REGISTER TODAY
August – December 2017
Lifelong Learning
Non-Credit Courses

FEATURED
Ashland, Nebraska Trip:
Details on Page 21

LOOK INSIDE
Wellness Offerings, Classes,
Trip Opportunities, Concerts
& More!

EXCITING TRIPS / FUN CLASSES / FREE CONCERTS / AND MORE

Fall 2017
Western Iowa Tech Community College
The Institute for Lifelong Learning
Non-Credit Courses
CALL FOR EMAILS!

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

Go to [www.witcc.edu/lifelong_learning](http://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!
LIFELONG LEARNING...
LIFE IS A SCHOOL.

Welcome to the fall edition of the Institute for Lifelong Learning’s catalog! Over the last two semesters, we celebrated the 50th anniversary of Western Iowa Tech Community College. I was so pleased with the turnout from Lifelong Learners during our Expo in April. Thank you to everyone that took time to celebrate!

This semester has a lot of great classes to offer. We will keep Rocking Around the Clock and studying Regional Greats with Russ Gifford. Russ will also mark the 500th anniversary of the Reformation with a five-part series. I am really looking forward to his Dr. Dunker President Lecture focusing on John Quincy Adams. There are so many great opportunities to have fun and learn at the same time!

Of course, we have some great concerts with the Langleys to look forward to this fall. I am also excited by our new Beginning Crochet and our Taekwondo for Seniors courses!

Our travels this semester will take us to Ashland, Nebraska, to the Strategic Air Command Museum and a Safari! We will have a great Mystery Trip that will be sure to please. This October is also our New York trip; it is full to the brim, and I know we are going to have such a great time. Also, save the date for our fall 2018 trip to the Buffalo Round-up. I can’t wait to hit the road with you!

I hope you find something perfect for you! Have a great fall and holiday season! As always, I look forward to learning and having fun with you!

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 $5 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 18 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. Yet we have never raised the $5 membership fee.

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:

- MaryAnne Deibert
- Dr. Robert E. and Jan Dunker
- Dr. Susan Hatfield
- Vibeke Jensen
- Linda Kastning
- Gene Magden
- Palmer’s Candy Company
- Primebank
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 $5 per school year (July 1 through June 30). 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 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.
TAEKWONDO FOR SENIORS

Join Master John S. Potash, 6th Degree Black Belt, for an exciting new class! Mr. Potash has taught for over 27 years and believes that martial arts has kept him young, "I will be kicking and punching until I die... it may be from a wheelchair, but I'll still be kicking!"

MONDAYS AND WEDNESDAYS; 11 A.M. TO NOON

Location: Dr. Robert E. Dunker Student Center, Room W206
Fee: $30 / Max: 12 / Min: 6
Lifelong Learning membership required

SERIES A: September 18, 20, 25, 27, October 2, 4, October 9, 11
Course #18/FY-CPDV-2904-01
SERIES B: Nov. 1, 6, 8, 13, 15, 20, 22, 27, 29
Course #18/FY-CPDV-2904-02

Benefits of a Taekwondo program for Lifelong Learning participants:

- Great mild form of exercise
- Challenges the mind as well as the body
- Keeps you moving
- Do not have to be an athlete to succeed at TKD
- Have the option of another form of exercise or testing for higher ranks in TKD to more challenging skill sets
- Move at your own pace
- Everyone has limitations. We work with each individual to help them achieve their goals.
- Improves flexibility (regardless of current limitations), strength, balance, coordination, and memory
- Anyone, at any age, has the opportunity and possibility of getting their Black Belt
- Becomes a way of life by following the Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit

There are so many other benefits that they can't possibly all be listed. You will be able to add to the list as you reap the benefits from this program!

**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.
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: $8 per series / Max: 95
Lifelong Learning membership required

SERIES B: 10 Sessions
August 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
Course #18/FY-CPDV-2244-02

SERIES C: 8 Sessions
September 5, 7, 12, 14, 19, 21, 26, 28
Course #18/FY-CPDV-2244-03

SERIES D: 8 Sessions
October 3, 5, 10, 12, 17, (college closed Oct. 19), 24, 26, 31
Course #18/FY-CPDV-2244-04

SERIES E: 8 Sessions
November 2, 7, 9, 14, 16, 21, (college closed Nov. 23) 28, 30
Course #18/FY-CPDV-2244-05

SERIES F: 6 Sessions
December 5, 7, 12, 14, 19, 21
Course #18/FY-CPDV-2244-06

SERIES G: 8 Sessions
January 4, 9, 11, 16, 18, 23, 25, 30
Course #18/FY-CPDV-2244-07

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

SERIES A: September 7, 14, 21, 28, October 5, 12
Course #18/FY-CPDV-2792-01

SERIES B: October 26, November 2, 9, 16, (college closed Nov. 23) 30, Dec. 7
Course #18/FY-CPDV-2792-02

SERIES C: January 18, 25, February 1, 8, 15, 22
Course #18/FY-CPDV-2792-03

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

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

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

Senior Strength Circuit

This class is designed specifically for individuals 65+ years of age to help improve energy, strength, balance, and stamina. Increasing all these factors helps people keep their independence, perform their daily activities and reduce their risk of injuries (from falls). The Senior Strength Circuit will work on balance and strengthening all major muscle groups in a fun and supportive setting. Emphasis will be placed on proper weightlifting 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 W206
Fee: $32 / Max: 10
Instructor: NWS YMCA Staff
Lifelong Learning membership required

SERIES A: September 11, 13, 18, 20, 25, 27, October 2, 4
Course #18/FY-CPDV-2622-01
SERIES B: October 9, 11, 16, (college closed Oct. 18) 23, 25, 30, November 1, 6
Course #18/FY-CPDV-2622-02
SERIES C: Nov. 13, 15, 20, 22, 27, 29, December 4, 6
Course #18/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: 5
Instructor: NWS YMCA Staff
Lifelong Learning membership required

SERIES A: September 13, 20, 27, October 4
Course #18/FY-CPDV-2770-01
SERIES B: October 11 (college closed Oct. 18), 25, November 1, 8
Course #18/FY-CPDV-2770-02
SERIES C: November 15, 22, 29, December 6
Course #18/FY-CPDV-2770-03

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

Aqua Fit

This is a total body conditioning class that combines **cardio, strength, and flexibility** using all depths of the pool. Let the buoyancy of the water help give you a great low impact workout. Water dumbbells, noodles and kickboards will all be utilized to assist in delivering an excellent workout. Make sure to bring your swimsuit and towel. Swim shoes encouraged.

**TUESDAYS AND THURSDAYS; 1:30 TO 2:30 P.M.**

**Location:** NWS YMCA Fitness Pool, 601 Riverview Drive, South Sioux City

**Fee:** $45 / **Max:** 20 / **Min:** 8

Lifelong Learning membership required

**SERIES A:** September 12, 14, 19, 21, 26, 28, October 3, 5  
Course #18/FY-CPDV-2710-01

**SERIES B:** October 10, 12, 17, 19, 24, 26, 31, November 2  
Course #18/FY-CPDV-2710-02

**SERIES C:** November 7, 9, 14, 16, 21, (no class November 23)  
28, 30, December 5  
Course #18/FY-CPDV-2710-03

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

Getting the Garden Ready for Winter

It’s hard to know which garden chores should be done in the fall or the spring. Sometimes waiting until spring for some chores can increase the chances of your landscape surviving a harsh winter. Join Master Gardener Laurie Taylor for this session where you will learn how to relieve a lot of gardening anxiety caused by striving to get everything done before the first hard freeze. Also, come learn how bulbs can jumpstart your garden’s growing season!

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

Location: Robert E. Dunker Student Center, Room W108A, Entrance 12
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #18/FY-CPDV-2825-01

Got Worms? I do!

Many gardeners compost both yard and kitchen waste by using compost piles, sheet composting, or some other method. A lot of people lack the space needed for a compost bin or pile. Vermicomposting (composting with worms) allows gardeners to create their own compost inside, year-round. Vermicomposting is the process of using worms (usually red wigglers) and micro-organisms to transform kitchen scraps into gardener’s gold! Master Gardener Laurie Taylor is back to teach you how to use worms to make your own gardener’s gold in this class.

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

Location: Robert E. Dunker Student Center, Room W108A, Entrance 12
Fee: No charge / Max: 50
Lifelong Learning membership required
Course #18/FY-CPDV-2825-01

PRESERVING YOUR FAMILY HISTORY

Join fellow Lifelong Learner and published author, Ed Delk, for this fabulous class. Take this great opportunity to start recording your memories for future generations. Come and learn the different ways that your history can be preserved through journaling, memoirs, and autobiographical writing styles. We will define and try these different methods of writing to find the right one for you. Learn how a journal can benefit your memoirs or autobiography, all the while enjoying your writing and reminiscing about your life and times.

