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!
LOVE TO LEARN

Welcome to the Fall 2018 edition of the Lifelong Learning catalog. This is the first time in over 20 years that the membership has gone up to $10 instead of $5. I appreciate your understanding and support of the Institute of Lifelong Learning.

In another first, I will be out of the office for the months of September and October while on maternity leave. I have worked with instructors and volunteers to make sure that there is still an excellent level of content and classes while I am gone, including the trips and classes many love so very much.

In September, Lifelong Learning will be venturing to the Black Hills Buffalo Round Up again. This is such a fun time and a great opportunity to see a beautiful part of our country that isn’t too far away. There is, of course, another chance to share in the adventure of a Mystery Trip in October. Lifelong Learning will also be enjoying a trip to Opera Omaha to enjoy “Pagliacci.”

There are numerous great history courses offered this semester. Russ Gifford is focusing on one of our founding fathers, Thomas Jefferson, in his leadership series. He will continue that story with an eight-part series on the American Revolution. It is a must attend class!

Since we love to learn, I recommend attending Dr. Frank O’Neill’s session on The Learning Brain. He is a dynamic professor here at Western Iowa Tech Community College. I know without a doubt you will love learning how to learn better!

There are so many other great classes, I’ll let you take the time to check them all out. Enjoy the catalog, and I look forward to seeing you later in the fall.

Mara Hall
Coordinator, Institute for Lifelong Learning
712.274.8733 x1864
mara.hall@witcc.edu

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
- MaryAnne Deibert
- Dr. Robert E. and Jan Dunker
- Dr. Susan Hatfield
- Rhonda Jensen
- Vibeke Jensen
- Linda Kastning
- Jane Krogh
- Palmer’s Candy Company
- Primebank
- Christine Rutherford
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.

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

During evening hours and on Saturday mornings, you can register at the Admissions 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. During evenings and Saturday mornings, you can pay at the Admissions Office, Entrance 1, Lot 1. 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, witcc.edu, social 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.
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
Instructor: NWS YMCA Staff
Lifelong Learning membership required

SESSION A: September 10, 12, 17, 19, 24, 26, October 1, 3
Course #19/FY-CPDV-2622-01

SESSION B: October 8, 10, 15, 17, (no class October 22) 24, 29, 31, November 5
Course #19/FY-CPDV-2622-02

SESSION C: November 12, 14, 19, 21, 26, 28, December 3, 5
Course #19/FY-CPDV-2622-03

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.

WEDNESDAYS; 9 TO 10 A.M.

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

SESSION A: September 12, 19, 26, October 3
Course #19/FY-CPDV-2770-01

SESSION B: October 10, 17, 24, 31
Course #19/FY-CPDV-2770-02

SESSION C: November 7, 14, 21, 28
Course #19/FY-CPDV-2770-03
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 / Max: 95
Lifelong Learning membership required

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.

Please be sure to bring along 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.

THURSDAYS; 11 A.M. TO NOON

Location: Dr. Robert E. Dunker Student Center, Room W203
Fee: $20 / Max: 25
Lifelong Learning membership required

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.

SERIES A: August 2, 9, 16, 23, 30, September 6
Course #19/FY-CPDV-2792-01

SERIES B: September 13, 20, 27, October 4, 11, 18
Course #19/FY-CPDV-2792-02

SERIES C: October 25, November 1, 8, 15, (no class Nov. 22) 29, December 6
Course #19/FY-CPDV-2792-03

SERIES D: January 17, 24, 31, February 7, 14, 21
Course #19/FY-CPDV-2792-04

SERIES E: 8 Sessions
November 1, 6, 8, 13, 15, 20, (college closed Nov. 22) 27, 29
Course #19/FY-CPDV-2244-05

SERIES F: 6 Sessions
December 4, 6, 11, 13, 18, 20
Course #19/FY-CPDV-2244-06

SERIES G: 9 Sessions
January 3, 8, 10, 15, 17, 22, 24, 29, 31
Course #19/FY-CPDV-2244-07

SERIES B: 9 Sessions
August 2, 7, 9, 14, 16, 21, 23, 28, 30
Course #19/FY-CPDV-2244-02

SERIES C: 8 Sessions
September 4, 6, 11, 13, 18, 20, 25, 27
Course #19/FY-CPDV-2244-03

SERIES D: 8 Sessions
October 2, 4, 9, 11, 16, 18, (college closed Oct. 23) 25, 30
Course #19/FY-CPDV-2244-04
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, SEPTEMBER 25; 6 TO 8:30 P.M.
Must be registered by September 18
Location: Cargill Auditorium, Entrance 14
Fee: No charge / Max: 150
Lifelong Learning membership not required
Course #19/FY-CPDV-2626-01

HEALING TOUCH FOR WELLNESS
Mind Over Matter

Do you have pain or headaches? Your mind has a powerful influence over your matter (body). Healing Touch is a tool that incorporates mindfulness and intention to affect well-being for body, mind, and spirit. In this workshop, we will explore this concept through experiential practice and fun.

We will discuss the concept of mind over matter with some Healing Touch Basics and practice a few Healing Touch techniques for your self-care, health and wellness. Feel free to bring a lunch along.

Jeanne Thune is a Certified Healing Touch Practitioner and Instructor for Healing Beyond Borders: Educating and Certifying the Healing Touch. She has been practicing Healing Touch for over 20 years through her private practice called Wellness Works Massage and Healing Touch.

WEDNESDAY, OCTOBER 3; NOON TO 1 P.M.
Location: Advanced Sciences Building, Room L416, Entrance 11, Parking Lot 3
Fee: $5 / Max: 20
Lifelong Learning membership required
Course #19/FY-CPDV-2784-01

TUESDAY, NOVEMBER 13; 6 TO 8:30 P.M.
Must be registered by November 6
Location: Cargill Auditorium, Entrance 14
Fee: No charge / Max: 150
Lifelong Learning membership not required
Course #19/FY-CPDV-2626-02
ESSENTIAL OILS 101:
Living Free from Harsh Chemicals with Essential Oil

Essential oils are an option for vibrant health and wellness. This workshop will discuss the history and benefits of using essential oil instead of harsh-chemicals for cleaning your home and self-care. We will be making some do-it-yourself projects with blends of essential oils for your house-cleaning and for immune support. Come enjoy the aromas and have some fun making the DIY projects.

Jeanne Thune is a Young Living Distributor of Essential Oils and has enjoyed oils for 20 years. She is the owner and operator of Wellness Works Massage. She specializes in massage, healing touch and aromatherapy.

Must register by October 10, so supplies can be purchased.

THURSDAY, OCTOBER 25; 1 TO 2:30 P.M.

Location: Advanced Sciences Building, Room L416/417, Entrance 11, Parking Lot 3
Fee: $10 / Max: 50 / Min: 6
Lifelong Learning membership required
Course #19/FY-CPDV-2587-01

ALZHEIMER’S ASSOCIATION PRESENTS:
Understanding Alzheimer’s and Dementia

Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources.

Join Amanda Brophy from the Alzheimer’s Association for this free class.

WEDNESDAY, OCTOBER 31; 10:30 A.M. TO NOON

Location: Advanced Sciences Building, Room L416/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership not required
Course #19/FY-CPDV-2783-01
GROW THROUGH LIFE
GARDENING SERIES

Tree Planting: Plant Today for Future Generations

The best time to plant a tree was 10 years ago. The next best time to plant a tree is today. Planting a tree is an investment for future generations to enjoy. Whether you are considering planting a new tree or your existing trees need some extra care, you will gain valuable knowledge in this session. Master Gardener Laurie Taylor will walk you through some recommended tree species for our area, how to choose a healthy tree, proper tree planting, and tree maintenance. Laurie will also discuss the impact that Emerald Ash Borer (EAB) is having on our community’s tree population, EAB identification, and options available to protect your trees.

WEDNESDAY, SEPTEMBER 26; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #19/FY-CPDV-2825-01

INTRODUCTION TO
FLOWER ARRANGING

Flower Arranging for the Holidays

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.

All the classes feature brand-new designs. If you are a returning student, you can be sure you will learn something unlike anything you’ve created before.

No previous experience of flower arranging is needed. Our expert instructor, Gordon Drive Hy-Vee Floral Manager Gail Pieper, will take you gently through the steps.

Please bring scissors, a knife, and small clippers or wire cutters. Hy-Vee will supply all the other materials including flowers and containers. At the end of each class, you’ll be able to take home your own unique, beautiful arrangement.

TUESDAY, DECEMBER 4; 1:30 TO 3 P.M.

