in your home without the need of any special equipment. Please wear comfortable, non-bulky clothes and bring a partner to exchange massage.

Cassie has been a licensed massage therapist for over 12 years and brings a wealth of knowledge and experience she’s eager to share with the community! This class will be held in the Yoga Studio at Evolve Yoga and Wellness Center which is located at 409 Pearl St., Sioux City, IA, 51101.

SATURDAY, JULY 25; 2 TO 4 P.M.

Location: Evolve Yoga and Wellness, 411 Pearl St.
Fee: $20 per person / Max: 20 / Min: 10
Lifelong Learning membership required
Course #21/FY-CPDV-2806-01

CONNECTIONS

AREA AGENCY ON AGING PRESENTS:

Substitute Decision Making:
Who Decides & Who Decides Who Decides?

This presentation, by Frank Tenuta from Iowa Legal Aid, will provide information about legal issues related to decision making when an individual is not competent or of questionable competence. It will include a discussion of the legal definition of competence in Iowa, as well as the procedures to establish substitute decision making mechanisms. We will also discuss living wills, powers of attorney, guardianships, and conservatorships. This session should empower you to have those important conversations with those you love concerning your or their life-decisions.

TUESDAY, MAY 12; 10:30 A.M. TO NOON

Location: Robert H. Kiser Building, Room A113 ACE-B, Entrance 1
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2797-03

Making Life Meaningful — Volunteering

Purposeful volunteering not only impacts others, but also you, when you find that “right fit.” Volunteering gives back to the community and makes a difference to the people around you. No amount of service is too small. Kevin Engel-Cartie, from Volunteer Siouxland, will discuss the positive aspects of volunteering and how to locate those opportunities that match your skills and interests. The discussion will also include the benefits volunteers receive from their commitments.

TUESDAY, APRIL 21; 10:30 A.M. TO NOON

Location: Robert H. Kiser Building, A208, Entrance 1
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2797-04
SMOOTH SAILING THROUGH MEDICARE

For New Beneficiaries

Medicare is a complex system that can quickly swamp its beneficiaries. Chris Kuchta, a Senior Health Insurance Information Program (SHIIP) coordinator, will give a lively overview of Medicare and many of its options to help clear those murky water of its alphabet soup (Parts A, B, C, D), supplements, advantage plans and other riptides such as the prescription drug donut hole that can pull you under!

See how you or your loved one may lower the boom on Medicare costs by making annual drug plan comparisons, applying for federal and/or state benefits, or utilizing pharmaceutical assistance programs. Steer clear of the wounds caused by healthcare fraud and identity-theft pirates. This is a cruise you’ll be delighted to take!

TUESDAY, MARCH 24; 6 TO 8:30 P.M.
Must be registered by March 17
Location: Siouxland Center for Active Generations, 313 Cook St.
Fee: No charge / Max: 80
Lifelong Learning membership not required
Course #20/FY-CPDV-2626-03

TUESDAY, MAY 5; 6 TO 8:30 P.M.
Must be registered by April 28
Location: Cargill Auditorium, Entrance 14
Fee: No charge / Max: 150
Lifelong Learning membership not required
Course #20/FY-CPDV-2626-04

ALZHEIMER’S ASSOCIATION PRESENTS:

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings. Understanding and Responding to Dementia-Related Behavior teaches ways to decode behavioral messages, identify common triggers, and gives strategies to help manage some of the most common behavioral challenges of Alzheimer’s disease.

Join a representative from the Alzheimer’s Association for this free class.

TUESDAY, APRIL 14; 10:30 A.M. TO NOON
Location: Advanced Sciences Building, Room L304, Entrance 3 or 4, Parking Lot 1 or 2
Fee: No charge / Max: 50
Lifelong Learning membership not required
Course #20/FY-CPDV-2783-01

Living with Alzheimer’s for Caregivers

In the early stages of Alzheimer’s disease, families face many new questions. Living with Alzheimer’s for Caregivers answers questions that arise and provides tips and strategies to help support individuals living with the disease.

Join a representative from the Alzheimer’s Association for this free class.

TUESDAY, MAY 5; 10:30 A.M. TO NOON
Location: Advanced Sciences Building, Room L304, Entrance 3 or 4, Parking Lot 1 or 2
Fee: No charge / Max: 50
Lifelong Learning membership not required
Course #20/FY-CPDV-2783-02
THE ELECTRIC DRIVE: BEYOND A GOLF CART

The use of electricity to power automobiles is not a new idea. During the early 1900s, electric cars outsold most other types of automobiles. Today electric powered cars are becoming popular once again and are being manufactured and sold in the United States.

In the first session, Dan Whitlock will present about automobile power system basics and a brief history of electric cars. This session will also focus how battery technology has changed and the pros and cons of using electricity to power automobiles versus other fuel sources.

In the second session, Dan will discuss environmental aspects creating interest in electric powered vehicles worldwide, and he will also talk about regulatory changes that have been announced, by various countries, to promote the transition from petroleum powered vehicles to electrically powered vehicles. He will also review how the change from using a liquid petroleum-based fuel to power cars to needing to recharge the batteries in an electric car affected the change to electric powered cars. He will review the reports of battery fires in electric cars and how they compare to fires in gas powered vehicles.

In the third and final session, Dan will explore some of the new makes and models of electric cars that have been available since 2010. Dan will look at the total sales of electric cars in the United States per year by manufacturer and review new electric car and truck models being announced over the last three years to be introduced in the near future.

Dan will answer questions and have his 2014 Chevy Volt, Extended Range Electric Vehicle available for those attending to see and inspect. Electric cars are not necessarily the right type of vehicle for everyone. If they fit your driving needs, they can be a very economical, environmentally friendly, and fun alternative to the internal combustion powered vehicles that are common today. Come and see what many are saying is the future of the automobile.

TUESDAYS AND THURSDAYS, APRIL 28, 30, MAY 5; 1:30 TO 3 P.M.

Location: Advanced Sciences Building, Room L304, Entrance 4, Parking Lot 1 or 2
Fee: $10 / Max: 40 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2747-02
ENCOUNTERS WITH ANCIENT EGYPT

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

A Tour of Egypt
Following the typical route of a modern tour, we will take a pictorial tour of Ancient Egypt. We will visit the sites of Egypt including Giza, Saqqara, Luxor, the Valley of the Kings, and more through pictures and words. Come join us for a trip of a lifetime without having to pack!

**THURSDAY, APRIL 9; 7 TO 8:30 P.M.**

**Location:** Advanced Sciences Building, Room L212

**Fee:** $6 / **Max:** 30

Lifelong Learning membership required

**Course #20/FY-CPDV-2359-03**

The History of Archaeologists: The Good, the Bad and the Odd

Without Egyptologists, we would be ignorant of the wonders that have been found in Ancient Egypt. There are those who were truly magnificent, some who were truly terrible, and a few who were truly odd. We will talk about these different people and their influence on Egypt and Egyptology and discover just how all three were important.

**THURSDAY, APRIL 23; 7 TO 8:30 P.M.**

**Location:** Advanced Sciences Building, Room L212

**Fee:** $6 / **Max:** 30

Lifelong Learning membership required

**Course #20/FY-CPDV-2359-04**
KNITTING-IN-THE-ROUND

Join your instructor, Crystal Huls, for this beginner level course with a twist! You will learn to cast-on, bind-off, knit-stitch, and purl-stitch. You will also learn to gauge-swatch and how to size yarn to needles. We will focus on knitting-in-the-round with circular needles and double-pointed needles.

Gauge is very important in knitting, so we will spend time gauge-swatching to make sure our garments fit properly when finished. Increasing and decreasing, shaping, and finishing are all part of this course.

We will shop for yarn and materials for the project. We will discuss tools for knitting, basic pattern reading, and choosing a project.

TUESDAYS AND THURSDAYS, MARCH 19, 24, 26, 31, APRIL 2, 7, 9, 14, 16, 21, 23; 11 A.M. TO 12:30 P.M.

Location: Dr. Robert H. Kiser Building, Room A113, ACE-B, Entrance 1
Fee: $50 (does NOT include cost of materials for class)
Max: 10 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2905-04

INTRODUCTION TO NEEDLE FELTING

Join your instructor, maker-extraordinaire, Crystal Huls, to learn the basic techniques for needle felting. Needle felting is the process of stabbing wool with a special needle to pull the wool into itself to be shaped as desired. We will cover basic tools and fibers used for this craft. After getting to know the craft a bit, we will shop for supplies to make a small project together. The possible outcomes of needle felting are endless! Crystal likens it to sculpting with wool or painting with wool.

TUESDAYS AND THURSDAYS, APRIL 28, 30, MAY 5, 7, (NO CLASS MAY 12) 14, 19, 21; 10:30 A.M. TO NOON

Location: Dr. Robert H. Kiser Building, Room A113, ACE-B, Entrance 1
Fee: $50 (Includes cost of starter kit of materials for class)
Max: 10 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2905-05
CROCHET BASICS

Join your instructor and dedicated crochet enthusiast, Crystal Huls, for this great course! You will learn to shop for yarn, size your hook to your yarn, read a single crochet pattern of your choice, and work independently on a project. This course will include basics of beginner crochet for those who are just starting or for those who want to learn! We will shop for materials together after we pick our projects during our first class. We will learn stitch gauge and how to read a chart in this course. This is a great course for very beginners or for those who are still learning to navigate the basics of crochet.

TUESDAYS AND THURSDAYS, JUNE 2, 4, 9, 11, 16, 18, 23, 25; 10 A.M. TO NOON

Location: Dr. Robert H. Kiser Building, Room A113, ACE-B, Entrance 1
Fee: $40 (does NOT include cost of materials for class)
Max: 10 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2905-06

INTERMEDIATE CROCHET: SHAPING & GARMENT MAKING

Join your instructor, Crystal Huls, for this fun course for advanced crochet students. You will learn how to gauge swatch for sizing, choose fibers that suit the garment, and following a pattern to make a simple garment of your choice. This class will use some crochet-in-the-round and will require basic crochet knowledge. We will be using stitches ranging from single crochet to treble crochet depending on project choice. The skills learned can be used for afghans, sweaters, ponchos, and more!

We will shop for yarn and materials for the project. We will be discussing tools for crochet, basic pattern reading, and choosing a project.

TUESDAYS AND THURSDAYS, MARCH 19, 24, 26, 31, APRIL 2, 7, 9, 14, 16, 21, 23; 1 TO 2:30 P.M.

Location: Dr. Robert H. Kiser Building, Room A113, ACE-B, Entrance 1
Fee: $50 (does NOT include cost of materials for class)
Max: 10 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2905-03
CONFERENCE
SENIOR SCAMS: AWARENESS AND PREVENTION

Defending yourself and your loved ones against senior scams of all types is an overwhelming prospect. There are so many types of abuse and fraud to be aware of in the everchanging, technological world we live in today. That is why Lifelong Learning is excited to bring so many professionals together to spend the day sharing how to learn and combat Senior Scams.

The day will include representatives from the Iowa Attorney General’s Office, AARP, Iowa Legal Aid, Sioux City Police Department, and the FBI. Additional presentations include computer, banking, and medical fraud. There will also be an opportunity for resource sharing from organizations around Siouxland.

This event is FREE and open to the public and will include lunch. Please register by April 9th by calling Lifelong Learning Coordinator, Mara Hall, at 712.274.8733 x1864.

FRIDAY, APRIL 24; 10 A.M. TO 3 P.M.
Location: Rocklin Conference Center, Corporate College Bldg., Lots 2, 2B and 3
Fee: No charge
Lifelong Learning membership not required
Course #20/FY-CPDV-3015-01

Open to all including: professionals, caregivers, advocates, concerned family members, and seniors throughout the area.
A MAGICAL MYSTERY TOUR
An Adventure in Learning and Fun

Join the ever-popular mystery tour, the perfect reason to escape for a day of surprises and fun. Lifelong Learners with an adventurous spirit will head to a “secret spot” for good food, fun, and, of course, new learning experiences. Turn to your inquisitive side and leave the driving to us! The Magical Mystery Tour is ready to take you away on an adventure.

FRIDAY, MAY 1; 9 A.M. TO 6 P.M.