THURSDAYS, SEPTEMBER 21 AND 28; 10:30 A.M. TO NOON

Location: Dr. Robert H. Kiser Building, Room A113, ACE-B, Entrance 1
Fee: No charge / Max: 15
Lifelong Learning membership required
Course #18/FY-CPDV-2830-01

THE HISTORY OF THE BIBLE

Join fellow Lifelong Learner, avid historian, and published author, Ed Delk, for this fun class. The session will focus on who wrote the bible, when it was written, and why there are so many different translations. The class will discuss why the bible is the most possessed book of all time.

THURSDAY, NOVEMBER 2; 10 A.M. TO NOON

Location: Wells Fargo Room, L110, Entrance 14 or 15
Fee: No charge / Max: 20
Lifelong Learning membership required
Course #18/FY-CPDV-2833-01
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) counselor from Connections Area Agency on Aging, 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 26; 6 TO 8:30 P.M.

Must be registered by September 19
Location: Cargill Auditorium, Entrance 14
Fee: No charge / Max: 150
Lifelong Learning membership not required
Course #18/FY-CPDV-2626-01

EXPLORING THE HUMAN ENERGY SYSTEM

Jeanne Thune, Certified Healing Touch Practitioner and Instructor from Wellness Works Massage and Healing Touch, will lead a discussion on the Human Energy System. She will review the physical, emotional, mental and spiritual aspects that makeup our “human-ness.” Jeanne will discuss the components of the Human Energy System, the Biofield, the Chakras, the Meridians and Nadis, and electromagnetic aspects of our Living Matrix.

Whether you are new to the term, Human Energy System, or very familiar, come to this class to discover and/or discuss these concepts. We will have discussion and play with some experiential energy exercises.

TUESDAY, NOVEMBER 14; 10 TO 11:30 A.M.

Location: Wells Fargo Room, L110, Entrance 14 or 15
Fee: $5 / Max: 20
Lifelong Learning membership required
Course #18/FY-CPDV-2902-01

TUESDAY, NOVEMBER 14; 6 TO 8:30 P.M.

Must be registered by November 7
Location: Cargill Auditorium, Entrance 14
Fee: No charge / Max: 150
Lifelong Learning membership not required
Course #18/FY-CPDV-2626-02
THE MONEY MATTERS SERIES
Hosted by Mary Sterk – Certified Financial Planner™, author, grandmother, pilot, and over 20-year veteran of the financial industry.

Retirement Readiness
Preparing for retirement is exciting but can also raise concerns as you move towards new and uncharted territory. Join Mary Sterk (CFP™) from Sterk Financial Services to learn strategic ways to structure investments, estate planning, and cash flow strategies during retirement. Discover vital social security information, how Medicare works, and how to understand nursing home insurance. If you are within 10 years of retirement, this seminar is for you!

WEDNESDAY, SEPTEMBER 20; 6:30-8:30 P.M.

Location: Wells Fargo Room, L110, Entrance 14 or 15
Fee: no charge / Max: 20
Lifelong Learning membership not required
Course #18/FY-CPDV-2689-01

Portfolio Management Pitfalls & How to Avoid Them
Managing your portfolio has a lot of moving pieces. Whether you are a do-it-yourself-er or just want to go beyond the basics and learn about investing at a higher level, this seminar is for you. Join Mary Sterk (CFP™) from Sterk Financial Services to learn six key strategies of strong portfolio management to help avoid common pitfalls that investors frequently make.

TUESDAY, OCTOBER 10; 6:30-8:30 P.M.

Location: Wells Fargo Room, L110, Entrance 14 or 15
Fee: No charge / Max: 20
Lifelong Learning membership not required
Course #18/FY-CPDV-2689-02

Maximizing Your Social Security
Social Security is a very complex system. Did you know that if you were born before 1954, there are special options that you won't want to miss out on? Join Mary Sterk (CFP™) from Sterk Financial Services to learn strategies on how to claim the maximum amount of income, the ideal time to start taking it, what you are entitled to if you are divorced or widowed, and how to get the most out of your benefits.

WEDNESDAY, NOVEMBER 1; 6:30-8:30 P.M.

Location: Wells Fargo Room, L110, Entrance 14 or 15
Fee: No charge / Max: 20
Lifelong Learning membership not required
Course #18/FY-CPDV-2689-03
CONNECTIONS AREA AGENCY ON AGING PRESENTS: THE AGING WELL SERIES

To Drive or Not to Drive? That Is the Question.

We have some answers. Join us for a panel discussion that will explore aspects of transportation as an older adult. Learn about the AARP’s Safe Driver’s course that may extend the time you can safely drive and listen to representatives from DOT, Sioux City Police, and Siouxland Regional Transit System discussing signs that may indicate when it’s time to relinquish a license or convince a loved one to do so. We’ll also look at options that are available including assistance from Connections Area Agency on Aging’s Transportation program to help keep your independence. Climb aboard and tour various city and rural transportation options including a city bus, SRTS minibus, and para-transit, where you can sit back in comfort and let them drive!

WEDNESDAY, SEPTEMBER 20; 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 #18/FY-CPDV-2797-01

Making My Life Easier with the Tools I Need - Assistive Technology

Tools, Tools, Tools! Do I tear by hand, use scissors, a knife, or a saw? As we get older, sometimes the simplest tasks become hard, and there are many tools to make the job easier. For many, assistive technology makes living independently safe and feasible. Assistive technology may become critical to the ability to perform simple activities done every day, such as bathing, dressing, cooking, and in just about every room of the home. Melissa Culbertson from Easter Seals will demonstrate both simple and high-tech devices that may assist individuals with independent living, health, recreation, and skills to support well-being. Come and learn how adaptive devices can help you and/or your loved one maintain independence and make life easier.

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

Location: Robert H. Kiser Building, Room A113 ACE, Entrance 1
Fee: No charge / Max: 40
Lifelong Learning membership not required
Course #18/FY-CPDV-2797-02

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?
• Preventing Identity Theft
• Steps to Take if You are a Victim of Identity Theft
• Helpful Resources

TUESDAY, OCTOBER 3; 10:30 A.M. TO NOON

Fee: No charge / Max: 50
Location: Robert E. Dunker Student Center, Room W108A, Entrance 12
Lifelong Learning membership not required
Course #18/FY-CPDV-2903-01

Budgeting Basics

Creating a budget can seem like a daunting task, especially if you have limited monthly income. But it doesn't have to be. This interactive class will discuss the importance of having a budget and knowing how to create and adjust your budget. We will walk you through the steps of creating your very own, personal budget. Topics will include:

• Goal setting
• Where to start
• Creating a budget and sticking to it
• Where to turn if you need help

TUESDAY, NOVEMBER 7; 10:30 A.M. TO NOON

Location: Robert E. Dunker Student Center, Room W108A, Entrance 12
Fee: No charge / Max: 50
Lifelong Learning membership not required
Course #18/FY-CPDV-2903-02
The Human Library™ is a concept created by Ronni Abergel, Dany Abergel, Christoffer Erichsen, and Asma Mouna of the Danish youth organization Stop The Violence in 2000, and it is now operational on five continents. It is a library of human beings, individuals, that each represent a group in the community that are somehow exposed to stigma, prejudice and/or discrimination.

The Human Library™ aims to establish a safe conversational space, where difficult questions are expected, appreciated and, hopefully, answered by the Human Book on loan.

It was developed to challenge societal prejudices wherever and for whatever reasons they occur, and to help people form a better understanding of those with whom they share their communities.

The Human Library™ offers its patrons to become readers, by taking a person out on loan for a conversation on the topic/issue, that they represent. I.E. the Police Officer would talk about stereotypes and prejudices that police officers meet in their job and answer any question the reader may have about this topic.

Conversations are offered for a duration of thirty minutes and this is not a storytelling session, but rather an experience sharing with built-in Q&A. The outcome of the session and direction of the talk is dependent on what the reader/s asks about. And it is the privilege of both parties, that they can end the conversation at any point they may wish.

For more information check out: http://humanlibrary.org

**TUESDAY, OCTOBER 3; 10 A.M. TO 1 PM.**

**Location:** WITCC Library (Learning Achievement Center) A409  
**Fee:** No Charge  
Lifelong Learning membership not required  
No registration necessary.

To be a “book,” contact Teresa McElroy, LISW at 712-274-8733, ext. 1293.
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: $6 / Max: 30
Lifelong Learning membership required

What’s New in Ancient Egypt

Join us for a review of new discoveries, theories and adventures in Ancient Egypt from the last two years. We will discuss tombs opened, mummies discovered, the Grand Egyptian Museum, and more!

SESSION A: October 12
Course #18/FY-CPDV-2359-01

Queens of Egypt, Part III

Continuing with our study of Ancient Egyptian Queens, we will explore the Middle Kingdom (ca. 2055 BC – ca. 1650 BC) and the Second Intermediate Period (ca. 1650 BC – 1550 BC), including Sobekneferu, a female Pharaoh of the 12th Dynasty.