Location: Hy-Vee, 3301 Gordon Drive, Sioux City
Second floor conference room, located via stairs between bakery and meat department.
Fee: $28 / Max: 12
Lifelong Learning membership required
Course #19/FY-CPDV-2484-01
A VISIT TO THE SIOUXLAND COMMUNITY HEALTH CENTER

Committed to Care

This visit to the Siouxland Community Health Center is a chance to learn about a facility that serves over 26,000 Siouxlanders each year. Interesting to note, also, is the fact that 35% of these patients have health insurance.

The Center offers a full range of medical care including the following:

- Minor procedures
- Adult health exams
- Vaccinations
- Prenatal care
- Urgent care at the clinic
- Dental care
- Behavioral health care, including mental health counseling and referral to additional services for mental health and substance use
- On-site pharmacy
- Well-child care including vision, hearing and lead testing

The Center also provides other services indirectly related to health care: financial services, assistance with eligibility determination, enrollment in health coverage programs, and a sliding fee program which is available to uninsured or privately insured people based on household size, income and ability to pay.

The tour and visit to the Siouxland Community Health Center is certain to be an eye-opening look at a magnificent “gem” in the area’s health care systems. It is a morning that Lifelong Learners will appreciate.

FRIDAY, OCTOBER 26; 10:30 A.M. TO NOON

Location: 1021 Nebraska Street, Park Nebraska Street or in the Center’s lot
Fee: None / Max: 30 / Min: 15
Lifelong Learning membership required
Course #19/FY-CPDV-2888-01

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!

Julie Nelsen & Angela O’Dell, Food Service Co-Managers, Overlook Café
CENTER FOR SIOUXLAND PRESENTS:

Protect Yourself Against Identity Theft

Identity theft is the fastest growing crime in America and can happen to anyone. But you can take steps to reduce your chances of having your identity stolen and better protect yourself in the future. Through this class, you will learn tips to keep your information secure as well as what to do if you find that your information has been stolen. Topics discussed will include:

- What is identity theft?
- How do I prevent identity theft?
- What do I do if I am a victim?
- What helpful resources are available?

TUESDAY, OCTOBER 9; 10:30 A.M. TO NOON

Fee: No charge / Max: 50 / Min: 7
Location: Advanced Sciences Bldg., Room L416, Entrance 11, Parking Lot 3
Lifelong Learning membership not required
Course #19/FY-CPDV-2903-01

WITCC Fall 2018 | Become a Member Online | Mara Hall

To register, call 712.274.6404

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CONNECTIONS AREA AGENCY ON AGING PRESENTS:

The Aging Well Series: Caregiving

Former First Lady Rosalyn Carter, said “There are only four kinds of people in the world, those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” Caregiving is a process that should never be done alone. Holly Senrick, Caregiver Specialist at Connections Area Agency on Aging, will provide an overview of the national informal caregiver revolution. Her discussion will offer ways to manage the caregiver role and the stress that accompanies it. She will provide caregivers with an opportunity to learn effective communication techniques and how to learn from their emotions. If you fall into any of the categories described above, this program will be beneficial and entertaining for you!

WEDNESDAY, OCTOBER 17; 10:30 A.M. TO NOON

Location: Dr. Robert H. Kiser Building, Room A113 ACE, Entrance 1
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #19/FY-CPDV-2797-01
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 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, September 18, 20, 25, 27, October 2, 4, 9, 11, 16, 18, (No class October 23), 25, 30; 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 #19/FY-CPDV-2905-01

INTERMEDIATE CROCHET

Join your instructor and dedicated crochet enthusiast, Crystal Huls, for this great course! Students will revisit crochet basics, learn half double crochet, double crochet, and how to read a pattern and chart. This course is designed for those who are comfortable with crochet basics.

Tuesdays and Thursdays, September 18, 20, 25, 27, October 2, 4, 9, 11, 16, 18, (No class October 23), 25, 30; 1 p.m. 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 #19/FY-CPDV-2905-02

Learn to crochet with instructor and dedicated crochet enthusiast, Crystal Huls.
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!

THURSDAYS, SEPTEMBER 27, OCTOBER 4, 11, 18, 25; 1 TO 3 P.M.

Location:  Wells Fargo Room, L110
Fee:  $8 / Max: 8 / Min: 4
Lifelong Learning membership required
Course #19/FY-CPDV-2823-01

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, OCTOBER 12, 2018; 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 #19/FY-CPDV-2834-01
Waiver #19/FY-CPDV-2834-02

*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.
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 enthral us. Egyptologist Mary Vaught will explore this fascinating world in images and words.

THURSDAYS, 7 TO 8:30 P.M.

Location: Advanced Sciences Building, Room L212
Fee: $7 / Max: 30
Lifelong Learning membership required

The Treasures of Tutankhamum

Egypt has kicked off the 100th anniversary of the discovery of the Tomb of Tutankhamun with a world tour of 150 artifacts from his tomb, sixty of which have never been on display out of Egypt. We will look at the discovery of Tut's tomb and the incredible treasures found.

SESSION A: October 18
Course #19/FY-CPDV-2359-01

Exploring Wadi al-Jarf

Wadi al-Jarf, located on the Red Sea Coast of Egypt, is one of the oldest known artificial harbors in the world. The investigation of this harbor led to the discovery of the oldest known papyri in the world. The papyri provide a look into the construction of the Great Pyramid and were written by men who participated in building it. It also looks at the personal journal of a previously unknown official named Merer. Merer led a crew of some 200 men who traveled from one end of Egypt to the other picking up and delivering goods of one kind or another.

SESSION B: November 1
Course #19/FY-CPDV-2359-02
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 #19/FY-CPDV-2789-01 (Trip price $749 for double occupancy)

_____ I am traveling alone and wish to register for single supplement. Course #19/FY-CPDV-2789-02 (Trip price $1099)

_____ Waiver (optional). Course #19/FY-CPDV-2789-03 ($75)

_____ Lifelong Learning membership (required). Course #19/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
THE BLACK HILLS BUFFALO ROUND-UP

Lifelong Learning members will spend five, relaxing autumn days touring the beautiful Black Hills area and attending the exciting, world-famous Buffalo Round-Up.

The tour includes the following:

- Round-trip motor coach trip from Sioux City
- Admission to all listed places and events
- 4 nights’ lodging
- 4 breakfasts
- 4 dinners, including an exciting classic “Chuck Wagon Cook-Out”
- Transportation to the viewing area to catch the spectacular sight of the annual Buffalo Round-Up. Watch cowboys and cowgirls as they drive a stampeding herd of over 1,300 buffalo across the prairie

We will see the following:

- Mount Rushmore
- The Crazy Horse Monument and Museum Center
- Historic Deadwood, South Dakota
- Custer State Park
- Drive through Spearfish Canyon
- The majesty and the beauty of fall in the Black Hills

WEDNESDAY, SEPTEMBER 26 – SUNDAY, SEPTEMBER 30, 2018

DEPART: Wednesday, September 26, 2018
Bus departs at 8:00 A.M. from the north end of parking Lot 2B, WITCC

RETURN: Sunday, September 30, 2018
Bus returns 7:00 P.M. to the north end of Parking Lot 2B, WITCC

Fee: $749 per person based on double occupancy; $350 single supplement

Max: 42 / Min: 24
Lifelong Learning membership required

Lifelong Learning membership is required. For an additional fee of $75, 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. This waiver is nonrefundable and must be purchased when the ticket is purchased.
TRIP ANNOUNCEMENT:

NEW YORK CITY—FALL 2019
BROADWAY TOUR: THE BEST
OF NEW YORK AND BROADWAY

The trip will include the following:

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

OFFICIAL DATES AND COST WILL BE ANNOUNCED IN THE SPRING 2019 CATALOG:

Max: 40 / Min: 24

Lifelong Learning membership required.

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.

Registration will be available in January 2019. If you are interested in this trip, please email Mara Hall at mara.hall@witcc.edu.
FALL CONCERTS

Songs You Need to Hear
with Jack and Mike Langley

Mike Langley says, “I just had a fun conversation with Jack Langley about what we might play for you at the upcoming show. When I asked him for some songs he might play, Dad said he never knows until he gets there and looks at the crowd. Then, he sings them ‘the songs they need to hear.’

I smiled, imagining a Victorian-era mentalist show where The Great Langlini Sees All, Knows All, and in this case, Sings You the Songs You Need to Hear. Step right this way, folks...let the mind-melding begin, with songs of enduring beauty and meaning, selections from the soundtrack of life.”

Jack and Mike, who have both been inducted into the Iowa Rock and Roll Hall of Fame, will provide you with a wonderful evening and demonstrate once again why they are among Siouxland’s most versatile and accomplished musicians.