Location: Bus departs from the north end of Parking Lot 2B, WITCC Campus.
The Bus will be available for boarding at 8:45 A.M.
Fee: $85, includes transportation, lunch and admissions
Max: 42 / Min: 24
Lifelong Learning membership required
Course #20/FY-CPDV-2834-03
Waiver #20/FY-CPDV-2834-04

*Please note there will be moderate walking.
Wear comfortable shoes.

HIGHLIGHTING WITCC ALUMNI AROUND SIOUXLAND

Western Iowa Tech Community College is proud to have over 30,000 alumni. For more than 50 years, our alumni have done extraordinary things including starting their own business, becoming experts in their industry, and making lives better for those of us who live in Siouxland. This one-day adventure around Sioux City highlights a few area businesses that have been started by WITCC alumni or regularly hire a large number of our graduates.

Join us for a fun, informational day touring the 185th Air Refueling Wing of the Iowa National Guard and the Sioux City Police Department. The 185th currently has 1000 traditional and full-time military as well as over 300 air technicians and state contract employees many of which are WITCC alums, current students and employees. The Sioux City Police Department employs many of our Police Science graduates, and the building also features a newly renovated museum.

Later in the day, we will visit and tour the beautiful Oscar Carl Winery which was started by a graduate of WITCC. And, of course, we will be tasting the wine! We hope you will join us as we celebrate the amazing accomplishments of our WITCC alumni.

*Please note there will be moderate walking.
Wear comfortable shoes.

FRIDAY, JUNE 12; 9 A.M. TO 6 P.M.

Location: Bus departs from the north end of Parking Lot 2B, WITCC Campus. The Bus will be available for boarding at 8:45 A.M.
Fee: $40, includes transportation, lunch and admissions
Min: 24 / Max: 42
Lifelong Learning membership required
Course #20/FY-CPDV-3013-01

*Please note there will be moderate walking.
Wear comfortable shoes.

Early registration is strongly recommended. Lifelong Learning membership is required. Full payment is due on the booking. For an additional $20, 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 this waiver. The waiver is nonrefundable and must be purchased at initial registration.
NEW YORK CITY
FALL 2020 BROADWAY TOUR:
THE BEST OF NEW YORK
AND BROADWAY

NEW YORK TRIP REGISTRATION FORM

Registrations will be processed in order of receipt of payment per person with this form. Please complete this form and return it to Mara Hall, Lifelong Learning coordinator.

Name __________________________________ Phone ____________________________
Address ________________________________________________________________
E-mail _________________________________________________________________

Please include email address to receive a copy of the terms and conditions for this trip and information regarding travel insurance.

(check where applicable)

___ I am traveling with (name of person) ______________________ who will register separately and we will share a room.

Course #21/FY-CPDV-2773-01 (Trip price $2200 for double occupancy)

___ I am traveling alone and wish to register for single supplement. Course #21/FY-CPDV-2773-02 (Trip price $2900 for single occupancy)

___ Lifelong Learning membership (required). Course #21/FY-CPDV-2200-01 ($10)

Enclose a check payable to Western Iowa Tech Community College
Mail this form and check to: Mara Hall, Western Iowa Tech Community College, P.O. Box 5199, Sioux City, IA 51102-5199
MONDAY–FRIDAY; AUG. 31–SEPT. 4, 2020

Min: 24 / Max: 41

The trip includes the following:

• Round-trip airfare from Omaha Airport
• Transportation to and from the Omaha Airport
• 4 night’s lodging
• 4 breakfasts
• 4 dinners
• Tickets to three Broadway shows
• A New York City tour
• Ground transfers to and from New York Airport

Lifelong Learning membership required. Participants must be 16 years or older. Deposit of $500 per person upon booking. Applications will be filled on a first-come, first-served basis.

To register, send in registration form with deposit.
KANSAS CITY AND ST. LOUIS:
Theatre, Tour and the Cardinals

The trip includes the following:
• Round-trip motor coach from Sioux City
• 3 nights’ lodging — based on double occupancy
  (Add $250 for a single supplement)
• 3 breakfasts, 1 lunch, and 3 dinners
• Ticket to the Kansas City New Theater’s musical, “Million Dollar Quartet”
• Ticket to the famous St. Louis MUNY Theatre’s play “Chicago”
• Ticket to the St. Louis Cardinal — Colorado Rockies baseball game and a visit to the St. Louis Cardinal Hall of Fame Museum
• City tour of St. Louis, including the St. Louis Gateway Arch

JUNE 16-19, 2020

DEPART: Tuesday, June 16, 9 A.M.
RETURN: Friday, June 19, 7 P.M.
Location: Park in Parking Lot 2B. The bus will arrive by 8:30 for boarding. Departure time is 9:00 A.M.

Fee: $750.00 per person, based on double occupancy.
($250.00 single supplement)
Max: 44 / Min: 24
Lifelong Learning membership required

KANSAS CITY & ST. LOUIS TRIP REGISTRATION FORM

Registrations will be processed in order of receipt of payment per person with this form.
Please complete this form and return it to Mara Hall, Lifelong Learning coordinator.

Name ______________________________________ Phone ___________________________
Address ________________________________________________________________
E-mail _________________________________________________________________

Please include email address to receive a copy of the terms and conditions for this trip and information regarding travel insurance.

(choose where applicable)
____ I am traveling with (name of person) __________________________ who will register separately and we will share a room.
  Course #20/FY-CPDV-2816-01 (Trip price $750 for double occupancy)
____ I am traveling alone and wish to register for single supplement. Course #20/FY-CPDV-2816-02 (Trip price $1000 for single occupancy)
____ Lifelong Learning membership (required). Course #20/FY-CPDV-2200-01 ($10)

Enclose a check payable to Western Iowa Tech Community College
Mail this form and check to: Mara Hall, Western Iowa Tech Community College, P.O. Box 5199, Sioux City, IA 51102-5199
OMAHA THEATRE TRIP

Tony Winner—The Lion King

Lifelong Learners head to Omaha for a memorable Sunday to see an Orpheum Theatre Broadway series hit, the Disney Theatrical Production’s “The Lion King.” The musical is based on the Disney animated film of the same name, with music by Elton John and lyrics by Tim Rice. Directed by Julie Taymor, who also created the masks, animal costumes, puppets and choreography, the musical was an instant success since its official New York premier on November 13, 1997. “The Lion King” has been seen world-wide by over 150 million people, has become the highest grossing show of all-time at $1.8 billion dollars, and is currently the second longest-running show in Broadway history. In 1998, this masterpiece won seven Tony’s, including “Best Musical.”

“The Lion King” is the story of a young lion prince living in the African Pride Lands. Born into the royal family, Simba adores his kingly father, Mufasa, but he shirk his responsibility as a prince. An unthinkable tragedy occurs. Scar, the evil, jealous uncle kills Mufasa. Prince Simba ignores his responsibility and flees the Pride Lands. Eventually Simba returns to fulfill his destiny as the future king. “The Lion King” is a beautiful story of love and redemption that no one should miss. Combine all of this brilliance with Sir Elton’s “Circle of Life,” “I’ve Just Got To Be King,” and “Can You Feel the Love Tonight,” the African animals, puppets, Scar’s hyenas and the dancing plants, you know why it is still running. This is Broadway magic at its finest.

SUNDAY, APRIL 19, 2020; 9 A.M. TO 7 P.M.

Location: Park in Parking Lot 2B. The bus will arrive at 8:30 a.m. for boarding.
Fee: $135 (includes ticket, meal, and transport)
Max: 53 / Min: 24
Lifelong Learning membership required
Course #20/FY-CPDV-2774-01
Waiver #20/FY-CPDV-2774-02

*Early registration is strongly 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.
THEATRE TALKS: DISASTER MOVIES AND “DISASTER! THE MUSICAL”

A musical about a disaster called “Disaster”? Yes! Lamb Regional Arts is taking on the formidable challenge of putting this hilarious show on stage, and Bill McKenny is offering you the chance to take a fun journey through all the tragedy-filled films this show spoofs.

You may not have heard of the musical “Disaster,” but you won’t be disappointed by this fun show. The authors have taken not one, but a trove of disasters and combined them together in one unforgettable night. To top it all off, it’s all set to wonderful hits from the seventies like “Hot Stuff,” “I Am Woman,” “Knock Three Times,” and of course, “I Will Survive,” plus many more.

This class will explore the movies that created the basis for all this fun. We probably remember “Towering Inferno,” “The Poseidon Adventure,” “Airport ’77,” and “Armageddon,” not to mention “Swarm,” the “Sharknado” franchise, and “Attack of the Killer Tomatoes.” But Hollywood’s attempt to create disasters goes back almost to the beginning with hurricanes, earthquakes, volcanic eruptions, and tidal waves terrifying and thrilling audiences. A little disaster like the closing of the Red Sea, the burning of Atlanta, or the sinking of the largest luxury liner in the world can spice up any script.

If you listen to SiriusXM satellite radio’s “On Broadway” channel, you may have heard Seth Rudetsky who is the co-author of “Disaster!” along with Jack Plotnick. Mr. Rudetsky has used his encyclopedic knowledge of Broadway, plus his affection for disaster movies and ’70s hits, to craft a fun night in the theatre. They’ve populated their show with all the usual characters you’d expect. The professor no one listens to, the devoted married couple, the corrupt guy who’s probably to blame for some of the trouble, the nun with a gambling addiction (maybe not that last one). We’ll also talk about why audiences are so drawn to these films, but we won’t stray too far from the sheer fun of looking at these entertaining, if preposterous, movies.

“Disaster!” is scheduled to take the Lamb stage June 5 through June 20, and you won’t want to miss it.

THURSDAY, JUNE 4; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L304, Entrance 4, Parking Lot 1 or 2

Fee: No charge  /  Max: 40

Lifelong Learning membership not required

Course #20/FY-CPDV-2798-02
THEATRE TALKS: THE LITTLE MERMAID

Let’s dive into the world of “The Little Mermaid” and Hans Christian Andersen. The Sioux City Community Theatre is preparing a production of Disney’s “The Little Mermaid,” and it’s a perfect time to think about this classic story and the unique writer who brought her to life.

The show is an adaptation of the iconic animated film which was co-directed by Sioux City native Ron Clements and played an important role in the resurgence of animated films. We’ll talk about that, but first we’ll go back to the unusual man that started this.

Unlike many fairy tales that evolve from tradition until someone writes them down, “The Little Mermaid” was mainly the product of the imagination of Hans Christian Andersen. We’ll discuss the unusual progress that led him from lonely, abused child to world renowned author and discover some surprises along the way. He may be one of the most beloved authors in the world today, but his life was far from a fairy tale.

The basic premise of “The Little Mermaid” seems to have appeal for people all over the world, but the original story is not without darker elements. It will be interesting to consider how various adapters have dealt with these aspects of the story as it has moved from ballet to opera to animated film to musical play. All these different incarnations have processed the story in ways that would probably startle, confound, and possibly please Andersen. It was no easy feat to animate the story on film and then turn the movie into a musical on the stage.

You can count on Bill McKenny, your guide through this discussion, to uncover some surprising twists and turns in the story of this man and the appealing tale that sprang from his imagination. You’ll definitely want to bring the new perspective you gain from this presentation to the show SCCT presents on the stage July 10 through July 26.

THURSDAY, JULY 9; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L304, Entrance 4, Parking Lot 1 or 2
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #21/FY-CPDV-2798-01
SPRING CONCERTS

A Day of Irish Songs
with Mike Langley

Celebrate St. Paddy’s Day with Siouxland’s own singer-songwriter Mike Langley. Mike returns to WITCC for another sparkling performance of songs from the Emerald Isle!

On his tours across the pond, Mike has found Ireland to be not only a beautiful spot on the globe to reconnect with family and find new friendship, but also a state of mind to carry along in one’s travels, as a talisman of the power of the human spirit.