SESSION B: October 26
Course #18/FY-CPDV-2359-02
A SPECIAL OFFER FROM THE INSTITUTE FOR LIFELONG LEARNING

THE SOUTHERN UPRISING TOUR FEATURING TRAVIS TRITT AND THE CHARLIE DANIELS BAND

The Tyson Events Center will welcome The Southern Uprising Tour to Sioux City on Sunday, October 1 at 6pm. The show will feature Travis Tritt and the Charlie Daniels Band, with special guests Lee Roy Parnell and the Scooter Brown Band.

SUNDAY, OCTOBER 1, 2017
6:00 P.M. at the Tyson Events Center

About Travis Tritt:

More than 25 years after Travis Tritt launched his music career, the Grammy award-winning artist continues to sell-out shows, top sales charts and stay true and relevant to Country music fans across the globe. Among his eleven studio albums and numerous charted singles are nineteen Top 10 hits, including “Modern Day Bonnie and Clyde,” “Here’s A Quarter” and “It’s A Great Day To Be Alive.” His 25 year career has produced millions in album sales, two Grammy award wins, and multiple No. 1 singles on the Country radio charts.

About Charlie Daniels:

From gospel albums to his genre-defining Southern rock anthems and his CMA Award-winning country hits, few artists have left a more indelible mark on America’s musical landscape than Charlie Daniels. An outspoken patriot, beloved mentor to young artists and still a road warrior at age 79, Charlie has parlayed his passion for music into a multi-platinum career and a platform to support the military, underprivileged children and others in need. His hits include “Uneasy Rider,” “Long Haired Country Boy,” “The South’s Gonna Do It Again,” “In America,” “The Legend of Wooley Swamp,” and, of course, his signature song, “The Devil Went Down to Georgia.”

You can save by being a Lifelong Learning Member!

Regular Ticket prices are: $59.50, $49.50, $39.50 or $24.50. But check out YOUR great prices: (level 1) $53.80 (level 2) $44.80 (level 3) $35.80 (level 4) $22.30

Send a check payable to “The Institute for Lifelong Learning” no later than September 8, 2017. Send to:

Mara Hall, Lifelong Learning, Western Iowa Tech Community College, P.O. Box 5199, Sioux City, IA 51102

- Provide name, address, telephone, # of tickets and ticket level (1, 2, 3 or 4)
- Your tickets will be at the Tyson Events Center Box Office after September 22nd
- You will need a picture ID with the same name of the person who ordered the tickets
- You must be a paid-up member of Lifelong Learning to qualify for this special deal!
A SPECIAL OFFER FROM THE INSTITUTE FOR LIFELONG LEARNING

RIVERDANCE

SUNDAY, MARCH 4, 2018

7:00 P.M. at the Orpheum Theatre

The international Irish dance phenomenon, RIVERDANCE, is back by popular demand. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Of all the performances to emerge from Ireland – in rock, music, theatre, and film – nothing has carried the energy, the sensuality and the spectacle of RIVERDANCE.

You can save by being a Lifelong Learning Member!

Regular Ticket prices are: $82.50, $62.50, $49.50, $36.50 or $26.50. But check out YOUR great prices: (level 1) $74.50 (level 2) $56.50 (level 3) $44.80 (level 4) $33.10 (level 5) $24.10

Send a check payable to “The Institute for Lifelong Learning” no later than February 12, 2018. Send to:

Mara Hall, Lifelong Learning, Western Iowa Tech Community College, P.O. Box 5199, Sioux City, IA 51102

• Provide name, address, telephone, # of tickets and ticket level (1, 2, 3, 4 or 5)
• Your tickets will be at the Tyson Events Center Box Office after February 20
• You will need a picture ID with the same name of the person who ordered the tickets
• You must be a paid-up member of Lifelong Learning to qualify for this special deal!

“The phenomenon rolls on!
...There will always be a Riverdance!”
– The New York Times
A HISTORIC WALKING TOUR OF JACKSON STREET / A DELICIOUS LUNCH

Since the late 1880’s, Jackson Street has been one of Sioux City’s main north-south thoroughfares. Prominent businessmen John Peirce and D. T. Hedges made the street the centerpiece of their extensive north side plat in the 1880’s. Both Peirce and Hedges built Romanesque or Victorian-style mansions on the area of Jackson Street where our walking tour will take place. Many others joined this willingness to show their prosperity through their homes. Jackson Street holds an exciting number of lovely and varied homes and styles.

Tom Munson, the Sioux City Public Museum’s Archival Manager, will be our historical host and show us the remains of the by-gone era as well as later residences that filled empty lots or replaced once sprawling estates. Be prepared with history questions about some of your favorite houses on Jackson Street. It’s a literal “gold mine” of styles.

The tour will begin at 10:30 A.M. in front of the Peirce Mansion. Concluding the tour, all architectural “buffs” will enjoy a catered lunch with our Museum host, Tom Munson.

THURSDAY, OCTOBER 5, 2017; 10:30 A.M. TO NOON (LUNCHEON FOLLOWING)

Location: Meet at Peirce Street Mansion, 29th & Jackson
Fee: $12 / Max: 30
Lifelong Learning membership required
Course #18/FY-CPDV-2888-01
A HISTORY OF SERVICE—1861–2017
Siouxlanders in the U.S. Armed Forces/Siouxland’s Military Installations

Matt Anderson, Curator of History at the Sioux City Public Museum, is our host for an inspiring, informational tour and history of Siouxlanders in the Armed Forces, from Civil War times to the present. The History of Service will illustrate how Siouxland residents have contributed to every major U.S. military effort from the Civil War to the ongoing conflicts in Iraq, Afghanistan and Syria.

From the earliest days of settlement, Siouxlanders have entered military service at their nation’s call. Sioux City and the surrounding region have also hosted numerous military installations that have in turn contributed significantly to the growth of the local economy and population.

The exhibit will feature uniforms, weaponry and equipment from the Civil War, Spanish-American War, World War I, World War II, Korean War, Vietnam War, Desert Storm, and the post-9/11 wars. Finally, the tour will also highlight important military installations in the Sioux City area during the past 160 years. Certainly this exhibit will renew the area’s pride in its military involvement.

The guests can continue to discuss this subject over a delicious catered luncheon served at the Museum.

FRIDAY, NOVEMBER 3, 2017; 10:30 A.M. TO NOON (LUNCHEON FOLLOWING)
Location: Sioux City Public Museum, 607 4th Street
Fee: $12 / Max: 30
Lifelong Learning membership required
Course #18/FY-CPDV-2888-02

A MAGICAL MYSTERY TOUR
An Adventure in Learning and Fun

Join the ever-popular mystery tour full of surprises, mystery, and perfect reasons 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 a totally new adventure.

FRIDAY, NOVEMBER 10, 2017; 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 8:30 A.M.
Fee: $75, includes transportation, lunch and admissions
Max: 42 / Min: 24
Lifelong Learning membership required
Course #18/FY-CPDV-2834-01
Waiver #18/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 $15, 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.
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 though Spearfish Canyon
- The majesty and the beauty of fall in the Black Hills

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: $749.00 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 $50, 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.

For information, please contact: Mara Hall at 712.274.8733, ext. 1864.
ASHLAND, NEBRASKA TRIP

Strategic Air Command Museum & Simmons Conservation Park and Wildlife Safari

This two-pronged Nebraska adventure will be an exciting and memorable experience and will provide us with the opportunity to visit the SAC Aerospace Museum and the Lee G. Simmons Conservation Park and Wildlife Safari.

The SAC Aerospace Museum is ranked a top 10 attraction in the Midwest. Tour guides will walk us through displays, relating personal stories of more than 70 years of military history.

A Smithsonian affiliate, the SAC Museum is home to the largest collection of Cold War aircraft and artifacts in the country. We will get close enough to touch most of these iconic aircrafts. The Museum is home to an SR-71 Blackbird, nine bombers including a B-36J “Peacemaker,” B-17 Flying Fortress and a B-1A “lancer,” missiles, and spacecraft such as the Apollo Command Space Module, and a collection of Astronaut Clayton Anderson artifacts, Nebraska’s own astronaut.

This SAC story, however, is about far more that the conflicts that simmered between the US and the Soviet Union between the end of World War II and the dissolution of the Soviet regime. The SAC story is also about scientific exploration, technological innovation, and a genuine commitment to the rigorous education and training of Americans to preserve our nation’s security and enhance its prosperity.

Our second major stop is at The Wildlife Safari, a working shelter for animals of the Midwest area. The Safari is monitored under the auspices of the Henry Doorly Zoo, rated the 2nd best zoo in America. This drive thru park includes miles of prairie habitat and wetlands with species found in those North American areas, including bison, elk, deer, pelican, cranes, wolves, coyote, bears, and eagles in their natural habitat. This will be a close-up tour with naturalists on board.

THURSDAY, OCTOBER 26, 2017: 8 A.M. TO 6 P.M.

DEPART: Bus departs from the north end of Parking Lot 2B, WITCC Campus. The bus will be available for boarding at 7:30 A.M.