TUESDAY, SEPTEMBER 18; 7 P.M.

Location: Cargill Auditorium, Entrance 14, Parking Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required

Ghost Songs
with Mike Langley

On Halloween, when the veil between the spirit world and ours is lifted, Mike Langley will be pouring you a nightcap of Ghost Songs. Gathered over many years, and most recently over the past decade with Mike’s band The Groovediggers, this repertoire of old folk songs as well as original Langley compositions is a bubbling brew of specters, spirits and graveyard musings.

On the Menu:
• “Long Black Veil,” by Mary Jane Wilkins and Danny Dill
• “Barbra Allan,” traditional
• “Please Don’t Bury Me,” by John Prine
• “The Wind and Rain,” traditional
• “When the Grass Grows Over Me,” by Don Chapel

Original songs by Mike Langley:
• “This Guitar’s Playing Me”
• “Goodbye at the Gates of the Graveyard”
• “For the Life of Me”
• “Lovers’ Lane”
• “Blue Island”
• “Let Me Fly”

TUESDAY, OCTOBER 30; 7 P.M.

Location: Cargill Auditorium, Entrance 14, Parking Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
A TRIP TO OPERA OMAHA: PAGLIACCI

As the 2018-2019 season opens, Lifelong Learners head south for the eleventh trip to the popular Opera Omaha series in the beautiful Orpheum Theatre. With its recognizable music and memorable story of “the clowns,” this Italian opera, in a prologue and two acts, with music and libretto by Ruggero Leoncavallo, remains the only Leoncavallo still widely performed. In operatic history, it is also known for its 1892 premier in Milan with conductor by Arturo Toscanini.

Passion, jealousy, and rage collide for Nedda and her husband Canio, who are leaders of a troupe of traveling street performers. The love triangle they enact on stage is, for them, all too real and too deadly.

Pagliacci is a quintessential Italian verismo opera featuring one of the most famous tenor areas in the operatic canon. Conductor Timothy Nurses leads an all-star cast including Jonathon Burton as the tragic clown and Leah Partridge singing her first Nedda. Jason Ferrante is Beppo, and Todd Thomas plays Tonio.

We will leave WITCC at 9 a.m. and travel by motor coach to Omaha. A delicious lunch in Omaha is included in your fee. The performance begins at 2 p.m. and ends at approximately 5 p.m. We will be back in Sioux City by 7 p.m.

SUNDAY, OCTOBER 21; 9 A.M. TO 7 P.M.

Location: Park in Parking Lot 2B. The bus will arrive at 8:45 a.m. for boarding.
Fee: $115 (includes ticket, meal, and transport)
Max: 42 / Min: 24
Lifelong Learning membership required
Course #19/FY-CPDV-2737-01
Waiver #19/FY-CPDV-2737-02

*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:
Local Theatre Sneak Preview

Fall is when most of Siouxland’s many local theatres begin their season. Let’s kick the new theatrical year off right with a preview of what the local groups have planned for the next months.

We’ll discuss the shows on the schedule and what you can expect to see. There will be some old favorites that you might be familiar with along with some new ones, even regional and world premieres. Who’s going to bring back a classic musical? Who’s re-mounting a favorite comedy? Who’s staging a Broadway success that’s never been in the area? Who will find a fresh way to do a classic drama? What quirky off-Broadway show will beguile local audiences?

To add to this, we’ll also talk a little about the history of various live theatres. We’ll discuss the audiences each theatre aims at, their mission statements, where they see their group headed. You may be tempted to visit a theatre you’ve never been in and have a new appreciation for an old favorite.

We’ll talk about Sioux City Community Theatre, Lamb Art Regional Theatre, Shot in the Dark Productions, and New Stage Players of South Sioux City. We may venture out of the immediate area to look at LeMars Community Theatre, Akron Community Theatre, and more. We’ll even mention some that are no longer active and recall some that produced one show.

Take a peek behind the curtain with Bill McKenny, local actor who has appeared on many local stages. Get a glimpse of what’s in store for you and fellow theatre patrons in the months ahead.

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

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2798-01
ROCK AROUND THE CLOCK
MUSIC OF 1950S (AND THERABOUTS!)

Time to put on your rockin’ shoes and go cat go! We will be looking at the events of the 1950s and the great rock songs that were burning up the airwaves at the same time! Join Russ Gifford for a look back at the sounds of the 1950s!

MONDAYS; 6 TO 8 P.M.
Location: Advanced Sciences Building, Room L416/417
Fee: No charge / Max: 40
Lifelong Learning membership required

Session 1: The Story of the Brill Building Songwriters
Before the era of the singer-songwriter, early rock was powered by songwriters with a great song looking for a singer to take it to the top. The Brill Building in New York City took that process to the assembly line, where would-be songwriters could make a living while writing songs under contract for publishers, who considered the results daily. If they liked a song, they would direct it to producers in the building, also under contract, to make the demos. They would then pitch to record companies and artist’s managers, most had offices in the building, looking for the right song for their group!

We’ll meet some of the names you know now as hit makers and see their early days as songwriters in the Brill Building: names like Gerry Goffin, Carole King, Barry Mann, Cynthia Weil, Jeff Barry, Jerry Leiber and Mike Stoller.

Monday, November 12; 6 to 8 P.M.
Course #19/FY-CPDV-2827-01

Before the era of the singer-songwriter, early rock was powered by songwriters with a great song looking for a singer to take it to the top.
ROCK AROUND THE CLOCK
MUSIC OF 1950S (AND THERABOUTS!)

Time to put on your rockin’ shoes and go cat go! We will be looking at the events of the 1950s and the great rock songs that were burning up the airwaves at the same time! Join Russ Gifford for a look back at the sounds of the 1950s!

MONDAYS; 6 TO 8 P.M.

Location: Advanced Sciences Building, Room L416/417
Fee: No charge / Max: 40
Lifelong Learning membership required

Session 2: The Rise of the DJs – 1956 to 1962
As TV pulled the drama shows off radio, the AM dial needed something to replace it fast! The results would change the world as Rock and Roll came to rule the airwaves. But in the independent days of the 1950s, disc jockeys became the unsung heroes in the world of rock. We will focus on the songs and sounds of the golden age of rock and meet some of the men that became kingmakers on the radio. We will also see how “Payola” became a household word!

Monday, November 19; 6 to 8 P.M.
Course #19/FY-CPDV-2827-02

Session 3: Rock and Roll on TV – 1950s!
While people remember the 1960s as the big time of rock on television, there are plenty of late 1950s shows with classic clips of everyone from the Everly Brothers to Buddy Holly. Spend some time with Dick Clark and see clips from TV stations in Iowa! Maybe you will see someone you know! You will certainly recognize the songs!

Monday, November 26; 6 to 8 P.M.
Course #19/FY-CPDV-2827-03
MOMMY AND ME SING:  
Making Harmony at Home

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: Dr. Robert E. Dunker Student Center, Room W108A, Entrance 12, Parking Lot 3
Fee: $25 / Max: 10
Lifelong Learning membership required

SESSION A: September 24, October 1, 8, 15, 29
Course #19/FY-CPDV-2574-01

SESSION B: November 5, 12, 19, 26, December 3
Course #19/FY-CPDV-2574-02
Can you learn how to learn more in less time? What are ways that people waste precious time while trying to learn? In this presentation, Dr. Frank O’Neill, Sports Medicine Instructor at Western Iowa Tech Community College, will share what brain science has to teach us about learning and memory.

Everyone that comes to WITCC is trying to learn something to help them live a better life. Most people have never been taught how the brain actually learns. Join us for this two-part class that will help you understand how to use the human brain to make sure that you learn smarter and increase the odds that you achieve your goals. You will walk away with tips that will help you master whatever you are trying to learn. If you have ever wanted to learn how to get better at learning, this presentation is for you!

**FRIDAYS, SEPTEMBER 21 AND 28; NOON TO 1:30 P.M.**

**Location:** Cargill Auditorium, Entrance 14, Lot 4  
**Fee:** None / **Max:** 200  
Lifelong Learning membership not required

...use the human brain to make sure that you learn smarter and increase the odds that you achieve your goals.
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.

WEDNESDAY, NOVEMBER 7; 6 TO 8:30 P.M.

Location: Dr. Robert H. Kiser Bldg., Room A113, ACE, Entrance 1
Fee: $10 / Max: 15 / Min: 6
Lifelong Learning membership required
Course #19/FY-CPDV-2554-01
STREAMING SERVICES

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

The second hour of class will be devoted to setting up a free trial of a streaming service or navigating 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.