Along with selections from the catalog of Irish evergreens and assorted gems from jam sessions in the pubs, Mike will perform original songs from his albums, “Cheers Love,” “Songs from the Future,” “For Real” and “Milky Way Home.” Mike’s own songs have been inspired by his travels through County Clare, Galway, Connemara, Westport, Ballina, Clare and Achill Islands of Clew Bay, Dublin, Killarney, Kenmare and the Beara Peninsula, Sligo and Donegal. Mike recently sang a set of his own songs for The Acoustic Yard Sessions in Matt Molloy’s Pub in Westport, which was broadcast on Irish TV, and has been a guest on Radio Westport.

Ireland waits with warm welcomes and great music at every stop along the way and an open invitation to come back for more!

TUESDAY, MARCH 17; 2 P.M.
Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required

Born to Love You
with Jack and Mike Langley

Sioux City’s own Jack and Mike Langley will present a concert of songs for Mother’s Day and beyond: “Born to Love You.”

Jack and Mike will feature a wide range of classic songs from different eras including: “M-O-T-H-E-R,” “Mamas Don’t Let Your Babies Grow Up to Be Cowboys,” “Mama Tried,” “Let It Be,” “Mother Machree,” and many more, as well as special songs written for their own beloved moms.

Both inductees in the Iowa Rock and Roll Music Association’s Hall of Fame, The Langleys have been performing together onstage for more than forty years, from Sioux City to Nashville, Tennessee, and to Vienna, Austria, and back.

TUESDAY, MAY 12; 7 P.M.
Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
ROCK AROUND THE CLOCK

MONDAYS, MAY 4, 11, 18; 6 TO 8 P.M.

Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 100
Lifelong Learning membership required

Session 1: Bridging the Gap: Ricky Nelson and Roy Orbison

In that leap from Elvis to the Beatles, there was Chuck Berry, Buddy Holly, Ricky Nelson, Bobby Darin, and Roy Orbison. Elvis, Chuck, and Buddy faded by 1959. One was in the army, one was in prison, and the other was in a grave. If rock was to survive, others had to lead the way. In this series we will look at three performers on the scene fighting the waves to keep rock ‘n’ roll vital between 1959 and 1964 when the Beatles led the British Invasion to retake America!

Ricky Nelson, the clean-cut kid that grew up on TV, traded his crew cut for Elvis locks. But when he picked up a guitar, he added his name to rock history. Unlike others that were trying to be the manufactured successor to Elvis, Ricky had talent to match his charisma. His songs would stay as fresh as his looks, and he would blaze a trail of hits as he “Said Hello Marylou” and goodbye to being the TV son of America’s favorite Fifties family!

Roy Orbison was the opposite of Ricky, unknown and no ready platform. His country crooner voice was in contrast to the rockabilly of Elvis and Ricky. His style was smoother, yet more rock than the upcoming crop of country singers like Johnny Cash. How did Roy get his shot at fame to transcend his time and still be playing country-rock with some of the biggest names in the business 40 years later?

Join Russ Gifford to revisit the times and the talents that kept rock alive in America after Elvis and before the Beatles!

Monday, May 4; 6 to 8 p.m.
Course #20/FY-CPDV-2827-04

Session 2: America’s Response to the British Invasion: Fighting Back with Paul Revere and a Host of Helpers!

When the Beatles stormed the shores and took over the airwaves in 1964, things looked bleak for American singers. The Brill Building era of hit-making was gone. The rock DJ’s were adopting the “Top Forty” format, and there seemed to be little room for American acts. But all across America, little bands had been keeping the beat, working bars and restaurants, and high school sock hops. Individual promoters created these circuits, and guys that flipped burgers during the week waited for the weekend in their hope to rock the world.

One of those guys was Paul Revere. He was born and raised in a tiny town of Harvard, Nebraska. When he moved to the northwest and found Mark Lindsay, they blazed a trail across the sky and left a string of hits in their wake.

We will look at their story and other groups that range from strong contenders like the Beau Brummel’s and one-hit-wonders like the Knickerbockers. America strikes back, this week on Rock Around the Clock!

Monday, May 11; 6 to 8 p.m.
Course #20/FY-CPDV-2827-05

Session 3: Siouxland in the Golden Age of Live Music!

While Sioux City saw big names in the 1950s like Elvis, Siouxland also had a history of live music in fancy restaurants and dinner clubs from the 1940s through the 1970s, and some would say on into today! The era of the Starlight Lounge and Shore Acres gave way to the steak houses that hosted live music every weekend. The Paddock, The Flamingo, and so many others in Siouxland gave venues and audiences to established circuit groups and up-and-coming local groups every weekend.

Relive the glory years of Siouxland live music as Rock Around the Clock remembers the Sioux City cocktail clubs and the people who played them!

Monday, May 18; 6 to 8 p.m.
Course #20/FY-CPDV-2827-06
MOMMY AND ME SING:

Making Harmony at Home

A music class for parents and children (age two through pre-K). This class has been created especially for the younger generation. Come for the fun and stay for the education.

All children are musical! They are born with an aptitude for music; this will diminish though, if it’s not nurtured in the first nine years of life. According to leading early-childhood researcher Dr. Edwin E. Gordon, musical aptitude is in a developmental stage from birth to age nine. While a child can certainly learn musical skills such as fingerings, breathing, and note reading after age nine, how musical a person is – how attuned his or her sense of pitch and rhythm is – is set for life by age nine. Gordon says the most effective way to nurture a child’s tonal and rhythmic aptitude is to provide them with a rich environment of singing and moving.

During weekly classes, children and their caregiver(s) will participate in activities such as: singing simple songs, continuous movement, steady beat activities, playing simple instruments, and rhymes and finger plays focused on tonal and rhythm patterns.

Your friendly instructor is Amanda Vande Zande, a mother of two and a music instructor at Western Iowa Tech Community College.

One child per registered adult.

MONDAYS, 10:30 TO 11:30 A.M.

Location: Advanced Sciences Bldg., Room L304, Entrance 4, Parking Lot 1 or 2

Fee: $25  /  Max: 10
Lifelong Learning membership required

SESSION C: January 27, February 3, (no class Feb. 10) 17, 24, March 2
Course #20/FY-CPDV-2574-03

SESSION D: March 30, April 6, (no class April 13) 20, (no class April 27) and May 4
Course #20/FY-CPDV-2574-04
BACON CREEK BACK PORCH

FRIDAYS, NOON TO 1 P.M.

Location: Robert H. Kiser Bldg., A208, Entrance 1  
Fee: No charge  
Lifelong Learning membership not required

Poetic Reflections from the Past
Presented by Theresa Jackson

This presentation is of the poetry written by Theresa Jackson's great-grandmother, Linnie Foote Poyzer (1884—1965). She was born in the Orleans, Iowa area and lived in Superior Township, Iowa, in Dickinson County. She lived on a farm with her husband John Franklin Poyzer where they raised three children. She wrote her poems on whatever piece of paper she could find; she just needed to write. As a result, poems were scattered throughout the house until a family member collected them into booklets and shared them with other relatives.

Reflecting the rural world of the early 20th century, her poetry deals with topics that reflect the changes happening during her life, the beauty of Iowa's nature, and about her family and friends. Her writings show how the simple act of writing poetry can provide a wonderful history of a time.

Join Western Iowa Tech Community College English Instructor Theresa Jackson for this interesting presentation.

Friday, April 17; NOON TO 1 P.M.

Looking the Part: The Westerns
Roles of Singer/Songwriter
Kris Kristofferson
Presented by Helen M. Lewis

Kris Kristofferson's careers as songwriter, recording artist, and concert performer became rounded out by his career as film star from the 1970s. However, personal addictions, too many contracted commitments, negative reviews, and unpopular politics hurt his film career as much as his other endeavors. With persistence and support of friends, Kristofferson eventually enjoyed high points amidst the low times. Overall, his offers of film roles, including Westerns, occurred more because of the desired appearance of the characters than the results of a talent search. Kristofferson's dress, facial features, and mannerisms qualified him for Western roles from outlaws to bartenders.

Join Western Iowa Tech Community College English Instructor Helen Lewis for this interesting presentation.

Friday, May 8; NOON TO 1 P.M.

If you are interested in presenting in next semester's Bacon Creek Back Porch Series, contact Mara Hall at mara.hall@witcc.edu or 712-274-8733, ext. 1864.
When you see horses standing in a pasture or running across a field, does your heart beat a little faster? Do you long to touch them and understand them? Whether you have grown up with horses or admired them from afar, this course will help you understand them and become a part of their world.

Learning to Communicate with Horses is a non-riding horse class for adults 50 and over who have always wanted to be able to approach these magnificent creatures without fear and be accepted by them. This half-day class will teach you the proper way to interact with a horse. You will be rewarded with a silky muzzle, a warm breath and a deep feeling of serenity as you join with the spirit of a horse.

You will learn how horses communicate with each other. Learn how these graceful animals interact with us through activities that encourage bonding between a human and a horse. This bond is special. The peace of a horse can help the human heart to heal when there has been a loss, sad experience or traumatic incident in a person’s life. That is their gift to us.

At the end of the workshop you will have gained the confidence and knowledge that will allow you to understand and enjoy the special relationship between a person and a horse. The next step is our Silver Saddles class (see right) which will help you to see the world from a totally different perspective, from the back of a horse.

Classes are held at the STARS Riding Center. Please dress comfortably (close-toed shoes please) in layers and bring a sack lunch. Light refreshments and beverages will be provided.

Participants must be able to stand and walk on uneven surfaces.

**WEDNESDAY, MAY 13; 9 A.M. TO NOON**

- **Location:** STARS Riding Center, 33148 K-22
- **Fee:** $45 / **Max:** 8 / **Min:** 4
- Lifelong Learning membership required
- **Course #**20/FY-CPDV-2631-01
SILVER SADDLES

“There is something about the outside of a horse that is good for the inside of a man,” noted Winston Churchill. This statement is never truer than at the Special Troopers Adaptive Riding School (STARS) located in Sioux City. The PATH certified staff at STARS has created a program designed for Lifelong Learning members over 50 who want to connect or reconnect with horses and get some exercise.

The Silver Saddles program will provide you with a deeper understanding of horses, how to move safely around them, and an opportunity to develop elementary riding skills.

The STARS staff has had a great deal of experience working with individuals who have had little or no previous interaction with horses. You will learn how to bond, feed, and eventually enjoy a gentle ride with the horses at the STARS facility.

Similar programs around the country have found that seniors can improve balance, flexibility, and endurance as a result of this kind of activity. There are also psychological benefits, such as developing a sense of meaning, promoting social connections, and acquiring a sense of accomplishment.

Our class Learning to Communicate with Horses (see left), is a prerequisite for taking Silver Saddles. The earlier class is designed to ensure that you are comfortable being around horses and know how to communicate with them.

WEDNESDAYS, JUNE 3, 10, 17, 24; 10 TO 11:30 A.M.

Location: STARS Riding Center, 33148 K-22
Fee: $96 / Max: 6 / Min: 4
Lifelong Learning membership required
Course #20/FY-CPDV-2645-01
Prerequisite: Course #20/FY-CPDV-2631-01
STREAMING SERVICES AND WHAT IS THE CLOUD

Everyone is talking about streaming. Streaming music, streaming videos, that's great, but what exactly is it and how do you do it?

In this class, your instructor, Haseena Napier, will explain what streaming is and how to get on the bandwagon. During the first hour of class, Haseena explains how streaming works and what you need in order to stream music and movies. She will also go over the following:

- Music Streaming apps like Pandora & Spotify
- Video Streaming services like Netflix, Hulu, and Amazon
- Devices that allow you to stream, such as smart TVs, Apple TV & Roku

Haseena will also help you set up a free trial of a streaming service or navigate an account you already have. The class will explore a few services in more detail and learn the differences and similarities to help you on your way to feel confident to navigate on your own with any streaming service or device.

You have your documents, photos, and other items backed up to the cloud but have no clue what that means. Through this two-part class, Haseena will teach you what exactly the CLOUD is and how it pertains to your information. Learn what and where the cloud is, how your information is stored, and how companies are working to keep your information safe.