Fee: $80, includes transportation, lunch and admissions
Max: 42 / Min: 24
Lifelong Learning membership required

Course #18/FY-CPDV-2910-01
Waiver #18/FY-CPDV-2910-02

Early registration is strongly recommended. Lifelong Learning membership is required. Full payment is due on the booking. For an additional $15, 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.
WILLIAM STAFFORD, AMERICAN POET

In this class you will read and discuss poems by William Stafford from a book called “ASK ME: 100 Essential Poems.”

“Tell the truth, but tell it slant,” wrote Emily Dickinson, and Stafford’s poems do just that. The truths belong to us all, and they are spoken with a distinctive and memorable slant. In his poem about Gypsies, we watch them in their wagons “roll beyond old newspapers and broken glass and start a new campfire.” In a poem called “Why I Am Happy,” we see “a lake somewhere/ so blue and far nobody owns it,” and, in the same poem: “I laugh/ and cry for every turn of the world,/ its terribly cold, innocent spin.” Ted Kooser has said that he knows of “no other twentieth-century American writer as much admired and respected as William Stafford.” Another poet, Naomi Shihab Nye, has said of Stafford that “in our time there has been no poet who revived human hearts and spirits more convincingly than William Stafford.”

If you are inclined, you may also want to share a poem of your own, in the last part of each class.

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.

WEDNESDAY, OCTOBER 4, 11, (COLLEGE CLOSED OCT. 18) 25, NOVEMBER 1; 1 TO 2:30 P.M.

Location: Advanced Sciences Building, Wells Fargo Room, Room L110
Fee: $30 (includes cost of book for class)
Max: 25 / Min: 4
Lifelong Learning membership required
Course #18/FY-CPDV-2890-01

*You must be registered by Sept. 22 to allow time for ordering of the book required for class.
FALL WITCC MUSIC EVENTS

Fall Choral Showcase
October 27, 2017, 7 P.M., Cargill Auditorium
Join us for a choral concert featuring the vocal music of the Western Iowa Tech Concert Choir and Chamber Ensemble under the direction of William Darwin, Jr. This concert will depict a variety of music from multiple composers and multiple genres.

A WITCC Christmas
December 14, 2017, 7 P.M., Cargill Auditorium
Join us for a choral concert featuring the vocal music of the Western Iowa Tech Community College Concert Choir and Chamber Ensemble under the direction of William Darwin, Jr. This concert will illustrate a variety of music associated with winter, holidays, and Christmas.

SYMPHONIE FANTASTIQUE

Amanda Vande Zande, music instructor at WIT, explains the story of one of her favorite musical pieces. “Symphonie Fantastique” will be performed by the Sioux City Symphony, October 28. Learn about the program music and what a guillotine, opium, and witches have to do with this large five-movement symphony! Amanda will discuss the composer and the pieces being performed at the October concert focusing primarily on “Symphonie Fantastique.” You will listen to wonderful music and have the opportunity for questions and discussion. Along the way, you might find out why this bizarre story is a perfectly spooky musical piece to experience right before Halloween!

FRIDAY, OCTOBER 27; 9 TO 10:30 A.M.
Location: Wells Fargo Room, L.110, Entrance 14 or 15
Fee: $10 (includes breakfast) / Max: 25
Lifelong Learning membership required
Course #18/FY-CPDV-2907-01

HOLIDAY PARTY AND CONCERT

Join us for the annual Lifelong Learning holiday celebration with music, song, food and prizes! This event is sponsored by Primebank!

TUESDAY, DECEMBER 5; 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 #18/FY-CPDV-2218-06
FALL CONCERTS

Songs You Need to Hear
with Jack and Mike Langley

Mike Langley said, “I 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 Langley, 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 19; 7 P.M.

Location: Cargill Auditorium, Entrance 14, 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 31; 7 P.M.

Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
ROCK AROUND THE CLOCK
MUSIC OF 1957 (AND THERABOUTS!)

Join Russ Gifford as he conducts tours of 1952-1959 via music and memories! While the older generation was worried about the bomb, what exploded was the music! Time to go back to the roots of Rock n’ Roll, check-in with the top talent, and remember when Rock was young, fun, and here to stay!

MONDAYS; 6 TO 8 P.M.

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

Session 1: Chuck Berry
In 1955, Chuck Berry lit a match to the music world with “Maybelline,” credited as the first Rock n’ Roll song. For the next 60 years, he never stopped. His guitar licks powered early 1960’s Rock n’ Roll. Everyone from the Beach Boys to the Beatles emulated his great guitar sounds. We are going back to the fifties, and we are going to watch Chuck duck-walk across the stage with hits that kept the good times rolling like “Roll Over Beethoven,” “Rock n’ Roll Music,” “Sweet Little Rock n’ Roller,” “School Days,” “Around and Around,” “Back in the USA,” and “Johnny B. Goode!” Join us as we remember and celebrate this “Brown-Eyed Handsome Man!”

Monday, October 30; 6 to 8 p.m.
Course #18/FY-CPDV-2827-01

Session 2: Buddy Holly
On May 27, 1957, Buddy Holly and the Crickets hit the radio waves with “That’ll Be the Day,” and it was the top selling single in America by September. “Peggy Sue” and “Everyday” followed, lighting up fans and making people smile for the next five decades. By the end of September, they were in the studio, and the result was “The Chirping Crickets.” The single “Oh Boy” followed. By December 1st, Buddy Holly and the Crickets were on the Ed Sullivan Show, and the rest, as they say, is history. It is always good to remember it was a Buddy Holly song that the Beatles recorded as a demo that got them their start! Join us and remember the music that will “Not Fade Away.”

Monday, November 6; 6 to 8 p.m.
Course #18/FY-CPDV-2827-02

Session 3: Elvis Presley
There is no reason to name Elvis Presley’s hits of the 1950s. You know every one of them by heart because, almost alone, they defined the era. He dominated the charts, the radio, the magazines, and with the release of the movie “Love Me Tender” in November of 1956, the silver screen! There wasn’t, and never has been, anyone else like him. In this class, we will step back in time to remember his music and his magic when Elvis was at the top of his game, which was the very top indeed. Elvis bridged the gap between gospel, blues, hillbilly, country, and R&B to make Rock n’ Roll. We are going to celebrate that magic moment in time! From Tupelo to the top of the pops, join us for Elvis in the 1950s and be prepared to get “All Shook Up!”

Monday, November 20; 6 to 8 p.m.
Course #18/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.

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

Location: Dr. Robert E. Dunker Student Center, Room W108A, unless otherwise specified*
Fee: $25 / Max: 10
Lifelong Learning membership required

SERIES A: September 25*, October 2, 9, 16, 23
Location: Dr. Robert E. Dunker Student Center, Room W108A
Course #18/FY-CPDV-2574-01

SERIES B: November 6, 13, 20, 27, December 4
Location: Wells Fargo Room, L110, Entrance 14 or 15
Course #18/FY-CPDV-2574-02

SERIES C: January 22, 29, February 5, 12, (no class Feb. 19), 26
Location: Dr. Robert E. Dunker Student Center, Room W108A
Course #18/FY-CPDV-2574-03

SERIES D: March 19, 26, (no class April 2) April 9, 16, 23
Location: Dr. Robert E. Dunker Student Center, Room W108A
Course #18/FY-CPDV-2574-04

*ROOM CHANGES: Please note, the September 25 class will be held in Room W203;
Series B will be held in the Wells Fargo Room, L110.
BEGINNING ACOUSTIC GUITAR

TUESDAYS, SEPTEMBER 26, OCTOBER 3, 10, 17, 24; 6:30 TO 8 P.M.

Location: Applied Technology Building, Music Room, D216, Entrance 14
Fee: $80 / Max: 8
Lifelong Learning membership required
Course #18/FY-CPDV-2454-01

Sioux City’s own MIKE LANGLEY

Sioux City’s own Mike Langley, international recording artist and lifelong veteran of stage and studio, spent 12 years living and touring in Europe. Now living in his hometown, Mike plays hundreds of concerts every year in the region, runs his own independent record label and even finds time to teach guitar privately.

This is your opportunity to experience Mike’s custom-made music tutoring in a classroom setting! Students will learn basic guitar maintenance and elementary chording, picking and strumming, using chord diagrams and guitar tablature, toward the goal of accompanying yourself on your favorite song(s)! Reading music is not a prerequisite and will not be emphasized.

Please bring an acoustic six-string guitar (either western steel-string or classical nylon-string), extra strings in case you break any, guitar picks and some sort of tuner – such as an A440 tuning fork, a pitch pipe for guitar or a small electronic guitar tuner.

Part of the first session will be dedicated to basic guitar care and maintenance. Mike will show you how to put strings on your guitar, in case you want to change a set of strings or just replace broken ones.

These are very small classes, so you can count on getting plenty of help with your skills and technique.
BACON CREEK BACK PORCH

My Israel Travels
Presented by Dirk Bak

Join Western Iowa Tech Community College Motorcycle and Power Sports Instructor, Dirk Bak, as he presents on his trip to Israel. He will highlight holy sites as well as offer his perspective of the modern Israeli/Palestinian conflict through picture and lecture.