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

Location: Dr. Robert H. Kiser Building, Room A113, ACE, Entrance 1
Fee: $10 / Max: 15
Lifelong Learning membership required
Course #19/FY-CPDV-2887-01

LIFELONG LEARNING PHOTO EXHIBITS

Students from the Lifelong Learning Summer Photo Safari class will be showcasing their work from their outings to Sioux Falls and Omaha.

Photographs will be on display in the library from August 29 through September 21.

Jerry Mennenga, Lifelong Learning photography instructor, will be having a show as well. His work on showcase will include previous news photography and current personal work as well.

Photographs will be on display in the library from September 26 through October 19.

The Photo Safari Summer class was an extension in taking photographs on location. Its purpose was to help the student “see” the possibilities of what to photograph and how to react in the moment.
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.

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. We 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, SEPTEMBER 17, 24, OCTOBER 1, 8, 15; 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 #19/FY-CPDV-2664-01

Intro 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 two-hour seminar is an introduction to Adobe Photoshop Elements, a scaled down and less expensive alternative to Adobe Photoshop. Instructor Jerry Mennenga will go over the basic tool of operation, touch on color correction and other image manipulation aspects of the program.

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.

WEDNESDAY, SEPTEMBER 26; 6 TO 8 P.M.

Location: Dr. Robert H. Kiser Bldg., A113, ACE, Entrance 1
Fee: $30 / Max: 12 / Min: 4
Lifelong Learning membership required
Course #19/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.lostinsiouxland.com.

Creating Black and White Images with a DSLR

Photography, in its infancy, began with creating black and white images. Over the years, with a lot of help from Kodak, color became a mainstay in photography.

When shooting in color, the color itself becomes another element used to capture subjects and is sometimes the main compositional element. If you remove color, the use of tonality (grey tones from black to white) draws a viewer’s eye to an image.

During this five-week course, your instructor, Jerry Mennenga, will give photographers an insight into creating black and white images when shooting with a DSLR camera. Learn how contrast, color, subject isolation and shooting with a camera’s monotone (most cameras allow this) or black and white film simulation (some cameras allow this) can create compelling black and white imagery. We will also discuss software editing in converting color images to black and white.

Chalk Pastel on Photographs: Moving Behind Photographs, Adding Pastel Chalk and Pencil to Images

Making photographs with a camera is a creative outlet. The possibilities are endless as are the subjects to capture. Sometimes a photographer wants to take his/her “vision” a step further and enhance their work in another fashion, building upon the image they created. Using pastel chalk and pastel pencils can help a photographer explore another avenue of building on images already captured.

Instructor Jerry Mennenga dabbles in enhancing his photographs through using pastel chalk and pencils. In this three-hour workshop, Jerry will talk about printing photographic images on watercolor paper and other mediums and share various ways of enhancing or creating a new work by applying pastels to these photographic images.

Pastel chalk and pencils will be available for students, as will two printed photographic scenes on watercolor paper for students to explore this medium.

Chalk pastel is dusty, so students should wear appropriate clothing that may need cleaning afterward. Students should bring along a towel or other clean cloth to wipe their hands as they will need to remove chalk from their hands from time to time while working in this medium.

Students should bring a thumb drive or flash drive to week one of the class with three to four images on it. The instructor will collect these and save the images to print out for students to work on the following week.

SATURDAYS, NOVEMBER 17 AND 24; 10 A.M. TO NOON

Location: Gaylord Smith Building, Art Studio, Room C129
Fee: $50 / Max: 12 / Min: 5
Lifelong Learning membership required
Course #19/FY-CPDV-2912-01
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.lostinskioulxland.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 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 outdoors so that students can take photographs in natural 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.

In the first session, Jerry will go over some basics of composition and lighting, and general thoughts about photography. He will also outline the time and location plans for the next four sessions. This will be an opportunity for Jerry to gather emails and phone numbers of students so they can stay connected once the class starts meeting on location.

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 for discussion and appreciation. Classroom sessions will take place in Advanced Sciences Building Room L212 (Lot 4, entrance #13).

This class will meet six times on Saturdays. Class sessions are scheduled from 10 a.m. to Noon.

Digital single lens reflex (DSLR) cameras or compact cameras are necessary for this course. Students are responsible for supplying their own camera gear.

The location settings will take us out of Sioux City this time to two places in South Dakota, one in Hinton, and one in Orange City. Students are responsible for their own transportation. There will be walking involved so wear comfortable shoes and dress appropriately for the weather.

SATURDAYS, OCTOBER 6, 13, 20, 27, NOVEMBER 3, 10

Location: Location varies
Fee: $60 / Max: 15 / Min: 4
Lifelong Learning membership required
Course #19/FY-CPDV-2732-01

OCTOBER 6, 10 A.M. TO NOON
Classroom session. WITCC Advanced Sciences Building, L212. We will discuss composition, lighting and future location shoots.

OCTOBER 13, 11 A.M. TO 1 P.M.
Meet downtown at the Cedar County Courthouse (101 S. Broadway) in Hartington, NE to check out the Cedar County Historical Museum (304 W. Franklin, 3 blocks away) first and then the downtown area.

OCTOBER 20, 10 A.M. TO NOON
Meet near the Calumet Shelter in Stone State Park for an easy walk and hike through part of the park's many outdoor offerings to look at nature.

OCTOBER 27, 6 P.M. TO 8 P.M.
Meet in downtown Le Mars near the Blue Bunny Ice Cream parlor on Central Ave. for an evening walk around the small community and a chance to check out some of the murals decorating alley ways and other areas. The evening shoot will challenge photographers to check their ISO settings as well as white balance as the light changes from daylight to evening and maybe some night time shooting.

NOVEMBER 3, 10 A.M. TO NOON
Meet at the Historical O’Connor House decorated for Christmas near Homer, NE. The house is located two miles east of Hwy 77 on Blyburg road near Homer, NE. (402-698-2288)

NOVEMBER 10, 10 A.M. TO NOON
Classroom session will meet in L212. We will share the best 25-30 images each student acquired on the four outings.
CELEBRATING THE AMERICAN REVOLUTION AND
THE CREATION OF THE REPUBLIC, 1750 – 1800

MONDAYS, NOON TO 2 P.M.; SEPTEMBER 17, 24, OCTOBER 1, 8, 15, 29, NOVEMBER 5, 12

Location: Advanced Sciences Building, Room LA16/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #19/FY-CPDV-2393-01

Return to the era of the American Revolution! Spend each week in the company of people you may only know as icons on your currency: Franklin, Washington, Adams, Jefferson and many others who changed history with their efforts!

We will study the actions of people not yet Americans as they wrestled with the toughest issues of their times. We’ll read the private letters and public speeches of the famous statesmen and unknown farmers who were swept up in these events. Our goal is to walk in their shoes and to see the world through their eyes. These weekly classes will take us to farmlands and fields of battle, to the halls of congress in the hot summer days of 1775 and 1776, and to the barracks of Valley Forge on freezing winter nights.

We will remember these hardy people in their actions and in battles from Lexington to Bunker Hill, from the retreat across New Jersey to the shocking surprise at Trenton, from Saratoga to Monmouth, to Camden and Cowpens, from Guilford Courthouse to the Capes, and to the end of the battles at Yorktown.

In every class, we will hear the personal stories of rebels and loyalists, of statesmen and commoners, generals, and mountebanks.

Too often the story stops at Yorktown, but we will go beyond the battlefields to follow the fights in the halls of congress as these revolutionaries tried to create a working government. They failed. The difference is, as in the war, they didn’t give up due to a setback. They returned to consider the needs and the desires of the people. We will learn about the compromises that became their greatest achievement, the Constitution and the Republic of the United States! The true test came as they worked to make that republic function. It is important we learn this lesson because here was the work, without the glory of battlefield honors or brass bands for the victors, that made a country that has endured for more than two centuries!

How did they do it? Join historian Russ Gifford for this wonderful series of classes as he gives you a ringside seat at the creation of the American Republic!

Note: Each class will be a complete story, but each will fit together for the story of the path from a Colony to a Republic.

Session 1: In the Beginning, 1750 to 1765

This class will trace a few important points on the differences in the colonies that will affect their development. We will move on to the realities of the North American continent, and George Washington’s part in the creation of what some historians consider World War Zero. We will also travel to England in the company of the bon vivant Ben Franklin and meet a few other people, such as Sam Adams and Patrick Henry. We will study the beginnings of disgust because of the aftermath of the French and Indian War and its consequences for all parties, especially, the North American Indians who sided with the French!

Monday, September 17; Noon to 2 P.M.