**PART 1: WHAT IS THE CLOUD**
Wednesday, April 22; 1 to 3:30 p.m.

**PART 2: STREAMING SERVICES**
Thursday, April 23; 1 to 3:30 p.m.

**WEDNESDAY AND THURSDAY, APRIL 22 AND 23; 1 TO 3:30 P.M.**

**Location:** Wells Fargo Room, L110, Entrance 14, Parking Lot 4
**Fee:** $20 / **Max:** 15
Lifelong Learning membership required
**Course #20/FY-CPDV-2887-02**
INTRODUCTION
TO THE IPAD

Apple’s iPad has sold millions of units since its debut in 2010. It has spawned many other brands of tablet computers and even Apple has produced five different versions. Your instructor, Haseena Napier, will go through the basic operation of the iPad, how to use the multi-touch display, explore settings, change font sizes, access the internet, use Safari, and introduce you to the wonderful world of apps!

If you own an iPad, you are welcome to bring it to class, but it’s not required.

THURSDAY, APRIL 9; 1 TO 3:30 P.M.

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 / Max: 15 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2554-02

INTERMEDIATE IPAD

You know how to do your favorite things on your iPad, but what else can it do? The intermediate iPad classes will dive further into some of the features and abilities of the iPad. These class will cover how to do the following:

Featuring iPhone and iPad Photography and Facetime

In this class, you will learn how to take photos and edit them using the plethora of editing tools that come pre-loaded on your iPhone and/or iPad. Your instructor, Haseena Napier will teach you how to share your photos via text, email, or Dropbox.

THURSDAY, APRIL 16; 1 TO 3:30 P.M.

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 / Max: 15 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-2822-02

TOASTMASTERS CLUB

At WIT Masters Toastmasters club you’ll find a positive, fun and encouraging environment where members learn vital skills that promote self confidence, enhance leadership and foster human understanding. Participants support each other as their communication and leadership skills grow and develop using the Toastmasters International curriculum of programs. WIT Masters Toastmasters club is open to the public.

Russ Kock, President
712-898-2739 or randakock@aol.com

Brenda Bradley, Vice President of Education
712-389-6675 or bbradley@longlines.com

TUESDAYS, NOON TO 1 P.M.

Location: Advanced Sciences Bldg., Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5
PHOTOGRAPHY CLASSES

Instructor Jerry Mennenga worked for daily newspaper publications for over 25 years in Illinois, Texas, Louisiana, California and Iowa. He has covered various photographic assignments at these publications and continues to shoot for clients and also makes photographs simply for the fun and joy of it. He creates images for a blog he writes, www.lostinsiouxland.com.

Introduction to Adobe Photoshop Elements

Individuals take photographs every day. Subject matter ranges from candid family photos, fall scenery, a wedding, or maybe vacation pictures. Sometimes the images captured may not meet the photographer’s vision, and the photographer only wants to make some minor adjustments such as cropping or color correction.

This three-week class is an introduction to Adobe Photoshop Elements, a scaled down and less expensive alternative to Adobe Photoshop. There will not be any operational computers for students to use to learn Elements. Instructor Jerry Mennenga will go over the basic tools of operation, touch on color correction and other image manipulation aspects of the program. The first week will cover the very basic Elements program, week two will cover the intermediate Elements program and the last week will look at the advanced portion of Elements.

Students are not required to have the program to attend, but if students have Elements loaded on a laptop they are encouraged to bring the laptop and work on images under the guidance of Jerry during the seminar. There will not be any operational computers for students to use to learn Elements.

Making Better Photographs

In the digital age, taking photographs is a lot easier than it used to be. But that doesn’t mean we all take better photographs. In this class, you will learn from a professional photographer how to dramatically improve your technique.

Making better photographs involves employing various techniques to make the image compelling. These include composition, creative lighting, and design elements. But most important, it’s learning to “see” the image before you press the shutter button.

In this five-week course you’ll explore various compositional design elements such as the rule of thirds, leading lines, the use of silhouettes and seeing shapes and patterns. The class will discuss using available light which effects subject matter when shooting on bright sunlit days, cloudy overcast days, in open shade and on rainy days. Another element that can alter the image is the time of day you take the picture, as well as the time of year.

The class will discuss various lens types which range from primes, fixed zooms and variable zooms as well as some technical details. Will touch on the advantages and limitations each has when photographing. But, as always, rules are made to be broken, and breaking some of these rules during the course of the class will be encouraged!

During the course of the class, students will shoot assignments given by the instructor, who will then discuss them at the next class meeting. These assignments will utilize techniques the instructor recently discussed allowing you to explore photographic ideas after learning about new approaches.

Mondays, March 23, 30, April 6, 13, 20; 6 to 8 P.M.

Location: Dr. Robert H. Kiser Bldg., A113, ACE, Entrance 1
Fee: $50 / Max: 12 / Min: 5
Lifelong Learning membership required
Course #20/FY-CPDV-2664-01

Wednesdays, April 8, 15, 22; 6 to 8 P.M.

Location: Dr. Robert H. Kiser Bldg., A113, ACE, Entrance 1
Fee: $45 / Max: 12 / Min: 4
Lifelong Learning membership required
Course #20/FY-CPDV-2673-01
PHOTOGRAPHY CLASSES

Instructor Jerry Mennenga worked for daily newspaper publications for over 25 years in Illinois, Texas, Louisiana, California and Iowa. He has covered various photographic assignments at these publications and continues to shoot for clients and also makes photographs simply for the fun and joy of it. He creates images for a blog he writes, www.lostinskiouxlnd.com.

Understanding Your DSLR

Getting a new camera can be exhilarating. There are more shooting options to choose from over a basic point and shoot camera. It can be more intimidating as well. Even newer compact cameras offer the same kind of menu selections as the larger DSLRs. This class will focus more on settings for DSLR cameras and compact cameras that have similar settings as DSLRs.

Understanding your DSLR class should help you learn how to confidently work with your camera's various settings. Students will learn to shoot in manual mode where you select the aperture and shutter speed. Or shooting in A or Av or S or Tv and the camera picks an appropriate opposite setting.

This 3-week course will look into learning how to use the various camera settings and what menu options are available. It will teach you how to use manual camera settings and when it may be appropriate to use some auto settings. The class will also look into various menu settings concerning file size, color space, auto focus selection, white balance settings and other items.

The class will talk about various lens options including prime lenses, fixed zoom lenses and variable lenses. We will discuss the benefits and limitations of each. Students will participate in in-class exercises to become familiar and comfortable with using their camera. Cameras will need to be available during the class sessions. Lastly, because shooting with a digital camera can produce hundreds or thousands of photographs, there will be a discussion about digital workflow and preserving one's images.

TUESDAYS, APRIL 14, 21, 28; 6 TO 8 P.M.

Location: Dr. Robert H. Kiser Building, ACE, Room A113, Entrance 1
Fee: $45 / Max: 12 / Min: 5
Lifelong Learning membership required
Course #20/FY-CPDV-2889-01
PHOTOGRAPHY CLASSES

Instructor Jerry Mennenga worked for daily newspaper publications for over 25 years in Illinois, Texas, Louisiana, California and Iowa. He has covered various photographic assignments at these publications and continues to shoot for clients and also makes photographs simply for the fun and joy of it. He creates images for a blog he writes, www.lostinsiouxlnd.com.

Photo Safari

Shooting photos on location with instructor Jerry Mennenga.

Sometimes when a person is out photographing there are too many choices, and at other times it seems there are not enough.

This class is all about taking photographs on location. Its purpose is to help a student “see” the possibilities of what to photograph, and how to react, in the moment. Students are expected to have a basic understanding of their camera for this class and able to make exposures in the manual and aperture priority modes.

Information for learning and understanding technical details of operating a camera is offered in the Making Better Photographs class.

Rain or shine — or snow — four sessions of this class will be held on location so that students can take photographs in various settings. You’ll discover that it isn’t always the most pretty or perfect subjects that make the best photographs. Often, inspiration can be found in things that are unusual or imperfectly formed.

Jerry will contact students via email prior to the very first session. Students need to provide up-to-date emails and phone numbers when registering, so they can be contacted prior to the first meeting on location. Early registration is better than waiting to the last minute. Jerry will be present at each site to offer advice and guidance while students are photographing images that capture their attention.

In the last session, students will deliver their chosen images of the four location shoots on a thumb drive for viewing by the entire class.

The location settings will take us out of Sioux City. Students are responsible for their own transportation. There will be walking involved so wear comfortable shoes and dress appropriately for the weather.

Jerry has photographed in a variety of settings and situations and knows the value and pressure of producing images on deadline for publication. And in doing this, learning to see beyond the obvious or using the obvious to make an interesting photograph of what lies before you.

Saturdays, March 28, April 4, (No Class April 11) 18, 25, May 2; 10 A.M. to Noon

Location: Location varies
Fee: $60 / Max: 15 / Min: 5
Lifelong Learning membership required
Course #20/FY-CPDV-2732-02

March 28, 10 A.M. To Noon:
Travel to Ida Grove and meet in the downtown district.

April 4: 10 A.M. To Noon:
Visit the community of Mapleton and check out the Museum of American History and another nearby site.

April 18: 10 A.M. To Noon:
Travel to Preparation Canyon State Park and the Preparation Canyon Overlook.

April 25: 10 A.M. To Noon:
Visit the DeSoto National Wildlife Refuge and meet at the welcome center. Go south on I-29, exit at Missouri Valley exit, and head west. There is a fee to enter.

May 2: 10 A.M. To Noon:
Classroom session will meet in L212 (Parking Lot 4, Entrance 13) where students’ photographs shot at the various locations will be viewed by the entire class.
THE BACKSTORY: MILWAUKEE RAILROAD SHOPS

Join us for a talk and walking tour by author Larry Obermeyer as he draws from his historical investigation to list the Milwaukee Railroad Shops Historic District in the Nation Register of Historic Places. The culmination of nearly three decades of archive-based research and the writing of the nomination revealed the stouthearted history of the site as well as the workers who labored for the Milwaukee Railroad. Obermeyer’s presentation covers the precarious journey the Milwaukee Railroad Shops has taken to becoming a nationally recognized historic site.

Larry Obermeyer will present an illustrated talk on how he investigated the backstory of the Milwaukee Railroad Shops, and why the case for historical significance continues to have relevance today. He will also show some rare photos and newspaper clippings of the site over the years; providing little, unknown, or forgotten information. Following his author talk, Larry Obermeyer will provide a brief walking tour of the historic site.

The author talk will conclude with a train ride on the Sioux City & Dakota Grand Scale Railroad. This train operates on over 3400 feet of 15-inch gauge track. The train consists of a replica F-7 style diesel locomotive and three passenger coaches capable of hauling visitors for a 15-minute train ride around the museum’s campus.

THURSDAY, MAY 28; 10:30 A.M. TO 1 P.M.
Location: The Railroad Museum, 3200 Sioux River Road
Fee: $15 (includes lunch) / Max: 30 / Min: 15
Lifelong Learning membership required
Course #20/FY-CPDV-2888-02

BEGINNING BRIDGE

Lifelong Learning is excited to offer another course in Beginning Bridge. Carol Rogers will be your instructor. She taught grade school for 21 years and has been playing bridge for over 50 years! Place your bids and get ready for fun!

TUESDAYS, APRIL 14, 21, 28, MAY 5, 12; 1 TO 3 P.M.
Location: Cafeteria Annex, Entrance 14 or 15, Parking Lots 4 or 5
Fee: $8 / Max: 8 / Min: 4
Lifelong Learning membership required
Course #20/FY-CPD-2823-02
DR. ROBERT E. DUNKER ANNUAL LECTURE

This series is named in honor of Dr. Robert E. Dunker, president emeritus of Western Iowa Tech Community College and founder of The Institute for Lifelong Learning.

Presidents come and go. Some wielded great power; some had no ability to do anything. Others watched their power dribble away. Many who wanted to assert presidential power were slapped down hard by the legislative branch, which controlled the purse and were seen as the people that passed laws.

Few men in the executive office not only grasped for power but attained it. Some wielded it with skill. Why could some do so while others failed? Much of that is due to the leadership skills of the person occupying the office. Historian Russ Gifford will look to a number of different presidents to analyze their skills, their challenges, how they fared, and how history judges them for their efforts.