Friday, September 22; NOON TO 1 P.M.

Living a Plant-Based Diet
Presented by Francys Chavez

Some of the top health problems governing our country today are: heart disease, cancer, stroke, respiratory diseases, diabetes, as well as kidney disease. Research shows that a whole-food, plant-based diet can help decrease or eliminate these very health issues in today's society.

A whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plants. It's a diet based on fruits, vegetables, tubers, whole grains, and legumes. It excludes meat (including chicken and fish), dairy products, and eggs, as well as highly refined foods like bleached flour, refined sugar, and oil. Exploring the benefits of this lifestyle could be life changing for those struggling with diabetes, cholesterol, as well as obesity. Join Western Iowa Tech Community College ABE Instructor Francys Chavez for this intriguing talk.

Friday, October 27; NOON TO 1 P.M.

A Military Deployment
Presented by Bill Koontz

March of 2017 marked the end of a tour of duty for the 960th QM CO (Quarter Master Company). This marked the end of a two-year period of preparing over 175 soldiers for a nine-month deployment to Iraq (or so we thought). The 960th QM CO was activated to support Operation Spartan Shield and Operation and Combined Joint Task Force - Operation Inherent Resolve (CJTF-OIR). The soldiers of the 960th QM CO served in Kuwait, Iraq, Jordan, Syria, and Afghanistan as part of this support. This is the story of the process of preparing soldiers for deployment, dealing with being far from home, overcoming the living conditions, working with different cultures, and, more than anything, the resilience required by soldiers to return home safe. Join Staff Sergeant Bill Koontz, also Project Manager for the Corporate College at Western Iowa Tech Community College, for this amazing presentation!

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

Over Here: Western Iowa During World War I
Presented by Steve Warnstadt

A century after American troops first engaged in battle in Europe, tensions and conflicts were flaring across America. The diverse array of settlements around western Iowa were no exception. Questions of loyalty, combined with inter-ethnic hostility and cultural suspicions created an environment that led to language bans, secret courts and more. Discover more of this little-discussed history with Steve Warnstadt, Western Iowa Tech’s Government Relations Coordinator.

Friday, December 1; NOON TO 1 P.M.

If you are interested in presenting in next semester’s Bacon Creek Back Porch Series, contact Mara Hall at mara.hall@witcc.edu.
COOKING WITH CHEF PAUL

Join us for some delicious and delectable lessons on cooking. **Chef Paul Seaman** will be our instructor. Chef Paul graduated from Culinary Academy in San Francisco. He teaches for Graduate Bellevue University. He is a renowned local chef, expert in the use of local, sustainable and organic products, and a pioneer in the local farm to fork movement. He is involved in many local and national groups focused on food and education including: founding member of Blue Zone, Sustainable Good for Siouxland, Buy Fresh-Buy Local, and Cooking Up a Better Life.

Cooking with Chef Paul will take place in the state of the art cooking demonstration kitchen used by Western Iowa Tech Community College’s culinary arts program. Come ready to eat and ready to learn!

**THURSDAYS, 6 TO 7:30 P.M.**

**Location:** Applied Technology Building, Culinary Demonstration Kitchen, D201, Entrance 14
**Fee:** $20 / **Max:** 25
Lifelong Learning membership required

**Lite Fare**
**SESSION A:** September 28  
**Course #18/FY-CPDV-2588-01**

On the Menu:
- Butterleaf Salad with Cranberry Vinaigrette and toasted pecans
- Translucent Spring Rolls with Grilled Chicken and Plum Sauce

**Chocolate Fare**
**SESSION B:** November 2  
**Course #18/FY-CPDV-2588-02**

On the Menu:
- Dark Chocolate Truffles dipped in white chocolate
- Tuxedo Strawberries infused with Gran Mariner
When you see horses standing in a pasture or running across a field, does your heart beat a little faster? Do you long to touch them and understand them? Whether you have grown up with horses or admired them from afar, this course will help you understand them and become a part of their world.

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

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

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

Classes are held at the STARS Riding Center just 1 1/2 miles north of Mike’s Saloon on Hamilton Boulevard. Please dress comfortably (close-toed shoes please) in layers and bring a sack lunch. Light refreshments and beverages will be provided.

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

**Wednesday, September 20; 9 A.M. to 12:30 P.M.**

**Location:** STARS Riding Center, 33148 K-22 (1 1/2 miles north of Mike’s Saloon)

**Fee:** $45 / Max: 8 / Min: 4

Lifelong Learning membership required

Course #18/FY-CPDV-2631-01
SILVER SADDLES

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

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

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

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

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

WEDNESDAYS, SEPTEMBER 27, OCTOBER 4, 11, 18; 10 TO 11:30 A.M.

Location: STARS Riding Center, 33148 K-22
(1 ½ miles north of Mike’s Saloon)
Fee: $90 / Max: 6 / Min: 2
Lifelong Learning membership required
Course #18/FY-CPDV-2645-01
Prerequisite: #18/FY-CPDV-2631-01
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.

INTERMEDIATE IPAD

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

- Make bookmarks, favorites, and reading lists in the browser Safari.
- Use the camera.
- Edit photos with iPhoto.
- Transfer photos to and from the iPad.
- Email or upload photos to the internet.
- Make FaceTime calls (iOS 4 and later).
- Put an email account onto the iPad and use Mail*.

Please make sure your iPad is fully charged before class. Bring any camera accessories you may have.

*To set up a Mail account, please bring your username and password. Accounts OTHER than iCloud, Exchange, Google, Yahoo, AOL, and Outlook will not be able to be set up during class.

WEDNESDAY, OCTOBER 4; 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 #18/FY-CPDV-2554-01

WEDNESDAY, OCTOBER 11; 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 #18/FY-CPDV-2822-01
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.

DARE TO DISCOVER MOBILE MUSEUM

The University of Iowa Mobile Museum launched in 2014 as a partnership between the Office of the Vice President for Research and Economic Development, the Office of the State Archaeologist, and the Pentacrest Museums. The Mobile Museum inspires visitors to understand the world by bringing exhibits with cutting-edge research, one-of-a-kind artifacts, and interactive digital media to Iowa’s communities statewide. We promote interdisciplinary partnerships and collaborations to present UI research and stimulate understanding, appreciation, and pride for the University of Iowa and the state. This year features exhibits on Oneota archaeology, discoveries from Iowa’s ancient seas, and oral histories on Iowa’s changing workforce. Furthermore, the Sanford Museum and Planetarium from Cherokee, Iowa, will also be present with their archaeologist and geologist with activities for attendees. Join us for this free event that is open to the public. This is the only time this year that the mobile museum will be in Sioux City!

THURSDAY, SEPTEMBER 7; NOON TO 3 P.M.
Location: WITCC, Parking Lot 2
Fee: No Charge
No registration is required.
Lifelong Learning membership not required

THURSDAY, OCTOBER 5; 6 TO 8:30 P.M.
Location: Dr. Robert H. Kiser Building, Room A449
Fee: $10 / Max: 15
Lifelong Learning membership required
Course #18/FY-CPDV-2887-01
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.lostinsiousland.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 25, October 2, 9, 16, 23; 6 to 8 p.m.*

**Location:** Dr. Robert H. Kiser Bldg., A113, ACE, Entrance 1  
**Fee:** $45 / **Max:** 12  
Lifelong Learning membership required  
**Course #18/FY-CPDV-2664-01**

Intro to Adobe Photoshop

Individuals shoot **amazing photographs** everyday by luck or design. Subjects can range from a candid shot of family members, colorful fall scenes, wedding groups or something impressive seen on vacation. But sometimes the scenes captured in those images don’t quite satisfy what we had in mind. This course will introduce you to Adobe Photoshop, a software tool that enables you to manipulate the photographic image and achieve your desired results.

Students will learn basic tool operations, color correction, and some manipulation through selection cropping and/or toning of images to achieve the desired end result.

Please note for the first class, Photoshop students should bring a thumb drive or external hard drive with images pre-loaded for use in class.

*Wednesdays, September 27, October 4, 11, (College is closed Oct. 18) 25, November 1; 6 to 8 p.m.*

**Location:** Dr. Robert H. Kiser Building, Room A449  
**Fee:** $45 / **Max:** 12  
Lifelong Learning membership required  
**Course #18/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.

Off-Camera Flash Workshop

Creating photographs can involve employing various photographic techniques to make the image compelling, especially portraits. The image's composition, framing, and how light helps define the subject.

The kind of light a photographer uses is important. Sometimes natural light may not be enough, and supplemental light, such as a speedlite used off-camera, can open up new possibilities. Whether shooting portraits in a studio or on location, this Off-Camera Flash Workshop will introduce an advanced photographer in utilizing the speedlite tool more effectively.

This two-week session will cover fundamentals. In the first class session, the instructor will address how to trigger an off-camera flash. He will talk about options available to photographers as they have expanded in recent years.