MONDAYS, NOON TO 2 P.M.; SEPTEMBER 17, 24, OCTOBER 1, 8, 15, 29, NOVEMBER 5, 12

Location: Advanced Sciences Building, Room L416/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #19/FY-CPDV-2393-01

Session 2: If this Be Treason: From Stamp Act to Occupation to Revolt, 1765 – 1774

The stories of the Stamp Act to Occupation of Boston to the Tea Party and the Boston Massacre are well known, but we will attempt to go behind the stories to see it through the eyes of those involved! We’ll meet John Hancock as he committed his fortune to the defeat of the British. We will meet British General Thomas Gage as he committed his future to the crown. We will see John Adams as he fulminated for justice, both for the colonies and for the soldiers involved in the Boston Massacre.

Monday, September 24; Noon to 2 P.M.

Session 3: Give Me Liberty: From Ticonderoga to New York to Philadelphia to Trenton, 1775 – 1776

The years 1775 to 1776 bear a deep look. We will see and hear from those on the fields of Lexington and Concord. We will see it from the eyes of Ethan Allen, Benedict Arnold, and George Washington from Bunker (or Breed’s) Hill. We will hear from Benjamin Franklin, John Adams, Thomas Jefferson, and others as the war began in earnest. Despite the increasing unlikelihood of victory, the patriots doubled down on their gamble and pledged their lives, their fortunes, and their futures to the cause.

Monday, October 1; Noon to 2 P.M.

Session 4: These Are the Times that Try a Man’s Soul, 1777 – 1778

George Washington and Benedict Arnold started the year with victories, but the British prevailed in many others. We will check in at the battles and on the home front hearing from women like Mary Ludwig Hays McCauley, better known as “Molly Pitcher,” at the Battle of Monmouth. We will also meet two young men originally from foreign shores, who cast long shadows: Alexander Hamilton and Marquis de Lafayette. There was nothing certain about success in those long summer days, followed by longer winter nights.

Monday, October 8; Noon to 2 P.M.

Session 5: The War Moves South, 1779 – 1781

The war moved south and with it the fortunes of Americans, as the rebels had started to refer to themselves, dangled on threads. As the French support included supplies for warships, the battles on land and at sea became increasingly important and more brutal. We will meet George Rogers Clark, “Mad” Anthony Wayne, John Paul Jones, and Nathanael Greene. We will also revisit an early hero named Benedict Arnold and a villain name Banastre Tarleton.

Monday, October 15; Noon to 2 P.M.
CELEBRATING THE AMERICAN REVOLUTION AND
THE CREATION OF THE REPUBLIC, 1750 – 1800

MONDAYS, NOON TO 2 P.M.; SEPTEMBER 17, 24, OCTOBER 1, 8, 15, 29, NOVEMBER 5, 12

Location: Advanced Sciences Building, Room L416/417, Entrance 11, Parking Lot 3
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #19/FY-CPDV-2393-01

Session 6: Independence or Anarchy, 1781 – 1787

The hard truth of revolutions is in what follows. We will visit America as peace treaties are hammered out and loyalists boarded ships to leave. George Washington admonished his troops as he bid farewell, which astonished England’s King George III and the rest of the world. The thirteen independent colonies felt their way forward, tripping on the cost of the war and defining what the Articles of Confederation really meant. We will also meet Daniel Shays, the rebellion of farmers, and the militia that threatened to undo everything. We will travel to Philadelphia again to meet Benjamin Franklin, George Washington, Alexander Hamilton, James Madison and John Rutledge at the beginning of the Constitutional Convention.

Monday, October 29; Noon to 2 P.M.

Session 7: In Order To Form a More Perfect Union, 1787 to 1790

The full story of the arduous journey to the Constitution’s ratification is epic. It is also one filled with fights, frustrations, anger, anguish, pain, and problems. The journey was unclear, as the compromises that gave it life are also the ones that damned it in some regions and gained only faint praise in others. We will follow the document to its fulfillment and see how that process eventually added what might be argued as the most important contribution, the Bill of Rights. Alexander Hamilton, John Jay, and many others will make their appearances along the way!

Monday, November 5; Noon to 2 P.M.

Session 8: Do You Solemnly Swear, 1792 – 1800

George Washington was president. All was right with the world! What could have gone wrong?

We will learn how the Constitution actually became the law of the land, and we will learn about the addition of the Bill of Rights in the first Congress. Alexander Hamilton and Thomas Jefferson battled for supremacy in Washington’s cabinet. There was the beginning of parties, the early impact of newspapers, and the peaceful change of executive officers when Washington declined a third term. Hamilton battled John Adams, and Jefferson picked up the pieces in the election of 1800. Or did he? Only 12 years in, a constitutional crisis made it completely unclear who would take the oath of office at the inauguration in 1801! The end of the story set the country on the right path and brought about the first peaceful handover of power to the opposition. This is the stuff of legends. Hope to see you there!

Monday, November 12; Noon to 2 P.M.
**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.

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**Part 1: The Patriot and the President**

Thomas Jefferson provides a special challenge to anyone examining his history. His story is America’s story. His pen defined the reasons of the revolt, and his statements continue to inspire people over two centuries later! He was the compass that defined the direction of the country from before 1800 to long after his death in 1825.

While there are many writings on the history of the revolution, Jefferson’s massive output of letters, official documents, and long dissertations on his personal reasoning for his choices, defined much of what was placed in early history books. There was so much to cover, we often overlook what wasn’t included!

To paraphrase a statement by a later president, we can neither add nor detract from Jefferson’s standing in American history. We can add to our knowledge and our understanding of how politics and practices in America developed by learning the actual events of Jefferson’s presidential years. What challenges did he face as president? Was he successful? What about his dealings with congress? What about foreign policy? For most Americans, only his choice to grasp Napoléon Bonaparte’s offer of the vast lands beyond the Mississippi is well known. He transcended the enumerated powers of the presidency, a major event then, a regular occurrence today.

In this lecture, we will see how Jefferson practiced leadership and politics in his eight years. His choices provide answers to many of the paradoxes in our exercise of presidential power to this day. It is a rich story, and the details are surprising, enlightening, and enjoyable!

**WEDNESDAY, OCTOBER 3; 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.

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Part 2: Thomas Jefferson: Senior Statesman, Moral Compass

Assuredly, someone right now is horrified at the thought that Thomas Jefferson could be considered the “moral” compass for our country, but that is the reality of the first 200 years of America. George Washington largely defined the direction of the practices of the presidency, but Jefferson’s examples and his writings influenced the practice of the presidents and politicians far beyond his long life. Only Alexander Hamilton equalled influence.

Jefferson’s conflicts were also our country’s conflicts and recognized part of the human condition. Jefferson was a brilliant man and an inventor but was perpetually in debt as a spendthrift. As a self-defined deist who preached for separation of church and state, he created a version of the bible that focused on Christ’s teachings as a method to live a worthy life. His thoughts on the rights of individuals and that all men are created equal did not stop him from owning slaves. His love of his wife is little remembered, but everyone today knows details of his affair with his slave following his wife’s death.

As president, Jefferson, a debtor himself, believed the country must have no debt and slashed John Adams’ budget for constructing warships. He recognized the power of financial institutions to hold people hostage to money and fought Hamilton’s banking plans for the good of individuals. Yet, without a national bank to loan the country money, he faced the consequences of his actions on the shores of Tripoli. When the ships were needed and money was not available, Jefferson believed the president was constrained by his enumerated powers in the Constitution. While he debated with himself over his power to do so, he accepted Napoleon’s offer of the Louisiana Purchase immediately.

Jefferson, in short, was human. The personal contradictions he wrestled with reflect the contradictions we would see the country face far into the future. He fell short of perfection himself, but he worked to provide the country with the written discussion of his thoughts as a guide as the country moved forward.

In this lecture, we will learn his thoughts on these issues reading from his writings. We will also see the people those writings influenced on all sides during his life and far beyond!
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.

History for the Fun of It!

There are a few dates in history your teachers told you you HAVE to remember: 1776, 1492, and 1066. The first two are pretty easy, but that last one? Everyone remembers it, but they are not certain why. Some may remember, “Didn't some guy named Harold get killed by an arrow in the eye?” Others remember it was the Norman invasion of England. Why is 1066 one of those dates that is supposedly so important?

Join historian Russ Gifford as he tells you the rest of the story. The story of major changes that happened in history all because the Normans defeated the Anglo-Saxons at the Battle of Hastings. This collision of cultures changed history, and the long chain of events from then to now is a fascinating study in the impact of one event.

This is history for the fun of it, while Harold certainly wasn't having any fun that day, you certainly will during this class. Plus, you'll learn some important things about a date that you've been carrying around in your head since eighth grade! How cool is that?