Part 1: Grover Cleveland – A Unique Story

Corruptions such as unearned benefits via payoffs, kickbacks or favors rampaged across the American government in the last half of the 19th century. Business profits soared thanks to a federal government willing to incent railroads with land grants and cash or turn a blind eye to businesses creating sweetheart deals that cheated smaller businesses and workers. Abuse of power by arrogant politicians brought faith in the American system of government to an all-time low by the 1880s.

Into this bedlam stepped Grover Cleveland, a man whose reputation was built on years of service demonstrating honesty, courage, and common sense. "Public office is a public trust," he said, and he meant it. He opposed high tariffs and supported payments to businesses and farmers. He fought political corruption and the concept of party bosses. His integrity drew the "mugwumps" to cross party lines and vote for him, putting him into the presidency a scant 20 years after the destructive American Civil War ripped the country and the political parties apart.

He would be the only man of his party to serve in the presidency in the 50 years following the war that killed more than 750,000 Americans, and he did it twice. He is the 22nd president and the 24th. He is the only president thus far to serve two unconnected terms.

The wounds of the Civil War had not healed in 1884, but the people had had enough of arrogant politicians abusing power. They chose Cleveland to lead them out of the swamp of corruption. Cleveland proved a man of honesty and integrity could make a difference and begin healing the wounds of war as well.

The Electoral College denied him his second consecutive term despite winning the popular vote. Unheard of in the century after it happened to Cleveland, this is yet another similarity to our times. He returned to office four years later and redeemed his reputation. But the damage done to the economy with the high tariffs of his predecessor led to an economic crash that took years to right. Historian Allen Nevins observed, “Under storms that would have bent any man of lesser strength, he ploughed straight forward, never flinching, always following the path that his conscience approved to the end.”

We can learn from Cleveland’s example. Let’s come together on Wednesday night and see what this largely forgotten reformer can tell us!

WEDNESDAY, MARCH 25; 6 TO 8 P.M.

Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
DR. ROBERT E. DUNKER ANNUAL LECTURE

This series is named in honor of Dr. Robert E. Dunker, president emeritus of Western Iowa Tech Community College and founder of The Institute for Lifelong Learning.

Part 2: Does the President Matter? Making the Case with Abraham, Martin, John, and Teddy

Does the presidency still matter? Scholars say it does now more than ever. The shift in power from congress to the presidency means the president sets the agenda and the pace. The president’s actions can cause stocks to rise or fall and people to take heart or to despair. In this session, we visit past presidents to see examples of presidential leadership in action and discuss leadership methods that matter:

- **Insight** – the ability to correctly define issues
- **Vision** – to see a path that overcomes issues
- **Communicator** – the ability to share a vision and move people toward that vision
- **Resolve** – the perseverance to work toward that end
- **Inclusiveness** – an ability to work with others, for the greater good, not just a short term win.

We will look at a number of cases where leaders made decisions and what the results were using Abraham Lincoln, Martin Van Buren, John F. Kennedy, and Theodore Roosevelt.

- **Lincoln** – The Choice to Fight
- **Van Buren** – The Trail of Tears and the Judgment of History
- **Kennedy** – Providing Leadership that Changes Minds
- **T. Roosevelt** – Choosing Sides – Putting the Presidency Behind the Miners

FRIDAY, MARCH 27, NOON TO 2 P.M.

**Location:** Cargill Auditorium, Entrance 14, Lot 4

**Fee:** No charge / **Max:** 200

Lifelong Learning membership not required
CELEBRATING THE ANNIVERSARY OF WOMEN’S RIGHT TO VOTE

MONDAYS, MARCH 2 AND 16; NOON TO 2 P.M.

Location: Cargill Auditorium, D103, Entrance 14, Lot 4
Fee: No charge / Max: 100
Lifelong Learning membership required
Course #20/FY-CPDV-2814-01

At some point this year, you will hear that 100 years ago women were given the right to vote. Don’t believe it. No one gave women the right to vote. They worked, they wrote, they organized, they beseeched, they battled, and they fought for the right to be involved in deciding who represents them. They were blocked, belittled, badgered, and eventually imprisoned by the very people that supposedly represented their interests. Local mayors and judges upheld laws to block women’s ability to function within society as equal partners. The list of things women could not do included many things, but owning property was a key one. There were many more. Congressmen passed laws that prevented women from having any say in their own futures. The courts were no help. The Supreme Court read the laws as they always had been read: women were “delicate flowers” to be “protected.”

The irony was heavy as these so called “delicate flowers” decided to protest in the nation’s capital and were “protected” by being thrown into prison by a progressive president with three daughters. Having tried congress, the courts, and now the president, women knew nothing would change until they secured the ability to change the laws beginning by electing legislators that heard their voices.

While the goal may have been to protect women, reality played out much differently. Widowers and mothers with children but no husbands faced impossible problems. Laws stacked against ownership of property forced widows to look for husbands quickly, but that legally transferred their property to the new husband! Women without property whose husbands had died in the factory would require jobs to feed their family, but the only work for women paid poorly. Maids, cooks, nannies, or cleaning positions all offered long hours and low pay. Often, the pay was only room and board. In the cities, immigrant women worked as seamstresses in large factories eventually known as sweat shops.

Then, as now, education offered an advantage and a way out but getting that education could be a fight. Few colleges accepted women. Those that did only allowed women to study in “women’s fields” such as librarians, teachers, and nurses. Those jobs were only theirs until they married. If an exception allowed them to continue after that, it was usually due to the lack of a replacement. The job certainly terminated once she became pregnant.

The urgency to gain the right to vote required people willing to fight. One hundred years after the founding of the country, fighters arose from the ranks of women. We will meet a few in these classes. Celebrate the anniversary of this massive achievement, and witness the fight by the women who made the achievement possible!
CELEBRATING THE ANNIVERSARY OF WOMEN’S RIGHT TO VOTE

MONDAYS, MARCH 2 AND 16; NOON TO 2 P.M.

Location: Cargill Auditorium, D103, Entrance 14, Lot 4
Fee: No charge / Max: 100
Lifelong Learning membership required
Course #20/FY-CPDV-2814-01

Fighting for the Right to Vote: Susan Anthony and Elizabeth Stanton

Susan Brownell Anthony, a fiery speaker and fierce proponent of justice, spent her lifetime fighting to advance the cause of equal rights for all. Anthony excelled, first within the abolitionist movement and later as an active participant in the growing women's movement. When Anthony met Elizabeth Cady Stanton, their friendship formed the leadership whose actions galvanized women across the country. She and Stanton co-founded the American Equal Rights Association, and Anthony's lectures raised money to fund newspapers and outreach.

Outraged when the post-Civil War voting rights amendments excluded women, Anthony's speeches became protests built on expressions of cold logic. Stanton's writings and Anthony's speeches outraged and discomfited those that were willing to go along with the way things were. The two women formed the National Woman Suffrage Association to push for a constitutional amendment on women's rights and increased their efforts.

By 1872, Anthony moved toward open protest and voted in New York's presidential election. She refused to pay the fine, demanding her day in court. President Grant and everyone else simply wanted her to go away. That did not happen. At trial, Anthony's eloquent defense demolished the prosecutor's argument and has sounded as a clarion call through the decades. At the 1876 Centennial Celebration, Anthony, reading Stanton's words, continued to demand to be heard as she declared “Men, their rights, and nothing more. Women, their rights, and nothing less.”

Meet Susan B. Anthony and Elizabeth Cady Stanton as they worked to keep the issue of women's equality alive in the run up to the 20th Century!

Monday, March 2; NOON TO 2 P.M.

Achieving the Right to Vote: Carrie Chapman Catt and Alice Paul

As the 20th century dawned, the women's movement divided. The National American Woman Suffrage Association took the traditional approach, Carrie Chapman Catt fought her way through the barriers of society. She was the only woman in her graduating class from Iowa State University. She advanced from teacher to the first female school administrator in Mason City, Iowa. She did it by proving she was the best choice. Her approach in leadership was a similar moderate method. Frustrated in the courts and in congress, Catt's plan was to work the individual states, passing legislation locally to get the vote for women in individual states. Their overall goal was to get congress to pass a constitutional amendment on women's suffrage. It was a winning strategy with a stony path. It worked, but it took effort, energy, and emotional fortitude.

Alice Paul split with the group and led the public march on the eve of President Wilson's inauguration. Eight thousand women were cheered and jeered along the parade route, but the size of the march opened eyes, excluding President Wilson's. He told the women “it was not yet time” for a constitutional amendment. Paul responded with further “unseemly” public protests and picketers. She pushed society to face the reality that women were no longer passive and delicate flowers but active and engaged in their efforts to achieve equality. Her methods included parades, protests, and eventually the picketing of the White House with 1000 “Silent Sentinels” starting in 1917.

When the U.S. entered World War I, the president and public were outraged that the protests did not stop. With the ire of the nation, Paul continued on. See how the story plays out, and meet the two women who led the fight that achieved the right to vote!

Monday, March 16; NOON TO 2 P.M.
COFFEE AND CONVERSATION

This series emphasizes conviviality and conversation. Each month, a guest speaker gives a presentation on a topic with broad appeal. The format encourages audience participation and the free exchange of ideas.

We provide refreshments so please be sure to register to ensure adequate supplies.

A Closer Look at the Mound Culture Era in Iowa

In northeast Iowa in the high bluffs along the Mississippi River, we find mounds shaped like bears, birds, and some reptiles. These are the Effigy Mounds, and they resemble a living creature. Who built them and why?

While ceremonial mounds can be found across the United States, only Iowa can claim the massive number of effigy mounds. There are 31 effigy mounds among the 200 known mounds preserved in the northeast corner of the state today. In this session, we will explore what is known about the Woodland Culture inhabiting this region of Iowa from 300 A.D. to 1200 A.D. How do they differ from the mound culture that flourished all along the Great River Road that follows the Mississippi River? What do these people share with the Hopewell culture of Ohio? What do we know of the people that built these great effigies, and what did their daily life look like? Why does no other area in Iowa have mounds like these? Or do they?

Join historian Russ Gifford as he examines these beautiful reminders of an earlier era of Iowa history and takes a closer look at the Mound Culture Era!

THURSDAY, MARCH 26; 10:30 A.M. TO NOON

Location: Cargill Auditorium, D103,
Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2218-07

The “Bottoms” of Sioux City: Vibrant Sioux City Neighborhoods

From the 1880s through the 1950s, Sioux City’s “southside” and “eastside” were vibrant, culturally mixed working-class neighborhoods. These two areas eventually became known as the South and East Bottoms. Immigrants and cultures from all over the world made their homes in these Sioux City areas. With them, of course, came their religions (various church styles), foods (various grocery stores), occupations and neighborhood “flavors.” Today, these rich and varied Bottoms live on in the memories of many Sioux Cityans. The Sioux City Public Museum’s Archival Records Clerk, Haley Aguirre, will explore the Bottoms’ histories and people, major cultural and business centers, and reasons for the demise of these neighborhoods.

Adequate time will be given for discussion, memories and questions about the interesting subject.

THURSDAY, APRIL 2; 10:30 A.M. TO NOON

Location: Cargill Auditorium, D103,
Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2218-08
COFFEE AND CONVERSATION

This series emphasizes conviviality and conversation. Each month, a guest speaker gives a presentation on a topic with broad appeal. The format encourages audience participation and the free exchange of ideas.

We provide refreshments so please be sure to register to ensure adequate supplies.

Sioux City Restaurants: Favorite Foods and Places

Restaurants, lunch counters, and cafes are a part of our everyday life. The Sioux City Public Museum’s Archives Manager, Tom Munson, will highlight this enjoyable part of our lives. The presentation will take a bite out of a few of the hundreds of Sioux City’s eateries, especially those of the past, now closed memories. Do you remember Green Gables, Danny’s, Joe Gantz’s Steak House, Toller’s Star Light Room, the Biltmore, and on and on? Come with your list of “now missing” favorite places to eat.

In addition, Munson will explore renowned Sioux City favorite foods, like pizza, hot dogs, taverns, matzo ball soup, and hot fudge sundaes. Do you miss them? Come prepared with your list of favorites in food and restaurants. (Unfortunately, Tom will have no culinary samples from the past!)

Adequate time will be given for discussion, memories and questions about this historically important subject.