Some camera models have built-in commanders (some Nikon cameras), others have a pop up flash (Nikon and Canon) that may trigger an off-camera speedlite. The instructor will talk about using a radio trigger and receiver, and the use of optical slaves, which a popup flash can trigger. He will demonstrate working with the speedlite alone and with modifiers such as an umbrella, softbox, and white foam core board.

Students are encouraged to bring their gear the first night to begin understanding and applying basic setups. While not necessary, a method of triggering the speedlite remotely would be helpful. Contact the instructor ahead of time for help in understanding options available.

During the second session, the class will shoot on location (to be announced later) using each other as models.

Students are responsible for providing their own equipment for this class. At minimum, beside a camera, he or she needs an external (separate) speedlite and light stand with a stand adapter able to hold the speedlite.

Understanding Your DSLR

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

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

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

The class will talk about various lens options including prime lenses, fixed zoom lenses and variable lenses. We will discuss the benefits and limitations of each.

Students will participate in in-class exercises to become familiar and comfortable with using their camera. Cameras will need to be available during the class sessions.

Lastly, because shooting with a digital camera can produce hundreds or thousands of photographs, there will be a discussion about digital workflow and preserving one’s images.

TUESDAYS, SEPTEMBER 26, OCTOBER 3, 10; 6 TO 8 P.M.

Location: Dr. Robert H. Kiser Building, ACE, Room A113, Entrance 1
Fee: $45 / Max: 12
Lifelong Learning membership required
Course #18/FY-CPDV-2911-01

TUESDAYS, OCTOBER 17 AND 24; 6 TO 8 P.M.

Location: Dr. Robert H. Kiser Building, ACE, Room A113, Entrance 1; shooting on location TBA
Fee: $45 / Max: 12
Lifelong Learning membership required
Course #18/FY-CPDV-2889-01
PHOTOGRAPHY CLASSES

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

Photo Safari

Shooting photos on location with instructor Jerry Mennenga.

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

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

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

Rain or shine — or snow — four sessions of this class will be held 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 in 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 14, 21, 28, NOVEMBER 4, 11, 18; 10 A.M. TO NOON, EXCEPT WHERE SPECIFIED

Location: Location varies
Fee: $60 / Max: 15 / Min: 4
Lifelong Learning membership required
Course #18/FY-CPDV-2732-01

OCTOBER 14:
Classroom session. WITCC, Advanced Sciences Bldg., L212. We will discuss composition, lighting and future location shoots.

OCTOBER 21:
Meet at the Grand Meadow Heritage Center near Washta, IA. Take Rte. 60 to L36. Tour the grounds and possibly get into the old school, then head into the town of Washta.

OCTOBER 28:
Meet in Hawarden at 10th St. and Ave. L, just off of Hwy. 12. We will explore the town, then go to Oak Grove Park, which is a couple miles outside of Hawarden in Sioux County.

NOVEMBER 4, 6 TO 8 P.M.:
Meet at the downtown library parking lot in Sioux City.

NOVEMBER 11, NOON TO 2 P.M.:
Meet at the Adams Homestead and Nature Preserve in North Sioux City, SD, near McCook Lake.

NOVEMBER 18:
Classroom session. WITCC, Advanced Sciences Bldg., L212. We will meet to view students’ photographs shot at the various locations.
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.

Chalk Pastel on Photographs:

Moving behind photographs, adding pastel chalk and pencil 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 or her “vision” a step further and enhance the work in another fashion, building upon the image created. Using pastel chalk and 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.

SATURDAY, DECEMBER 2; 9 A.M. TO NOON.

Location: Gaylord Smith Building, Art Studio, Room C129
Fee: $45 / Max: 12
Lifelong Learning membership required
Course #18/FY-CPDV-2912-01

BEGINNING BRIDGE

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

TUESDAYS, OCTOBER 3, 10, 17, (NO CLASS OCT. 24) 31; 1:30 TO 3:30 P.M.

Location: Wells Fargo Room, L110
Fee: $8 / Max: 12
Lifelong Learning membership required
Course #18/FY-CPDV-2823-01
THE 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.

John Quincy Adams

Most Americans only know John Quincy Adams as the answer to a variety of trivia questions:

- For the first two centuries of our republic, who was the only son of a president to become president?
- Who was the first president to marry a woman born outside of the country?
- Name one of the eight presidents educated at Harvard.
- Who is the only president to be elected to Congress after serving as president?

And of course, the most important one:

- Who was the FIRST person to LOSE the popular vote in the election but became president anyway?

But none of those things address who John Quincy Adams was. Join historian Russ Gifford as he examines the leadership qualities John Quincy Adams brought to the White House, and learn the issues he faced, how he handled them, and the results of his four years in office. You might be surprised to find his presidency was not trivial matter!

Part 1: Path to the White House and the Presidency of John Quincy Adams

John Quincy Adams was a child of the revolution. At eight years old, he watched the Battle of Bunker Hill from a hilltop on the family farm. His parents, deeply involved in the revolution from the start, provided much of his education via their examples of how to live.

No person ever entered the presidency with more direct experience of the office. When people speak of these experiences, most recall that he had traveled to Europe with his father during the Revolutionary War and learned from his father’s successes on the diplomatic front. Less well known, because of his exposure to Europe and his skills in French and Dutch languages, John Quincy Adams served as a secretary to the first Envoy to Russia at the age of 14!

John Quincy served with distinction in the administrations of four of the five presidents that preceded him. His first post as Foreign Minister was at George Washington’s request when JQ was only 27 years old. In his lifetime, John Quincy Adams served with almost all the major political parties. As with the Federalists, he publicly, and loudly, parted company with them when he deemed their policies were counter to America’s interests. Adams strongly believed in Country over party, and was willing to pay the consequences.

By 1817, as secretary of state for President Monroe, he created the policies that became known as the Monroe Doctrine. His negotiations brought peaceful acquisitions of territory. A notable success involved Florida. The situation was complicated when a U.S. general overstepped his orders, invaded the peninsula and summarily executed two credentialed foreign agents! That general, of course, was Andrew Jackson.

Traditionally, the secretary of state position would lead to the presidency, but America was changing in 1824. Regional ties were important, and in a four-way race, an outsider war hero like Jackson outdrew two Washington insiders named Adams and Clay. However, no one got a majority in the Electoral College, an outcome the framers of the Constitution had foreseen. The solution forced the House of Representatives to decide the winner, based on representatives voting as states, thus preserving, but exercising control, over the popular vote. When Clay put his support behind Adams, and Adams later gave Clay the secretary of state position in his cabinet, an enraged Andrew Jackson called it a “corrupt bargain.” Jackson and his supporters would spend the next four years opposing everything Adams attempted.

Adams won the presidency without carrying Congress. As a minority president, with fierce opposition from the people, his efforts were an uphill battle. What would he fight for? What were his results? Join historian Russ Gifford to see what Adams’ major initiatives as president were, and what he achieved!

Wednesday, September 27; 6:30 to 8:30 P.M.

Location: Cargill Auditorium, Entrance 14, Lot 4

Fee: No charge / Max: 200

Lifelong Learning membership not required
THE DR. ROBERT E. DUNKER ANNUAL LECTURE

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

Part 2: John Quincy Adams – The Surprising Afterlife of a Post President

By 1828, the rematch between Andrew Jackson and John Quincy Adams seemed only a formality. Adams sought re-election as a matter of pride, but there were no surprises when Jackson came out on top. Like almost all defeated one-term presidents, Adams harbored dreams of returning to the presidency, but he knew that was not likely.

The people surprised him a year later and elected him to the House of Representatives. Many commented this was a step down. Adams replied, “No person can be degraded by serving the people.” He meant it. He served the rest of his life in the U.S. House of Representatives.

Just as his pre-presidential years were vital to the country, his post-presidential years were perhaps equally important. His voice became the voice of the people standing against the expansion of slavery. He introduced an amendment to provide that every child born in the United States after July 4, 1842, be born free. He pushed for action to prevent new states from entering the Union as slave states. He tried to outlaw slavery and the slave trade in the District of Columbia. His voice was so persistent, the House voted to table all motions on slavery to avoid his amendments being called and possibly passed and thus created the hated gag rule. Adams’ fight against the gag rule as a violation of the 1st Amendment was one of the most moving in American history, attracting attention, and galvanizing people to become involved with the issue themselves. Each year more people pushed Congress with anti-slavery petitions. Most were sent directly to Adams despite their origination in other states.

In 1837, when bringing the petition of 22 slaves to the floor, he used the South’s threat of censure to demand the right to defend himself and thus broke through the gag rule to lay his case against slavery on the floor of the House. It was perhaps his finest hour, and we will follow his defense and the outcome in detail!

We will also look at his efforts to defend the men on the Amistad, former slaves who had won their freedom by overcoming their Spanish masters in a mutiny. They were arrested in their ship off Long Island, thus bringing them into a free state. His defense of them before the Supreme Court is a remarkable moment in American history. In the balance hung the lives of these men, who would have surely been killed if returned to the Spanish, as President Van Buren intended. It is a compelling moment in time, and perhaps his peak achievement.