THURSDAY, SEPTEMBER 20; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-01

The Histories of Sioux City's Junior and Senior High Schools

Sioux City's first high school opened in 1869 and graduated its first class of five students in 1875. The first junior high school opened in 1917 under Superintendent M. G. Clark. At that time, this junior high school was not only a model for Iowa, but it was national education model for structure and curriculum. Since this time, tens of thousands of students have attended Sioux City public and private institutions.

Tom Munson, the Sioux City Museum's Archives Manager, will show memorable photographs of these spectacular school buildings. For many attending, seeing these photographs will be a wonderful journey down “memory lane.” Finally, Munson also examines the development and innovations over the years in these beautiful education structures.

Adequate time will be given for discussion, memories and questions about this unique Sioux City situation.

THURSDAY, OCTOBER 11; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-02
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 in Transition—1960-1969

The 1960s were years of notable change in Sioux City. While the community did not experience the extreme social unrest that plagued other parts of the country, the changes that occurred over the course of the decade left Sioux City a very different place in 1970 than it had been in 1959.

Curator of History, Matt Anderson, will trace these important and astounding changes. These years saw the opening of Interstate 29, the completion of the Floyd River and the Missouri River flood control projects, the first River-Cade celebration, the advent of Iowa Beef Processors (IBP), the construction of the first suburban shopping centers and the passage of a school bond issue that thoroughly reorganized Sioux City’s junior and senior high schools.

At the same time, the 1960s brought a general decline in downtown business activity, the beginnings of various urban renewal efforts aimed at slowing that decline, and the passing of Sioux City’s oldest meat packers and their replacement by new operations modeled after IBP.

By the end of the decade, Sioux City leaders could point to many significant achievements, but they had also overseen the beginnings of changes in the local economy that made business conditions quite difficult during the 1970s and 1980s.

Adequate time will be given for discussion, memories, and questions about this unique Sioux City situation.

THURSDAY, OCTOBER 18; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-03

Sioux City Eats

Being in one of the greatest food-producing regions in the world, Sioux City has produced enough food for both its citizens and enough food to export to the world.

Grace Linden, retired Sioux City Museum curator of history, will examine a list of food products that goes on and on: meat packing plants, flour mills, pickle works, produce (milk and egg) companies, to name a few categories.

With all of these products, it is no wonder that the city’s restaurants have provided customers with some of the best food in the world, and Sioux City cooks have made some of the best meals. Linden will also explore the world memorable and important restaurants in Sioux City, Iowa. Do you remember the décor, ambiance and food of such favorites as the Green Gables?

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

THURSDAY, OCTOBER 25; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-04
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.

From the Soudan and Snoos Alley to Catfish Row and Hell’s Half Acre: Visit the Neighborhoods of Sioux City and Learn How They Were Named

The Sioux City Public Museum’s Archival Clerk, Haley Aguirre, invites us to journey, by photographs, through the neighborhoods of Sioux City. Have you ever wondered where the “green” in Greenville originated? Who decided to use the terms “East or South Bottoms”?

Aguirre’s presentation overviews many of Sioux City’s thirty-five different neighborhoods, explains how and when each got its name, and shows where the area is located. During the program, we will visit Cole’s Addition, Smith’s Villa, Snoos Alley, Kelly Park, Cecilia Park Sunset View and other interesting sites. Historic maps and photographs, both past and present, will highlight the unique and important history of this exciting little city.

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

THURSDAY, NOVEMBER 1; 10:30 A.M. TO NOON

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-05

HOLIDAY PARTY AND CONCERT

Join us for the annual Lifelong Learning holiday celebration with music, song, food and prizes!

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

Location: Rocklin Conference Center, Corporate College Bldg., Lots 2, 2B and 3
Fee: No charge / Max: 250
Lifelong Learning membership not required
Course #19/FY-CPDV-2218-06
WINE APPRECIATION FOR BEGINNERS:

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

Jerry Janssen will share some basic information that will help you develop a better understanding of wine. You’ll learn about the different grape varietals found in wine production, how to look for differences in color and flavor, and what kind of wines complement various foods.

One of the advantages of going to a workshop like this one is that you’ll taste wines you might never otherwise experience. You’ll sample six selections.

Join us for an evening and find out why these wines are so interesting. After sampling these selections, you will be encouraged to go on a new adventure in your discovery of wine.

North American Wines

TUESDAY, OCTOBER 2; 6 TO 7:30 P.M.

Location: WineStyles, 5002 Sergeant Road (next to Olive Garden, Lakeport Commons)
Fee: $15 / Max: 20
Lifelong Learning membership required
*Attendees must be 21 or over to participate
Course #19/FY-CPDV-2586-01

European Wines

TUESDAY, NOVEMBER 13; 6 P.M. TO 7:30 P.M.

Location: WineStyles, 5002 Sergeant Road (next to Olive Garden, Lakeport Commons)
Fee: $15 / Max: 20
Lifelong Learning membership required
*Attendees must be 21 or over to participate
Course #19/FY-CPDV-2586-02

Join us for a fun and informative evening that will focus on the wonderful world of wines.
COOKING WITH CHEF GASAWAY
Who’s Afraid of a Big Bad Spice?

Come join Chef Michael Gasaway for a journey into the mysterious and exotic world of spices! Chef will delve into the origins of the spices that you use in your everyday cooking, as well as some of the more unusual spices/spice blends that you may have been nervous about using. He will discuss the concept of farm to table as it applies to the spice industry, as well as cooking several dishes that are utilizing many things found in your cupboard, or soon can be! Come take a trip starting in your pantry of seasonings and traversing the spice routes of the world.

Chef Gasaway is a formally trained chef with over 25 years of experience in the field. After completing his degree from Johnson and Wales’s 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 Technical Community College as a Culinary Arts Instructor.

WEDNESDAY, OCTOBER 17, 6 TO 7:30 P.M.
Location: Applied Technology Building, Culinary Demonstration Kitchen, D201, Entrance 14
Fee: $20 / Max: 25
Lifelong Learning membership required
Course #19/FY-CPDV-2588-01
WORLD CUISINES AND CULTURES

South Korea

In this very popular series, you’ll explore the flavors and traditions of different countries around the world. Each meal will be prepared by resident chefs based on authentic recipes from each featured country.

Lifelong Learning coordinator Mara Hall will talk about the colorful traditions and history of each location.

This is a wonderful opportunity to taste delicious food and meet new friends. Best of all, you can travel without leaving home. No delays, no security!

TUESDAY, NOVEMBER 27; 11:45 A.M. TO 1:15 P.M.

Location: Brookdale (formerly NorthPark), 2525 Nebraska Street entrance. Restaurant opens 11:30 A.M.

Fee: $12 (includes lunch) / Max: 45

Lifelong Learning membership required

Reservations will be taken until November 20. Payment in advance required; no refunds after 5 p.m. on November 20.

Course #19/FY-CPDV-2534-01
WATERCOLOR PAINTING

with Jean Weiner

Beginning Watercolor Painting

This beginner's class is a relaxing and enjoyable introduction to the art of creating your own watercolor paintings. Our friendly instructor, Jean Weiner, enjoys putting fun into the process of painting. Her enthusiasm for painting, along with her knowledge of techniques for handling watercolor, create an atmosphere that makes the beginning painter feel welcome and confident. Drawing or sketching skills are not required. Students will follow Jean's step-by-step demonstrations to create their own painting. She will show you several basic techniques for handling this paint medium.

Jean's goal is to help each student achieve confidence with watercolor and create paintings they wish to frame and enjoy for years. Our art classes fill up quickly so don't hesitate to register if you're interested.

**SATURDAYS, OCTOBER 6, 13, 20, 27; 2 TO 4 P.M.**

**Location:** Gaylord Smith Building, Art Studio, Room C129

**Fee:** $70 (includes materials) / **Max:** 9

Lifelong Learning membership required

Course #19/FY-CPDV-2522-01

Intermediate Watercolor: Still Life Focus on Capturing Reflective Glass

This class is geared for students already familiar with watercolor who are ready to learn even more techniques unique to this beautiful medium. Our friendly instructor, Jean Weiner, will provide a still life glass study piece to help you grow as an artist. You will learn to see how glass reflects light and bends and bounces color as you translate this to a beautiful, realistic painting. Jean will demonstrate, step by step, how to apply transparent watercolor wash layers. Your finished painting will glow with light! Feel free to bring a snack or packed lunch.

**SATURDAYS, OCTOBER 6, 13, 20, 27; 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 #19/FY-CPDV-2615-01
## 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.