THURSDAY, APRIL 16; 10:30 A.M. TO NOON

Location: Cargill Auditorium, D103, Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2218-09

Monahan Post American Legion Band and Sioux City Municipal Band

Curator of History at the Sioux City Public Museum, Matt Anderson, will showcase the importance of the Monahan Post American Legion Band and Sioux City Municipal Band in Sioux City’s history. In 1912, several Sioux City Journal delivery boys and others organized the Newsboys Band. Most of these young men joined the American Expeditionary Force when the U.S. entered World War I in 1917. Upon their return, all but one of the Newsboys Band members joined the newly-formed American Legion Monahan Post #64 Band in 1920. The Monahan Post Band gained great acclaim among American Legion bands, winning seven national and international competitions and the title “Official Band of the American Legion.” The band made recordings with the Victor Talking Machine Company in 1926 and R-C-A Victor Company in 1933.

The Monahan Post Band was instrumental in raising funds for the construction of the Grandview Park Bandshell, which was dedicated in 1935. When the American Legion cut its funding of unit bands in 1948, the Monahan Post Band came under the sponsorship of the City of Sioux City and was renamed the Sioux City Municipal Band.

The program will feature photographs of the Monahan Post and Municipal Band and earlier bands like the Fourth Regiment Band and Knights of Pythias Band. Long-time directors and members of the bands will also be highlighted, including Mose Reed (who started Sioux City’s first brass band in 1878) and Leo Kucinski (who directed the Municipal Band from 1929 to 1979).

Adequate time will be given for discussion, memories and questions about this historically important subject.

THURSDAY, APRIL 23; 10:30 A.M. TO NOON

Location: Cargill Auditorium, D103, Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2218-10
COFFEE AND CONVERSATION

This series emphasizes conviviality and conversation. Each month, a guest speaker gives a presentation on a topic with broad appeal. The format encourages audience participation and the free exchange of ideas.

We provide refreshments so please be sure to register to ensure adequate supplies.

Mary Treglia: Immigrant Advocate in Sioux City

Mary Treglia, a descendant of an early Italian immigrant to Sioux City, became a strong, leading advocate for other immigrants coming to Sioux City in the early to mid-20th century. As a social worker and then director of the Community House, Treglia was in a position to help immigrants maneuver through educational opportunities and difficulties, the job markets, and the many confusing and often difficult cultural situations that arose. Treglia, however, had many other roles in her life that will be highlighted in this presentation.

The Sioux City Public Museum’s retired curator, Grace Linden, will present the fascinating history of this vibrant and influential woman that helped to shape the “face” of Sioux City. In addition, a history of the Community House and immigration trends will be discussed.

Adequate time will be given for discussion, memories and questions about the subject.

THURSDAY, APRIL 30; 10:30 A.M. TO NOON

Location: Cargill Auditorium, D103, Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #20/FY-CPDV-2218-11
TOLERANCE WEEK IN SIOUX CITY

Facing Fear

As a part of Tolerance Week, the film “Facing Fear,” will be shown on Monday, March 30 at 6:30 P.M. in the Cargill Auditorium.

In this Academy Award®-nominated short documentary, worlds collide when a former neo-Nazi skinhead and the gay victim of his hate crime attack meet by chance 25 years after the incident that dramatically shaped both of their lives. Together, they embark on a journey of forgiveness that challenges both to grapple with their beliefs and fears, eventually leading to an improbable collaboration…and friendship.

When he was 13, Matthew Boger’s mother threw him out of his home because he was gay. While living on the streets of Hollywood, he was savagely beaten by a group of neo-Nazi skinheads. Boger managed to survive the attack and escape life on the streets. Twenty-five years later, Boger was working at the Museum of Tolerance and found himself in conversation with a former neo-Nazi, Tim Zaal. The two men soon realized that they had met before… Zaal was one of the attackers who beat Boger and left him for dead. With their worlds turned upside down, the two embarked on a journey of forgiveness and reconciliation that challenged both to grapple with their own beliefs and fears. Neither could imagine that it would lead to an improbable collaboration…and friendship.

Academy Award®-nominated “Facing Fear” retraces the haunting accounts of the attack and the startling revelation that brought these men together again. While delving deep into their backgrounds, the roots of the ideologies that shape how they handle the reconciliation process are exposed. Self-doubt, anger and fear are just a few of the emotions they struggle through as they come to terms with their unimaginable situation.

The Institute for Lifelong Learning is proud and honored to have served as a host site for Tolerance Week activities since 2007. Tolerance Week is funded in part by grants from Humanities, Iowa and the Gilcrest Foundation.

MONDAY, MARCH 30; 6:30 P.M.

Location: Cargill Auditorium
Fee: No charge / Max: 200
Lifelong Learning membership not required
TRIPPING IN 19TH CENTURY AMERICA

MONDAYS, MARCH 23, 30, APRIL 6, 13, 20, 27; NOON TO 2 P.M.

Location: Cargill Auditorium, D103, Entrance 14, Lot 4
Fee: No charge / Max: 100
Lifelong Learning membership required
Course #20/FY-CPDV-3009-02

“We have good roads comparatively. We mean good roads if the sloughs are not belly deep and the hills not right straight up and down…”

—Henry Allyn, August 11, 1852

It is said the major difference with Americans is perspective. To us, 100 miles is nearby, but 100 years seems far away. In these lectures, we will travel in time to explore the challenges when 100 miles was indeed a “far piece,” but Americans rose to the challenge! We will ride along with them in the various modes of travel and see the landscape through their eyes. In the process, we will gather a better understanding of their times and their intentions. Taking words from the traveler’s journals, we will paint a picture of places we know but learn far more about the differences and the changes that occurred.

Starting when the fastest travel possible was by horse, we will take journeys by foot, on horseback, on buckboards, and by stage. We’ll travel with a young man who journeyed to Sioux City by stagecoach and another riding the modern marvel of the steamboat! We’ll follow a doctor from Dakota City who faced the difficulties of getting to Dakota City from Sioux City! Plus, we will hitch a ride on buckboard with him to deliver supplies to the people near Macy.

All the while, we will share the view as seen by the travelers. From class to class, historian Russ Gfford will share how the changes in travel technology changed America!

Horses, Wagons, Stages and Saddle Sores: Settlers’ Tales

We will ride to Sioux City in a stagecoach with one of the up and coming young men and arrive as the great land grab is under way! Later, we’ll see the river from the saddle of a horse and experience the summer (and the bugs) as we ride past the point where Sergeant Floyd is buried. To end the session, we will ride a buckboard from Dakota City to Macy, Nebraska, and watch the sun go down along the bluffs!

Monday, March 23; NOON TO 2 P.M.

Short Seasons: River Passage from 1800 to 1860 via Boat or Steamboat

What was river travel like in the heyday of the Missouri as the major highway past the plains? Join us this session and experience the ride as seen by people heading past Sioux City, only to find themselves waylaid by a submerged stump or a surprise storm! And what about dealing with the natives? Come along as we ride the river at WITCC!

Monday, March 30; NOON TO 2 P.M.
TRIPPING IN 19TH CENTURY AMERICA

MONDAYS, MARCH 23, 30, APRIL 6, 13, 20, 27; NOON TO 2 P.M.

Location: Cargill Auditorium, D103, Entrance 14, Lot 4
Fee: No charge / Max: 100
Lifelong Learning membership required
Course #20/FY-CPDV-3009-02

Riding with the Pony Express: Hell-bent for Leather

It only existed for a short 18 months, but this trip experiences the thrilling moments of the Pony Express rider! We'll retrace the trails of the daring riders as they rode the Plains from their start in St. Joe to their final destination in Sacramento. They were riding “hell-bent for leather,” and their experiences are far greater than the dime novels stories, TV shows, and movies!

Monday, April 6; NOON TO 2 P.M.

Entertainment in Tents: Circuses, Spectaculars, and Speakers

As towns grew, the importance of education and entertainment also increased. These years saw the growth of traveling events – tent programs with enlightening and entertaining speakers via the lyceum and the Chautauqua. These were the forerunners to this program – adult education and a social event! Along the way Buffalo Bill brought his version of American history to the towns and don't miss the circus and the theatre!

Monday, April 20; NOON TO 2 P.M.

Law and Lawmen on the Plains: Circuit Riders and Sheriffs

As the nation expanded, law followed in their wagon tracks. This session we'll check in on outpost towns on the plains and meet some famous lawmen and their not-so-famous counterpart, the circuit riding judge! How do you find your way from town to town in that vast sea of grass?

Monday, April 13; NOON TO 2 P.M.

Trains: The Technology that Changed the Plains

The real story of travel in this era was the railroad. The dramatic changes caused by trains cannot be overstated, but we won't overlook the thrill of riding the rails across the country at breakneck speeds! We have stories and eyewitness accounts to amazing events in history in this session. All aboard?

Monday, April 27; NOON TO 2 P.M.
COOKING WITH CHEF GASAWAY

Chef Gasaway will show you how to navigate your way through fun, hands-on cooking in the culinary program’s state-of-the-art kitchens.

Chef Michael Gasaway, Culinary Arts Instructor, and Lifelong Learning are excited to offer a series of classes once a month with various themes where you will learn to chef with the best! Chef Gasaway will show you how to navigate your way through fun, hands-on cooking in the culinary program’s state-of-the-art kitchens. You will have fun, you will learn, you will cook, and, most importantly, you will eat delicious cuisine you prepare!

Chef Gasaway is a formally trained chef with over 25 years of experience in the field. After completing his degree from Johnson and Wales University on the east coast, he and his wife decided to come back to the Midwest, setting down roots in Sioux City. After 7 years of work at one of Siouxland’s best restaurants, he went to work for Aramark Corp. in their Higher Education division. For the next 13 and a half years, he worked as the Executive Chef for both the University of South Dakota and Briar Cliff University. In 2015, he accepted a position at Western Iowa Tech Community College as a Culinary Arts Instructor.

THURSDAY, FEBRUARY 6; 6 TO 8:30 P.M.

Location: Applied Technology Building, Culinary Demonstration Kitchen, D201, Entrance 14
Fee: $35 per person / Max: 16
Lifelong Learning membership required
*You will be standing and cooking for most of the class. Please wear comfortable, closed-toe shoes and have long hair tied back.

Couple-a-Cooks

The holiday of love is upon us. Bring a friend or partner-in-crime to learn to cook a romantic meal together. What says love more than sharing and creating food together? From chocolate to fondue, you are not going to want to miss this one; it might break your heart.

Thursday, February 6; 6 to 8:30 p.m.
Course #20/FY-CPDV-2588-04
COOKING WITH CHEF GASAWAY

TUESDAYS, MARCH 24, MAY 19, JUNE 9; 6 TO 8:30 P.M.

Location: Applied Technology Building, Culinary Demonstration Kitchen, D201, Entrance 14

Fee: $35 per person / Max: 16
Lifelong Learning membership required

*You will be standing and cooking for most of the class. Please wear comfortable, closed-toe shoes and have long hair tied back.

New Orleans Cuisine

The city of New Orleans is united by its love of local traditional cuisine. Whether you are a local or a tourist, the food of New Orleans will bring you joy. Come learn how to bring the feeling of white-linen tablecloths and bistro courtyards into your home in the Midwest.

Tuesday, March 24; 6 to 8:30 p.m.
Course #20/FY-CPDV-2588-05

BBQ’d Up

Summertime is around the corner, and it is grilling season! Come learn the basics of smoking and grilling. Chef Gasaway will demystify BBQ, so you can go from bottom of the pack to top of the rack (of ribs). People will be “queuing” up for this class. Don’t be that guy or gal, sign up early!

Tuesday, May 19; 6 to 8:30 p.m.
Course #20/FY-CPDV-2588-06

Knife Skills: Knives Out

The people asked for it and now is your chance! Brought to you because of outstanding demand, Chef Gasaway is going to offer a knife skills class! Only 16 people will make the cut! Register soon!

Tuesday, June 9; 6 to 8:30 p.m.
Course #20/FY-CPDV-2588-07
CAKE DECORATING BASICS

Join Brenda Wright from Brenda's Baking for an introduction to cake decorating. Brenda is a home-baker for hire and will be sharing with the class how anyone can easily decorate a cake to impress family and friends! If you’ve never decorated a cake or even if you are a pro, come enjoy the fun! And don’t forget, there will be cake! Each participant will leave with his or her very own decorated cake!