But then again, nothing is more dramatic than his final moments in the House. We will cover it all!

Very few leaders in American public life demonstrated the courage, skill, and independence that John Quincy Adams brought to his long career of public service. His efforts universally benefited the people. Yet few public figures during their lifetime have been subject to the scorn and hostility that John Quincy Adams attracted. Yet through it all, he persevered. In the end, he was hailed as an American treasure. Come celebrate a man whose efforts and successes were anything but trivial!

FRIDAY, SEPTEMBER 29, NOON TO 2 P.M.

Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
THE REFORMATION ERA AND TODAY
(500 YEARS LATER!)

In 1517, a disgruntled priest and professor nailed a series of questions, more accurately challenges, to a church door in Germany. In doing so, he hoped to spark a discussion that would lead to the reform of the practices of his church. Instead, he lit a fuse that would quickly blow apart the known order of life in his era. Historians recognize this as one of the most important events in world history, changing everything that came before and everything since then.

If everyone at the time was in the church and wanted to save the church, why was the result the opposite? While the crisis began as a religious one, the results encompassed every aspect of life in 16th Century Europe and England. Is there a lesson here we should be heeding today?

We now know this era as the Reformation, but how many of us can talk about the actual events or people involved? Turn back the calendar to view a time much different from ours, when there was one universal church, and it was involved in all levels of public life and government, laws and choices, day to day practices, and possibilities. It controlled the destinies of kings and commoners alike. The era was populated by people much like us: people working to survive and striving to find their place in the world. Join historian Russ Gifford in a journey back in time to find the answers and learn where the foundation of our views on religious freedom evolved!

Mondays, Noon to 2 P.M.

Location: Advanced Sciences Building, Room L416/417, Entrance 11
Fee: No charge / Max: 40
Lifelong Learning membership required

Part 1: Understanding the World of 1517: The Church, the Government, and the People

What was life like in the early 16th Century? How did people live? What was the structure of work, of government, of the military, and religion? The Church occupied a central spot, highly intertwined with the local kings and princes. While the Church used to pick the kings, by the 16th century, it appeared the kings might have been picking the pope. We’ll examine the power centers of the empires like the Habsburgs and the papacy and how they coexisted. We will also witness the rise of great cities, princes, and the changes wrought by the Renaissance as it rolled through.

We will then look to one man’s rebellion, as Martin Luther posed his questions. Who was Luther? And why did his efforts strike the crucial spark, where prior questions by others did not?

Monday, September 25; noon to 2 p.m.
Course #18/FY-CPDV-2901-01

Part 2: The First 50 Years: From Reforming the Church to What Exactly?

As the Church reacted to Luther’s questions, different responses by the people occurred in different countries. Switzerland and Germany broke out quickly, as the discussions framing the questions were deep and detailed. But the choices made by both sides quickly changed everywhere in Europe, country by country. France, England, and the Low Countries developed new leaders with John Calvin and John Knox among them. Suddenly what we now think of as Protestantism began to create something new. Today, perhaps we can see this as more of a social movement than a rebellion.

Monday, October 2; noon to 2 p.m.
Course #18/FY-CPDV-2901-02
THE REFORMATION ERA AND TODAY (500 YEARS LATER!) CONTINUED

MONDAYS, NOON TO 2 P.M.

Location: Advanced Sciences Building, Room L416/417, Entrance 11
Fee: No charge / Max: 40
Lifelong Learning membership required

Part 3: The Catholic Response: Reform or Retaliation?

In this session we cover the Catholic church and its part in the long step from the original intent of reforming the Church to dividing it. How could the church exist for over a thousand years and have faced numerous challenges over the years only to swiftly fall into multiple revolts in numerous countries. What were the responses of the Church? How did these responses change the Church? And from our vantage point of time, did this bring any advantages to the people of the time? Did that vary by country? What of the countries like Italy, where the church remained the dominate choice? What did these events bring to the people in these various countries?

Monday, October 9; noon to 2 p.m.
Course #18/FY-CPDV-2901-03

Part 4: The Wars of Religion / The Thirty Years War

The rise of events that led to the fragmentation of the universal church led to a splintering Europe and, eventually, to the Thirty Years War from 1618 to 1648. As each of the patchwork of principalities in Germany, the largest state in the Holy Roman Empire, began to choose the religion for its country, religious wars broke out. The Habsburgs, who ruled Spain, Austria, and much of the area from Germany to Italy, were staunch defenders of the Roman Catholic Church. They and their allies fought against the Protestant princes of Germany, and these wars consumed many lives over three decades of fighting. Most historians trace the end of the Reformation era to the end of these wars and the treaty that recognized the rights of Princes to choose the religion of their state. But how did that treaty come to pass?

Monday, October 16; noon to 2 p.m.
Course #18/FY-CPDV-2901-04

Part 5: The Impact and Changes to Society by 1650 – and Beyond.

The decision at the Council of Trent and the Peace of Westphalia brought an end to the outright warfare of the last decade. What did this mean for Europe, for those new religions, what about the monarchs, and, especially, the majority of the people who occupied the middle ground between the royalty and once-universal Church? And what did this mean for Roman Catholicism thereafter?

The rise of events that led to the fragmentation of the universal church led to a splintering Europe and, eventually, to the Thirty Years War from 1618 to 1648. As each of the patchwork of principalities in Germany, the largest state in the Holy Roman Empire, began to choose the religion for its country, religious wars broke out. The Habsburgs, who ruled Spain, Austria, and much of the area from Germany to Italy, were staunch defenders of the Roman Catholic Church. They and their allies fought against the Protestant princes of Germany, and these wars consumed many lives over three decades of fighting. Most historians trace the end of the Reformation era to the end of these wars and the treaty that recognized the rights of Princes to choose the religion of their state. But how did that treaty come to pass?

These questions frame a vital area of history as Europe moves out of the Middle Ages and toward the modern era. We can’t help but note that the rise of the problems is due to the belief of all sides that their side would prevail: the Roman Catholic church was certain that Protestants would be controlled and subdued. Protestants were convinced the Roman Catholic Church would fall and the apocalypse would begin. All sides believed since the founding of Christianity that there could be only one true church in existence. The result was very different, and 150 years after the start of the Reformation, there were many different types of churches, something none of the people sought as an outcome in the beginning. Exhaustion from the unending conflicts led to agreements that increased religious freedoms and decreased the power of the clergy. We will examine how these results impacted our world!

Monday, October 30; noon to 2 p.m.
Course #18/FY-CPDV-2901-05
REGIONAL GREATS

The Midwest could boast of many famous people who made a difference in the lives of many Americans. Topping the list are Presidents Eisenhower, Truman, and Hoover. There are others whose names we may know, but their stories are too quickly forgotten! Join historian Russ Gifford as we look into a list of famous people with roots in Iowa and Nebraska, and the heights they managed to achieve based on their solid Midwestern-foundations.

MONDAYS, NOON TO 2 P.M.

Location: Advanced Sciences Building, Room L416/417
Fee: No charge / Max: 40
Lifelong Learning membership not required

Susan La Flesche Picotte

In an era when women were refused admission to most medical schools, Susan La Flesche Picotte overcame numerous obstacles to achieve her dream of becoming a doctor. Born in 1865 on the eastern Nebraska reservation at the end of the American Civil War, La Flesche's family was of French and Native ethnicity. Her mother spoke only the Omaha language. Her father, also biracial, was the adopted son of the Omaha chief. By 1855, Susan's father had become the leader of the Omaha and embraced assimilation with the white culture, which was not a popular choice with all members of the tribe.

The La Flesche children attended the missionary supported school on the reservation. Later, Susan, her sisters, and a few other Omaha children would attend the Hampton Institute schools, a boarding school in New Jersey.

After graduation in 1886, Susan expressed her desire to become a doctor, a highly unusual concept for a women and a Native American. However, she had seen a white doctor refuse to treat a native patient, who later died. She wanted to provide care for her community.

Through grit, determination, and help from many social groups, such as the Connecticut Indian Association, Susan La Flesche achieved her goal. She graduated at the top of her medical school class and is believed to have the first medical degree earned by a Native American woman. Though she had other options, she returned to the Omaha tribe to practice medicine with a sincere desire to provide care.

Susan La Flesche became a leading doctor, a community leader, an advocate for Native Americans, and a voice heard in the Congress. Join historian Russ Gifford for this look at the life of Native Americans at a time of drastic change and the career of Susan La Flesche!

Monday, November 6; noon to 2 p.m.
Course #18/FY-CPDV-2891-01

William Jennings Bryan

Public speaker, publisher, politician, progressive, peace activist, these titles do not cover the many hats William Jennings Bryan wore during his lifetime. His gift for debate and his mesmerizing speaking skills made him a very popular public speaker that drew crowds whenever he spoke during the last years of the 19th century.

Originally from Illinois, William Jennings Bryan relocated to Lincoln, Nebraska, in 1888. His declarations against high tariffs and his embrace of soft money policies made him popular with farmers and rural people, and he was elected to Congress in 1890 and 1892. He ran for the Senate in 1894, but the Republican landslide that year doomed his chances of being appointed by the state legislature. He instead became editor of the Omaha World-Herald and spoke frequently to groups in public forums.