**Lunch will be catered in the room by the Overlook Café.**

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<th>Date</th>
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<td><strong>WEDNESDAY, OCTOBER 10; NOON TO 2 P.M.</strong></td>
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<td><strong>THE WAINWRIGHT BUILDING</strong> (THE FIRST SKYSCRAPER), 1891</td>
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<td><strong>Architecture Firm:</strong> Adler &amp; Sullivan</td>
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<td><strong>WEDNESDAY, NOVEMBER 14; NOON TO 2 P.M.</strong></td>
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<td><strong>THE WATER SELLER OF SEVILLE, 1620</strong></td>
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<td><strong>Artist:</strong> Diego Velazquez (1599-1660)</td>
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<td><strong>WEDNESDAY, DECEMBER 12; NOON TO 2 P.M.</strong></td>
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<td><strong>THE HAILSTORM, 1940</strong></td>
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<td><strong>Artist:</strong> Thomas Hart Benton (1889-1975)</td>
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BOOK CLUB

Anything Is Possible
By Elizabeth Strout

“Recalling ‘Olive Kitteridge’ in its richness, structure, and complexity, ‘Anything Is Possible’ explores the whole range of human emotion through the intimate dramas of people struggling to understand themselves and others.

Here are two sisters: One trades self-respect for a wealthy husband while the other finds in the pages of a book a kindred spirit who changes her life. The janitor at the local school has his faith tested in an encounter with an isolated man he has come to help; a grown daughter longs for mother love as she comes to accept her mother’s happiness in a foreign country; and the adult Lucy Barton (the heroine of ‘My Name Is Lucy Barton’, the author’s celebrated New York Times bestseller) returns to visit her siblings after seventeen years of absence.

Reverberating with the deep bonds of family, and the hope that comes with reconciliation, Anything Is Possible again underscores Elizabeth Strout’s place as one of America’s most respected and cherished authors.”

From the publisher’s notes

MONDAY, SEPTEMBER 24; 11:45 A.M. TO 1:15 P.M.

Bill and Becky McKenny will lead the discussion.

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #19/FY-CPDV-2208-01

Born a Crime
By Trevor Noah

“Trevor Noah’s unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle.

Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother’s unconventional, unconditional love.”

From the publisher’s notes

MONDAY, OCTOBER 29; 11:45 A.M. TO 1:15 P.M.

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

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #19/FY-CPDV-2208-02
BOOK CLUB

A Moonless, Starless Sky: Ordinary Women and Men Fighting Extremism in Africa
By Alexis Okeowo

“A rich and urgently necessary book” (New York Times Book Review), A Moonless, Starless Sky is a masterful, humane work of literary journalism by New Yorker staff writer Alexis Okeowo—a vivid narrative of Africans who are courageously resisting their continent’s wave of fundamentalism.

In A Moonless, Starless Sky, Okeowo weaves together four narratives that form a powerful tapestry of modern Africa: a young couple, kidnap victims of Joseph Kony’s LRA; a Mauritanian waging a lonely campaign against modern-day slavery; a women’s basketball team flourishing amid war-torn Somalia; and a vigilante who takes up arms against the extremist group Boko Haram. This debut book by one of America’s most acclaimed young journalists illuminates the inner lives of ordinary people doing the extraordinary—lives that are too often hidden, underreported, or ignored by the rest of the world.”

From the publisher’s notes

Tell the Machine Goodnight
By Katie Williams

“Pearl’s job is to make people happy. As a technician for the Apricity Corporation, with its patented happiness machine, she provides customers with personalized recommendations for greater contentment. She’s good at her job, her office manager tells her, successful. But how does one measure an emotion?”

Meanwhile, there’s Pearl’s teenage son, Rhett. A sensitive kid who has forged an unconventional path through adolescence, Rhett seems to find greater satisfaction in being unhappy. The very rejection of joy is his own kind of “pursuit of happiness.” As his mother, Pearl wants nothing more than to help Rhett—but is it for his sake or for hers? Certainly it would make Pearl happier. Regardless, her son is one person whose emotional life does not fall under the parameters of her job—not as happiness technician, and not as mother, either.

Told from an alternating cast of endearing characters from within Pearl and Rhett’s world, Tell the Machine Goodnight delivers a smartly moving and entertaining story about the advance of technology and the ways that it can most surprise and define us. Along the way, Katie Williams playfully illuminates our national obsession with positive psychology, our reliance on quick fixes. What happens when these obsessions begin to overlap? With warmth, humor, and a clever touch, Williams taps into our collective unease about the modern world and allows us see it a little more clearly.”

From the publisher’s notes

MONDAY, NOVEMBER 26;
11:45 A.M. TO 1:15 P.M.

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

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #19/FY-CPDV-2208-03

MONDAY, DECEMBER 17;
11:45 A.M. TO 1:15 P.M.

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

Location: Wells Fargo Room, L110, Entrance 14, Parking Lot 4
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #19/FY-CPDV-2208-04
CRAZY WISDOM

In this course you will be reading from a modern classic by Wes “Scoop” Nisker called “The Essential Crazy Wisdom.” The book has been called “deeply wise...wonderfully insightful, and delightfully humorous (“The Utne Reader”). The Pulitzer Prize-winning poet Gary Snyder said of the book: “Ah, the foolishness of the real. This is good medicine.”

“Crazy wisdom,” says Nisker, “loves paradox and puns and pie fights and laughing at politicians.” And further, “In spite of our bumbling and often cruel ways, crazy wisdom has great love and compassion for humanity…and presents us with the bigger picture, and with ways to step lightly through it.”

Nisker’s book is an international mix of psychology, literature, science, philosophy, and popular culture, with excerpts from the writings of such “crazy visionaries” as the Buddha, Lao-Tzu, Rumi, St. Francis of Assisi, Albert Camus, Oscar Wilde, Pablo Neruda, Albert Einstein, Dorothy Parker, Will Rogers, Thomas Merton, Joyce Carol Oates, and Lily Tomlin.

Note to those who register for the course: if possible, please read through page 26 before the first class meeting.

Your instructor Dave Evans was born and raised in Sioux City. Dave graduated from Leeds High School and began college on a football scholarship. He has an MFA in Creative Writing from the University of Arkansas. For 39 years, he was a professor of English at South Dakota State University. The author of nine books of poetry, his poetry and other writings have been published in numerous magazines and in over 80 anthologies. He has won numerous awards, including grants from the National Endowment for the Arts, and the Bush Artist Foundation. In 2009 he received the South Dakota Governor’s Award for Creative Achievement in the Arts. He was a Fulbright Scholar to China twice and poet laureate of South Dakota for 12 years.

WEDNESDAYS, SEPTEMBER 19, 26, OCTOBER 3, 10; 1 TO 2:30 P.M.

Location: Advanced Sciences Building, Wells Fargo Room, Room L110, Entrance 14, Parking Lot 4
Fee: $40 (Does NOT include cost of book for class.)
Max: 25 / Min: 6
Lifelong Learning membership required
Course #19/FY-CPDV-2890-01
WHY NEW ORLEANS MATTERS

300 Years of One of a Kind — New Orleans Tricentennial

2018 marks the city of New Orleans’ 300th Anniversary and a time full of celebrations of its rich history, unique traditions, and diverse culture. In the spirit of Sankofa (a design appearing in New Orleans wrought iron and a concept invoked daily in its people), the Tricentennial is a time to reflect on the City’s storied past, embrace the remarkable city that it has become, and look forward to an enriching future. As one of the world’s most unique and diverse cities, New Orleans has entered into a year-long celebration that continues to celebrate with its citizens and has opened its doors to the world to share its rich history and culture. New Orleans sums up its celebration: “during the Tricentennial, New Orleanians celebrate their past accomplishments, the resilience of their people, and set the course for their future.”

A brief history of New Orleans and the region, including the REAL story of the Louisiana Purchase and information on the events that make this a special year to visit will be discussed in this fascinating look at the 300 years that led to this town being what it is - perhaps the quintessential American City.

Linda Santi, Sioux City native and long-time New Orleanian, will guide us through an understanding of what the first 300 years of New Orleans has been, the resilience embedded in the City’s DNA, and the special events that are marking this year to help people plan a productive trip to the City, whether virtual or actual (and, either way, to gain an understanding of what makes New Orleans unique).