THURSDAY, APRIL 9; 5:30 TO 7 P.M.

Location: Applied Technology Bldg., Culinary Bakery, Room D210, Entrance 13, Parking Lot 4
Fee: $20 / Max: 12 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-3012-01

AN INVITATION FROM WITCC’S OVERLOOK CAFÉ

The Overlook Café is a great meeting and resting place on campus. We are open from 7:30 A.M. to 1:30 P.M. and then again from 4:30 to 7 P.M. for all your meal, snack or drink needs. You can sit and relax in our comfortable booths any time!

We offer an extensive menu that is not expensive, as well as a very large variety of soda, coffee, cappuccino, and juice. We also offer a variety of quick, easy, and convenient food items that you can fix here (microwaves are available), or you can take them home. Everything we offer is available to eat in or carry out.

The Overlook Café has a large salad bar with a great variety of greens, toppings and salads including old favorites like potato salad, coleslaw, and even sweet salads. There is something for everyone! We also carry a variety of desserts including reduced calorie and no-sugar-added choices.

Our staff is very friendly and willing to lend a hand, as well as offer suggestions. If you have questions, please don’t hesitate to ask. The next time you are on campus, please stop in and visit! We will be happy to show you around!
WINE APPRECIATION FOR BEGINNERS
Featuring Wine and Girl Scout Cookie Pairings

Join us for a fun, informative, and unexpected evening that will focus on the wonderful world of wine.

Jerry Janssen will share some basic information that will help you develop a better understanding of wine.

One of the advantages of going to a workshop like this one is that you will pair wines with things you might never have paired before. You'll sample four selections of wines paired with different iconic Girl Scout Cookies.

After sampling these selections, you will be encouraged to go on a new adventure in your discovery of wine.

**TUESDAY, APRIL 14; 6 TO 7:30 P.M.**

**Location:** Applied Technology Building, Culinary Dining Room, D310, Entrance 13, Parking Lot 4

**Fee:** $15 / **Max:** 20

Lifelong Learning membership required

*Attendees must be 21 or over to participate

**Course #20/FY-CPDV-2586-02**

You will learn how different kinds of wine compliment and highlight the distinctive flavors of different varieties of Girl Scout cookies.
NEW ORLEANS: CONTEMPORARY LESSONS IN A 300 YEAR OLD SETTING

New Orleans’ urban landscape has always evoked romantic musings. From the wrought iron of the “French Quarter,” (which is Spanish in design) to the practicality of Creole cottages in a subtropical climate, to the working class retirement plan that shotgun houses represent to so many, New Orleans has, for over 300 years, mixed adaptive reuse with a healthy dash of love of color, whimsy, and irreverence to create an important linchpin of its cultural identity.

As a model of historic preservation, New Orleans remains important and relevant, but it is also a 21st Century laboratory for practical land use principals. Let’s explore New Orleans architecture and land use as we take a virtual tour of its neighborhoods. Tour guide Linda Santi will discuss how New Orleans history has informed its building design into this century; how its culture has influenced its architecture; and how rebuilding challenges faced by a town that was 80% destroyed by the levee failures of 2005 has led to rebirth, as well as to inevitable tensions between competing interests.

Linda can speak to the architecture of the many unique New Orleans neighborhoods, but also as someone who has lived in two iconic New Orleans homes: the Doullut Pilot House, a rare Gulf South example of “steamboat gothic” architecture, and a Frank Gehry-designed “Make It Right” postdiluvian house - both in the Lower Ninth Ward section of New Orleans.

THURSDAYS, JUNE 4 AND 11; 6 TO 7:30 P.M.

Location: Dr. Robert E. Dunker Student Center, Room W108, Entrance 12, Parking Lot 3
Fee: $10 / Max: 40 / Min: 6
Lifelong Learning membership required
Course #20/FY-CPDV-3002-02
BACKYARD CHICKENS 101
Have you ever wondered what was involved in having chickens? Does the thought of your own fresh eggs make you hungry for breakfast? What kind of chickens make the best pets? Join Amanda Beller, enthusiastic chicken mama, for this class that will offer details on things to consider before you buy those adorable chicks that are quick to grow into chickens. Amanda will also talk about city or country guidelines/requirements, differences in breeds, chicken safety and longevity, coop and run options, healthy food, cleanliness, timing for eggs, hen instincts and more! You will have an egg-cellent time!

THURSDAY, APRIL 2; 6 TO 8 P.M.
Location: Advanced Sciences Building, Room L110, Entrance 14 or 15, Parking Lot 4 or 5
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #20/FY-CPDV-2646-01

FINDING MOTHER by Jeanne Emmons
To commemorate Mother’s Day, Jeanne Emmons will present poems about mothers, with emphasis on her work in progress, an exploration of the grieving process in which the poet figuratively descends to the underworld to find her deceased mother. A book signing will follow. Jeanne Emmons is the author of four books of poetry and is Professor Emerita of English and Writing at Briar Cliff.

Join us to celebrate Jeanne Emmons, a local poet and author while coffee and treats from our host, retired general manager of Siouxland Public Media, Gretchen Gondek.

WEDNESDAY, MAY 6; 10:30 A.M. TO NOON
Location: Advanced Sciences Bldg., Room L110, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #20/FY-CPDV-2906-02
WATERCOLOR PAINTING
with Jean Weiner

Pouring Watercolor

Learn the watercolor techniques our friendly instructor, Jean Weiner, uses to create her poured paintings. By strategically saving light and pouring transparent paint in subsequent layers, your watercolor painting will glow! Classes are designed for beginner to intermediate watercolor artists. Drawing and/or sketching skills are not required. Students will follow Jean's step by step demonstrations to create their own watercolor poured painting.

SATURDAYS, MARCH 28, APRIL 4, (NO CLASS APRIL 11) 18, 25; 9 A.M. TO 1 P.M.

Location: Gaylord Smith Building, Art Studio, Room C129
Fee: $85 (includes materials) / Max: 9
Lifelong Learning membership required
Course #20/FY-CPDV-2615-02

COLORED PENCIL BEYOND COLORING BOOKS

You will find this beginner's class fun and exciting as you enter a world of colored pencil beyond coloring books. Our easy-going instructor, Randi Mackey, makes the learning fun in a comfortable setting, building your confidence with step-by-step guidance. Drawing skills are not required. Students will receive first hand one-on-one personal instruction by Randi, learning new techniques on which to build your beautiful basket drawing.

Randi's goal is to encourage others to see what beauty colored pencils can create and build confidence using the techniques they learn. Feel free to bring a snack or brown bag lunch. Randi will be available to work with you while we eat if you want.

SATURDAYS, MAY 2, 9, 16, 23; 9 A.M. TO 1 P.M.

Location: Gaylord Smith Building, Art Studio, Room C129
Fee: $85 (includes materials) / Max: 9 / Min: 4
Lifelong Learning membership required
Course #20/FY-CPDV-3014-02
GROW THROUGH LIFE
GARDENING SERIES
Creating a Cut Flower Garden

Do you love the thought of having or gifting fresh floral arrangements but dislike the cost of flowers from a florist and the effort it takes to order them? After you learn a few tricks of the trade from Laurie Taylor, Iowa Master Gardener and owner of Living Treasures Flower Farm, you will be able to harvest an abundance of beautiful blooms from your own backyard to fill your home and the homes of loved ones all season. You will gain information about which plants grow well locally and make great additions to floral arrangements, how to plan your space to produce blooms all season, seed starting, where to purchase plants, and what to look for when choosing seeds or plants.

TUESDAY, MARCH 24; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L304,
Entrance 4, Parking Lot 1 or 2
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #20/FY-CPDV-2825-02

WITCC LIBRARY

Western Iowa Tech Library includes not just textbooks but magazines, books and audio/video collections to serve a vast range of interests and hobbies. We have lots of fun stuff!

There are more than 50,000 items to choose from. You can pick out anything from a classic movie starring Humphrey Bogart or 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. If reading isn’t your pastime, maybe an audio book is for you; they make traveling or commuting fly by. We can get interlibrary loan-copies of books from other libraries locally, regionally and even around the world. Students, staff and Lifelong Learners with a WIT ID can participate in our cooperative arrangement with the Sioux City Libraries to check out materials.

You might just enjoy hanging out in our magazine and newspaper lounge. We have newspaper from all over the area. All you need to check out books is current WITCC ID or driver’s license. We are open Monday through Thursday 7:30 a.m. to 6:00 p.m., Friday 7:30 a.m. to 5:00 p.m., and Saturday 8:00 a.m. to noon. Please stop and see us; we are here to help you!

Sharon Dykshoorn,
Library Manager
ART AND SANDWICHES

Here’s an opportunity to appreciate some of the finest art ever produced. In this series, we'll spend a delightful lunchtime session looking at a single masterpiece from the world of art, design, music and architecture. Our guest speaker will present his/her personal choice of a masterpiece and invite your comments.

Please note the room change. Lunch will be catered by the Overlook Café.

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**WEDNESDAY, MARCH 25; NOON TO 2 P.M.**

**Boy with a Basket of Fruit, 1594**

*Artist:* Michelangelo Caravaggio (1571-1610)  
_Presented by Margot Chesebro_  
*Location:* Robert H. Kiser Bldg., A208, Entrance 1  
*Max:* 40  
*Fee:* $10  
Lifelong Learning membership required  
_Course #20/FY-CPDV-2538-04_

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**WEDNESDAY, APRIL 15; NOON TO 2 P.M.**

**TWA Flight Center at JFK, 1962**

*Architect:* Eero Saarinen (1910-1961)  
_Presented by Barb Small_  
*Location:* Robert H. Kiser Bldg., A208, Entrance 1  
*Max:* 40  
*Fee:* $10  
Lifelong Learning membership required  
_Course #20/FY-CPDV-2538-05_

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**WEDNESDAY, MAY 13; NOON TO 2 P.M.**

**Freedom From Want, 1943**

*Artist:* Norman Rockwell (1894-1978)  
_Presented by Margot Chesebro_  
*Location:* Advanced Sciences Bldg., L304, Entrance 4, Parking Lot 1 or 2  
*Max:* 40  
*Fee:* $10  
Lifelong Learning membership required  
_Course #20/FY-CPDV-2538-06_
FLOWER ARRANGING

Flower arranging is soothing, satisfying, and lots of fun! It’s a great way to express your creativity. Flower arrangements can be used to decorate your home or to send a special message to a friend or loved one. Nothing lifts the spirits more than a gorgeous floral display. This class will help you develop your talent and confidence in this very special art.

No previous experience of flower arranging is needed. Our expert instructor, Laurie Taylor, owner of Living Treasures Flower Farm, has over 25 years in the floral industry and will take you gently through the steps to create a unique seasonal arrangement using flowers currently in bloom in our area. Please bring scissors, a knife, and small clippers or wire cutters. Laurie will supply the flowers and mason jars for the containers. At the end of each class, you’ll be able to take home your own unique, beautiful arrangement.

TUESDAY, AUGUST 4; 10:30 A.M. TO NOON

Location: Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5
Fee: $28 / Max: 12
Lifelong Learning membership required
Course #21/FY-CPDV-2484-01
BOOK CLUB

The Seven or Eight Deaths of Stella Fortuna
By Juliet Grames

For Stella Fortuna, death has always been a part of life. Stella’s childhood is full of strange, life-threatening incidents—moments where ordinary situations like cooking eggplant or feeding the pigs inexplicably take lethal turns. Even Stella’s own mother is convinced that her daughter is cursed or haunted.

In her rugged Italian village, Stella is considered an oddity—beautiful and smart, insolent and cold. Stella uses her peculiar toughness to protect her slower, plainer baby sister Tina from life’s harshest realities. But she also provokes the ire of her father Antonio: a man who demands subservience from women and whose greatest gift to his family is his absence.

When the Fortunas emigrate to America on the cusp of World War II, Stella and Tina must come of age side-by-side in a hostile new world with strict expectations for each of them. Soon Stella learns that her survival is worthless without the one thing her family will deny her at any cost: her independence.

In present-day Connecticut, one family member tells this heartrending story, determined to understand the persisting rift between the now-elderly Stella and Tina. A richly told debut, ‘The Seven or Eight Deaths of Stella Fortuna’ is a tale of family transgressions as ancient and twisted as the olive branch that could heal them.

From the publisher’s notes

MONDAY, FEBRUARY 10; 11:45 A.M. TO 1:15 P.M.

Mara Hall, Lifelong Learning coordinator, will lead the discussion.
Location: Advanced Sciences Bldg., Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #20/FY-CPDV-2208-05

Storm Lake: A Chronicle of Change, Resilience, and Hope from a Heartland Newspaper
By Art Cullen

When ‘The Storm Lake Times,’ a tiny Iowa twice-weekly, won a Pulitzer Prize for taking on big corporate agri-industry for poisoning the local rivers and lake, it was a coup on many counts: a strike for the well-being of a rural community; and a triumph for that endangered species, a family-run rural news weekly.

In this candid and timely book, Cullen describes how the heartland has changed dramatically over his career, as seen from the vantage point of a farming and meatpacking town of 15,000 in Northwest Iowa. Politics, agriculture, the environment, and immigration are all themes in ‘Storm Lake,’ a chronicle of a resilient newspaper, as much a survivor as its town.

Iowa plays an outsize role in national politics. Iowa introduced Barack Obama and voted bigly for Donald Trump. Is the state leaning blue, red, or purple in the lead-up to 2020? Is it a bellwether for America? A nostalgic mirage from The Music Man, or a harbinger of America’s future? Cullen’s answer is complicated and honest—but with optimism and the stubbornness that is still the state’s, and his, dominant quality.

From the publisher’s notes

MONDAY, MARCH 16; 11:45 A.M. TO 1:15 P.M.

Margot Chesebro, English/Humanities educator, will lead the discussion.
Location: Advanced Sciences Bldg., Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #20/FY-CPDV-2208-06
BOOK CLUB

The Mothers
By Brit Bennett

2020 All Iowa Reads Selection

Set within a contemporary black community in Southern California, Brit Bennett’s mesmerizing first novel is an emotionally perceptive story about community, love, and ambition. It begins with a secret.

‘All good secrets have a taste before you tell them, and if we’d taken a moment to swish this one around our mouths, we might have noticed the sourness of an unripe secret, plucked too soon, stolen and passed around before its season.’

It is the last season of high school life for Nadia Turner, a rebellious, grief-stricken, seventeen-year-old beauty. Mourning her own mother’s recent suicide, she takes up with the local pastor’s son. Luke Sheppard is twenty-one, a former football star whose injury has reduced him to waiting tables at a diner. They are young; it’s not serious. But the pregnancy that results from this teen romance—and the subsequent cover-up—will have an impact that goes far beyond their youth. As Nadia hides her secret from everyone, including Aubrey, her God-fearing best friend, the years move quickly. Soon, Nadia, Luke, and Aubrey are full-fledged adults and still living in debt to the choices they made that one seaside summer, caught in a love triangle they must carefully maneuver, and dogged by the constant, nagging question: What if they had chosen differently? The possibilities of the road not taken are a relentless haunt.

In entrancing, lyrical prose, ‘The Mothers’ asks whether a ‘what if’ can be more powerful than an experience itself. If, as time passes, we must always live in servitude to the decisions of our younger selves, to the communities that have parented us, and to the decisions we make that shape our lives forever.

From the publisher’s notes

Warrior of the People: How Susan La Flesche Overcame Racial and Gender Inequality to Become America’s First Indian Doctor
By Joe Starita

On March 14, 1889, Susan La Flesche Picotte received her medical degree—becoming the first Native American doctor in U.S. history. She earned her degree thirty-one years before women could vote and thirty-five years before Indians could become citizens in their own country.

By age twenty-six, this fragile but indomitable Native woman became the doctor to her tribe. Overnight, she acquired 1,244 patients scattered across 1,350 square miles of rolling countryside with few roads. Her patients often were desperately poor and desperately sick—tuberculosis, smallpox, measles, influenza—families scattered miles apart, whose last hope was a young woman who spoke their language and knew their customs.

This is the story of an Indian woman who effectively became the chief of an entrenched patriarchal tribe, the story of a woman who crashed through thick walls of ethnic, racial and gender prejudice, then spent the rest of her life using a unique bicultural identity to improve the lot of her people—physically, emotionally, politically, and spiritually.

Joe Starita’s ‘A Warrior of the People’ is the moving biography of Susan La Flesche Picotte’s inspirational life and dedication to public health, and it will finally shine a light on her numerous accomplishments.

From the publisher’s notes

MONDAY, APRIL 13; 11:45 A.M. TO 1:15 P.M.

Mara Hall. Lifelong Learning coordinator, will lead the discussion.

Location: Advanced Sciences Bldg., Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5

Fee: $10 (includes lunch) / Max: 25

Lifelong Learning membership not required

Course #20/FY-CPDV-2208-07

MONDAY, MAY 18; 11:45 A.M. TO 1:15 P.M.

Margot Chesebro, English/Humanities educator, will lead the discussion.

Location: Advanced Sciences Bldg., Wells Fargo Room, L110, Entrance 14 or 15, Parking Lot 4 or 5

Fee: $10 (includes lunch) / Max: 25

Lifelong Learning membership not required

Course #20/FY-CPDV-2208-08

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### MARCH

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<td>Concert: A Day of Irish Songs</td>
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**MARCH**

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**APRIL**

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<td>12:00 PM</td>
<td>Mon.</td>
<td>Tripping in the 19th Century America</td>
<td>Cargill Auditorium</td>
<td>44-45</td>
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<tr>
<td>4/13</td>
<td>6:00 PM</td>
<td>Mon.</td>
<td>Making Better Photos</td>
<td>Kiser Bldg., ACE, A113</td>
<td>32</td>
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<td>4/14</td>
<td>9:30 AM</td>
<td>Tues.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>10:30 AM</td>
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<td>Alzheimer’s Association Presents</td>
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<td>11:00 AM</td>
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<td>Knitting in the Round</td>
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<td>1:00 PM</td>
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<td>Beginning Bridge</td>
<td>Cafeteria Annex</td>
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<td>Tues.</td>
<td>Intermediate Crochet</td>
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<td>6:00 PM</td>
<td>Tues.</td>
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<td>Kiser Bldg., ACE, A113</td>
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<td>6:00 PM</td>
<td>Tues.</td>
<td>Wine Appreciation for Beginners</td>
<td>Culinary Dining Room, D310</td>
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<td>9:00 AM</td>
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<td>Steady Your Stride - Balance Class</td>
<td>Dunker Student Center, W206</td>
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<td>10:00 AM</td>
<td>Wed.</td>
<td>Senior Strength Circuit</td>
<td>Dunker Student Center, W203</td>
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<td>Art and Sandwiches</td>
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<td>4/16</td>
<td>9:45 AM</td>
<td>Thurs.</td>
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<td>Dunker Student Center, W203</td>
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<td>4/16</td>
<td>10:30 AM</td>
<td>Thurs.</td>
<td>Coffee and Conversation</td>
<td>Cargill Auditorium</td>
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<td>Intermediate iPad</td>
<td>Wells Fargo Room, L110</td>
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<td>4/17</td>
<td>12:00 PM</td>
<td>Fri.</td>
<td>Bacon Creek Back Porch</td>
<td>Kiser Bldg., A208</td>
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<td>4/18</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Pouring Watercolor</td>
<td>Gaylord Smith Bldg., C129</td>
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<td>10:00 AM</td>
<td>Sat.</td>
<td>Photo Safari</td>
<td>Preparation Canyon State Park</td>
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<td>Sun.</td>
<td>The Lion King</td>
<td>WTCC, Parking Lot 2B</td>
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<td>Cargill Auditorium</td>
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<td>Stretch and Flex</td>
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<td>Aging Well Series</td>
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<td>4/21</td>
<td>1:00 PM</td>
<td>Tues.</td>
<td>Beginning Bridge</td>
<td>Cafeteria Annex</td>
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<td>Understanding Your DSLR</td>
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<td>Steady Your Stride - Balance Class</td>
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<tr>
<td>4/22 1:00 PM Thurs.</td>
<td>What is the Cloud</td>
<td>Wells Fargo Room, L110</td>
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<td>4/22 6:00 PM Wed.</td>
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<td>4/23 9:30 AM Thurs.</td>
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<td>4/23 9:45 AM Thurs.</td>
<td>Yoga for Seniors</td>
<td>Dunker Student Center, W203</td>
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<td>4/23 10:30 AM Thurs.</td>
<td>Coffee and Conversation</td>
<td>Cargill Auditorium</td>
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<td>4/23 1:00 PM Thurs.</td>
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<td>Wells Fargo Room, L110</td>
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<td>4/23 7:00 PM Thurs.</td>
<td>Egyptology</td>
<td>Advanced Sciences Bldg., L212</td>
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<td>4/24 10:00 AM Fri.</td>
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<td>Rocklin Conference Center</td>
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<tr>
<td>4/25 9:00 AM Sat.</td>
<td>Pouring Watercolor</td>
<td>Gaylord Smith Bldg., C129</td>
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<td>4/25 10:00 AM Sat.</td>
<td>Photo Safari</td>
<td>DeSoto National Wildlife Refuge</td>
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<td>4/27 10:00 AM Mon.</td>
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<td>Cargill Auditorium</td>
<td>Pages 44-45</td>
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<td>4/28 9:30 AM Tues.</td>
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<td>4/28 1:00 PM Tues.</td>
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<td>4/28 3:30 PM Tues.</td>
<td>The Electric Drive</td>
<td>Advanced Sciences Bldg., L304</td>
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<td>4/28 6:00 PM Tues.</td>
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<td>Kiser Bldg., ACE, A113</td>
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<td>4/29 9:00 AM Wed.</td>
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<td>4/30 10:30 AM Thurs.</td>
<td>Coffee and Conversation</td>
<td>Cargill Auditorium</td>
<td>Pages 40-42</td>
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<td>Learning to Communicate with Horses</td>
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<td>12:00 PM</td>
<td>Wed.</td>
<td>Art and Sandwiches</td>
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<td>Thurs.</td>
<td>Stretch and Flex</td>
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<td>Thurs.</td>
<td>Yoga for Seniors</td>
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<td>5/14</td>
<td>10:30 AM</td>
<td>Thurs.</td>
<td>Needle Felting</td>
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<td>5/16</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Colored Pencil</td>
<td>Gaylord Smith Bldg., C129</td>
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<td>11:45 AM</td>
<td>Mon.</td>
<td>Book Club</td>
<td>Advanced Sciences Bldg., L110</td>
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<td>6:00 PM</td>
<td>Mon.</td>
<td>Rock Around the Clock</td>
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<td>Culinary Demo Kitchen, D201</td>
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<td>Thurs.</td>
<td>Yoga for Seniors</td>
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<td>5/28</td>
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<td>Thurs.</td>
<td>Milwaukee Railroad Shops</td>
<td>The Railroad Museum, 3200 Sioux River Road</td>
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### JUNE

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<td>Tues.</td>
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<td>Tues.</td>
<td>Crochet Basics</td>
<td>Kiser Bldg., ACE-B, A113</td>
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<td>Cooking with Chef Gasaway</td>
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<td>Silver Saddles</td>
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<td>7/9</td>
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<td>Evolve Your Massage</td>
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**OCTOBER**

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NOTES:
As you think about local organizations you’d like to support with a charitable gift, please consider the **Institute for Lifelong Learning**. The Institute was created over 20 years ago to serve the community with affordable programs that inform, educate and entertain. Since then, the number of programs has risen exponentially. We offer many special events at low cost or no cost.

Your tax-deductible gift will help us stay strong and continue to offer a valued service to the community. Gifts may be sent to: The Institute for Lifelong Learning, Western Iowa Tech Community College, 4647 Stone Ave., Sioux City, IA 51106.
Western Iowa Tech Community College
Sioux City Campus
4647 Stone Avenue

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<td>Dr. Robert H. Kiser Building</td>
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