THURSDAYS, NOVEMBER 8 AND 15; 6 TO 7:30 P.M

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11, Parking Lot 3
Fee: $8 / Max: 56 / Min: 6
Lifelong Learning membership required
Course #19/FY-CPDV-3002-01
### AUGUST

<table>
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<tr>
<th>Date</th>
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<tr>
<td>8/2</td>
<td>9:30 AM</td>
<td>Thurs.</td>
<td>Stretch and Flex</td>
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<td>11:00 AM</td>
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<td>Langley Concert: Songs You Need to Hear</td>
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<td>Coffee And Conversation</td>
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<td>The Learning Brain</td>
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<td>Smooth Sailing Through Medicare</td>
<td>Cargill Auditorium, Entrance 14</td>
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<td>9/26</td>
<td>8:00 AM</td>
<td>Wed.</td>
<td>Buffalo Round-up Departure</td>
<td>WITCC, Parking Lot 2B</td>
<td>16-17</td>
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# SEPTEMBER

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<td>6:00 PM</td>
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<td>Intro To Adobe Photoshop Elements</td>
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<td>Sun.</td>
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<td>Celebrating the American Revolution</td>
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<td>Making Better Photographs</td>
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<td>Coffee And Conversation</td>
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<td>Dr. Robert E. Kiser Bldg., A113 ACE</td>
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</tr>
<tr>
<td>10/11</td>
<td>11:00 AM</td>
<td>Thurs.</td>
<td>Yoga For Seniors</td>
<td>Dunker Student Center, W203</td>
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## OCTOBER

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<th>Event Description</th>
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<td>1:00 PM</td>
<td>Thurs.</td>
<td>Beginning Bridge</td>
<td>Wells Fargo Room, L110</td>
<td>14</td>
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<tr>
<td>10/11</td>
<td>1:00 PM</td>
<td>Thurs.</td>
<td>Intermediate Crochet</td>
<td>Dr. Robert E. Kiser Bldg., A113 ACE</td>
<td>13</td>
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<tr>
<td>10/12</td>
<td>9:00 AM</td>
<td>Fri.</td>
<td>A Magical Mystery Tour</td>
<td>WITCC, Parking Lot 2B</td>
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<td>10/13</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Intermediate Watercolor</td>
<td>Gaylord Smith Bldg., C129</td>
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<td>Photo Safari</td>
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<td>10/15</td>
<td>10:30 AM</td>
<td>Mon.</td>
<td>Mommy And Me Sing</td>
<td>Dunker Student Center, W108A</td>
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<td>10/15</td>
<td>12:00 PM</td>
<td>Mon.</td>
<td>Celebrating the American Revolution</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>31-33</td>
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<td>10/15</td>
<td>6:00 PM</td>
<td>Mon.</td>
<td>Making Better Photographs</td>
<td>Dr. Robert E. Kiser Bldg., A113 ACE</td>
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<td>10/16</td>
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<td>11:00 AM</td>
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<td>Crochet Basics</td>
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<td>10/16</td>
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<td>Dr. Robert E. Kiser Bldg., A113 ACE</td>
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<td>10/17</td>
<td>10:30 AM</td>
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<td>10/18</td>
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<td>Stretch and Flex</td>
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<td>Thurs.</td>
<td>Coffee And Conversation</td>
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<td>Yoga For Seniors</td>
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<td>10/18</td>
<td>7:00 PM</td>
<td>Thurs.</td>
<td>Encounters With Ancient Egypt</td>
<td>Advanced Sciences Bldg., L212</td>
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<td>Sat.</td>
<td>Intermediate Watercolor</td>
<td>Gaylord Smith Bldg., C129</td>
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<td>Sat.</td>
<td>Photo Safari</td>
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<td>10:30 AM</td>
<td>Thurs.</td>
<td>Coffee And Conversation</td>
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<td>10/25</td>
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<td>10/25</td>
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<td>Beginning Bridge</td>
<td>Wells Fargo Room, L110</td>
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<td>Thurs.</td>
<td>Creating Black and White Images with a DSLR</td>
<td>Dr. Robert E. Kiser Bldg., A113 ACE</td>
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<td>10/26</td>
<td>10:30 AM</td>
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<td>Siouxland Community Health Center</td>
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<tr>
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<td>Sat.</td>
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<td>10/29</td>
<td>10:30 AM</td>
<td>Mon.</td>
<td>Mommy And Me Sing</td>
<td>Dunker Student Center, W108A</td>
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<tr>
<td>10/29</td>
<td>11:45 AM</td>
<td>Mon.</td>
<td>Book Club</td>
<td>Wells Fargo Room, L110</td>
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<td>10/29</td>
<td>12:00 PM</td>
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<td>Celebrating the American Revolution</td>
<td>Advanced Sciences Bldg., L416/417</td>
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<td>10/30</td>
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<td>Tues.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>Tues.</td>
<td>Crochet Basics</td>
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<td>Intermediate Crochet</td>
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<td>Chalk Pastel on Photographs</td>
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<td>Mommy And Me Sing</td>
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<td>11/26</td>
<td>11:45 AM</td>
<td>Book Club</td>
<td>Wells Fargo Room, L110</td>
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**DECEMBER**

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<td>12/11</td>
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<td>12/12</td>
<td>12:00 PM</td>
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<td>9:30 AM</td>
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<td>Dunker Student Center, Gym</td>
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<td>12/17</td>
<td>11:45 AM</td>
<td>Book Club</td>
<td>Wells Fargo Room, L110</td>
<td>44-45</td>
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<td>9:30 AM</td>
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<td>9:30 AM</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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## DECEMBER

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<th>Activity</th>
<th>Location</th>
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<td>Mon.</td>
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## JANUARY

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<tr>
<th>Date</th>
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<td>1/1</td>
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<td>1/17</td>
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## FEBRUARY

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<td>2/7</td>
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## NOTES:

- None
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

Entrance for Cargill Auditorium, D103
Wells Fargo Room, L110

Main road on campus is one-way

ADS  Advanced Sciences
APT  Applied Technology
BOS  Bur Oak Suites – Housing
CCO  Corporate College
GSM  Gaylord Smith Building

ITC  Industrial Technology Center
KWIT  KWIT/KOJI Radio
PHY  Physical Plant
PRP  Prairie Place – Housing
RED  Dr. Robert E. Dunker Student Center

RHK  Dr. Robert H. Kiser Building
SRC  Sun Ridge Court – Housing
TSI  The Security Institute
1-6  Public Parking
—  Pedestrian Crosswalks
<table>
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<tr>
<th>Event Description</th>
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<tr>
<td>Alzheimer's Association Presents:</td>
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<tr>
<td>Understanding Alzheimer's and Dementia</td>
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<tr>
<td>Art and Sandwiches</td>
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<tr>
<td>Beginning Bridge</td>
<td>14</td>
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<td>Black Hills Buffalo Round-Up, The</td>
<td>17</td>
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<td>Book Club</td>
<td>44–45</td>
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<tr>
<td>Celebrating the American Revolution and the Creation of the Republic, 1750 – 1800</td>
<td>31–33</td>
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<td>Center for Siouxland presents:</td>
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<td>Protect Yourself Against Identity Theft</td>
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<td>Coffee and Conversation</td>
<td>36–38</td>
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<td>Connections Area Agency On Aging Presents:</td>
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<td>The Aging Well Series: Caregiving</td>
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<td>Cooking with Chef Gasaway</td>
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<td>Crazy Wisdom</td>
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<td>Crochet Basics</td>
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<tr>
<td>Dr. Robert E. Dunker Annual Lecture</td>
<td>34–35</td>
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<tr>
<td>Encounters with Ancient Egypt</td>
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<td>Essential Oils 101: Living Free from Harsh Chemicals with Essential Oil</td>
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<td>Fall Concerts</td>
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<td>Intermediate Crochet</td>
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<td>Intermediate iPad</td>
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<td>Introduction to Flower Arranging</td>
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<td>Introduction to the iPad</td>
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<td>Learning Brain, The</td>
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<td>Lifelong Learning Participation and Policies</td>
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<td>Lifelong Learning Photo Exhibits</td>
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<td>Magical Mystery Tour</td>
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<td>Mommy and Me Sing</td>
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<td>Opera Omaha: Pagliacci</td>
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<td>Photography Classes</td>
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<td>Rock Around the Clock</td>
<td>22–23</td>
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<td>Music of 1950s (and Thereabouts!)</td>
<td>22–23</td>
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<td>Siouxland Community Health Center</td>
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<td>Smooth Sailing Through Medicare</td>
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<td>Streaming Services</td>
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<td>Stretch and Flex</td>
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<tr>
<td>Theatre Talks: Local Theatre Sneak Preview</td>
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<td>Trip Announcement: New York City—Fall 2019 Broadway Tour:</td>
<td>18</td>
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<td>The Best of New York and Broadway</td>
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<tr>
<td>Watercolor Painting</td>
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<td>Why New Orleans Matters</td>
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<td>Wine Appreciation for Beginners</td>
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<td>World Cuisines and Cultures</td>
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<td>YMCA Wellness Offerings</td>
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<td>Yoga for Seniors</td>
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