At the Democratic Convention in 1896, Bryan brought the crowd to their feet with his “Cross of Gold” speech, effectively melding a coalition of farmers, progressives, rural and religious groups into one voice. He took both the Democratic and Progressive party nominations for president, and breaking with tradition, he actively traveled the country, campaigning for the presidency. By election day, he traveled over 18,000 miles through 27 states.

Though he lost the election, Bryan was far from finished. His followers would stay with him, and he remained a powerhouse in politics for another 20 years. Bryan was the link between what the Democratic party was following the Civil War and what it would become in the 1930s. He changed how politics were practiced, and his efforts for the populists lead to primaries, to direct election of Senators, and much more. Though he may have lost elections, he won much more by bringing the public into the election process.

Join historian Russ Gifford and meet one of the best-known Nebraskans at the turn of the 20th century, and follow the changing times of America by following in the footsteps of “The Great Commoner!”

Monday, November 20; noon to 2 p.m.
Course #18/FY-CPDV-2891-02
The Midwest could boast of many famous people who made a difference in the lives of many Americans. Topping the list are Presidents Eisenhower, Truman, and Hoover. There are others whose names we may know, but their stories are too quickly forgotten! Join historian Russ Gifford as we look into a list of famous people with roots in Iowa and Nebraska, and the heights they managed to achieve based on their solid Midwestern-foundations.

**MONDAYS, NOON TO 2 P.M.**

**Location:** Advanced Sciences Building, Room L416/417  
**Fee:** No charge  /  **Max:** 40  
Lifelong Learning membership not required

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**Norman Borlaug**

It has been said that Norman Borlaug saved more lives than any other person in history, and yet his name is largely unknown, including in his home state. Borlaug, a self-described “corn-fed, country-bred Iowa boy,” developed high-yielding strains of wheat that were credited with staving off the starvation of millions of people in Pakistan and India in the 1960s.

When awarding Borlaug his Congressional Gold Medal, Colin Powell said, “Thanks to Dr. Borlaug’s pioneering work to develop varieties of high-yielding wheat, countless millions of men, women and children, who will never know his name, will never go to bed hungry.”

Born near Cresco, Iowa, Norman Borlaug attended a one room school house. His education took him to the University of Minnesota and later to Mexico where he recognized the problems of the wheat crop and worked to develop a hardier plant. After his work, Mexico became a wheat exporter, not an importer, and his wheat would feed millions.

But he wasn’t done. Nothing he did was achieved without overcoming opposition from all corners. When he was awarded a Nobel prize for his work, he thought his friends were joking. He arrived at a press conference in dusty work clothes. He said he wanted to show what makes an agricultural scientist: “dirty hands.”

Join historian Russ Gifford for a look at the man who saved millions of lives, and continued to go to work every day to see if he could save millions more.

**Monday, November 27; noon to 2 p.m.**  
**Course #18/FY-CPDV-2891-03**
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.

Highlights of the Local Music Scene

Historic images will chronicle and put a “face” to Sioux City’s music scene. We will view pictures from early orchestras to, “Sioux City Sue,” to famous performers appearing in local clubs or the Orpheum.

Grace Linden, retired Sioux City Museum curator of history, will give this overview of Sioux City music history from 1870 to 1970. Topics include indoor venues, such as music halls and theatres, as well as outdoor venues, including parades with marching bands and more. Along with featuring local musicians and songwriters, the well-known celebrities who have performed in Sioux City will also be highlighted.

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

THURSDAY, SEPTEMBER 14; 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 #18/FY-CPDV-2218-01

Richardson Romanesque Architecture In Sioux City

This program will take a photographic look at a 19th century style of architecture featured in several prominent Sioux City buildings. Local Richardson Romanesque is identified by its round arches, turrets and towers, steep rooflines and roughly cut masonry.

Tom Munson, the Sioux City Museum’s Archives Manager, will explain the immense popularity and history of Henry Hobson Richardson as an architect whose style caught on like wildfire in the small towns and large cities of the American West in the later decades of the 19th century. Many architects in Sioux City practiced this style on some of the city’s well-known buildings such as the Peirce Mansion, St. Thomas Episcopal Church, St. Joseph’s Catholic Church and Rectory, Central High School, and the Evans Block on Historic Fourth Street. Munson will also explore how Boston-based Richardson’s unique style impacted Sioux City’s development.

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

THURSDAY, NOVEMBER 9; 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 #18/FY-CPDV-2218-03

1957 – New Horizons

While the 1950s were fabulous, 1957 was anything but quiet! Elvis jumped from stage to movie screen to television and sent thousands of kids into orbit, as did the rest of the Rock n’ Roll craze. Dick Clark started kids dancing but not on radio. American Bandstand was in Philadelphia, but it was also in homes across the country on this new thing called television, funny little boxes popped up in living rooms everywhere! (The dial had room for 12 channels – Crazy! Next thing you’d know, they’d predict you could launch man-made satellites into orbit! That’s OUT there, daddy-o!)

TVs also brought home the news of the day, including the crowds shouting at a few scared kids stopped by policemen from entering a school in Little Rock, Arkansas. Ike saw it too, and didn’t like it. Join historian Russ Gifford to relive the sights and sounds of 1957, as the Space Age blasted off and Civil Rights exploded across the country.

THURSDAY, OCTOBER 12; 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 #18/FY-CPDV-2218-02
The Amazing Life and Career of Sioux City’s “Ding” Darling

Two-time Pulitzer Prize winner Jay Norwood “Ding” Darling was one of America’s most popular and influential editorial cartoonists of the first half of the 20th century. He was also one of his era’s leading voices in the environmental conservation movement. Darling grew up in Sioux City, where the natural prairie landscape and wetland habitat along the Missouri and Big Sioux Rivers influenced his lifelong love and concern for nature. It was also the place that launched his internationally famous cartooning career when Sioux City Journal editor George Perkins made him Iowa’s first daily editorial cartoonist in 1900.

Curator of History, Matt Anderson, will trace Darling’s life from his youth in Sioux City and his early career at the Journal through his long tenure with the Des Moines Register where he rose to national prominence. It will also include a discussion of his Commission, funding the Cooperative Wildlife Research Center at Iowa State University, leading the U.S. Biological Survey, creating the first Federal Duck Stamp, and helping to organize the National Wildlife Federation.

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

Sioux City “Nicknames” and Place Names

Haley Aguirre, the Sioux City Public Museum’s Archival Clerk, will invite us to join her in an examination of various “nicknames” and place names about the environs. As Sioux City’s history developed, just where did these nouns and adjectives come from, to what do they refer and what do they mean?

Here are some questions to ponder. How did Sioux City earn the name “Little Chicago?” Who first called our “fair city” the “Cow Town with an Opera House?” Did Prospect Hill really have gold? What does “Sioux” really mean? From what tribe does it come? Consider these various area descriptors: The Bottoms, Cecelia Park, Peters Park, Gilman Terrace, Codfish Hill. What fun to dig into Sioux City’s past! Aguirre will also look into various areas, landmarks and neighborhoods, including one of the most logical area of all, Leeds.

Adequate time will be given for discussion, memories, and question about this interesting subject.

THURSDAY, NOVEMBER 16; 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 #18/FY-CPDV-2218-04

THURSDAY, DECEMBER 14; 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 #18/FY-CPDV-2218-05
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

CREATIVE MICROWAVE COOKING

Whether you are interested in convenience, ideas of new ways to make classic favorites, don’t enjoy cooking large meals, have cooked long enough for others or don’t want to heat up the oven for a small meal…you are the perfect student for this class!

The head Chef at Whispering Creek Sr. Living will be demonstrating a delicious meal made right out of your microwave! He will include in each class:

- instruction
- ingredients
- sampling

Please join us at Whispering Creek Active Retirement Community to learn an easy way to make wonderful foods for entertainment and eating in the convenience of your microwave!

TUESDAYS, 11 A.M. TO 12:30 P.M.

**Location:** Whispering Creek Active Retirement Community—2609 Nicklaus Blvd. (1 mile east on Whispering Creek Drive off of Morningside Ave. Take a left at the four way stop sign at the top of the hill).

**Fee:** $7 per session / Max: 20

Lifelong Learning membership required

**SESSION A:** Italian
September 19
Course #18/FY-CPDV-2660-01

**SESSION B:** Polish
October 17
Course #18/FY-CPDV-2660-02

**SESSION C:** French
November 7
Course #18/FY-CPDV-2660-03
WORLD CUISINES AND CULTURES

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 nation.

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!

**TUESDAYS, 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

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**POLAND**

Polish cuisine has evolved over time to become varied and eclectic due to Poland’s history. Dishes are often time-consuming to make, and many Poles allow plenty of time to enjoy the food during meal time. Join us for a great Polish meal and interesting information on the beautiful country of Poland.

**OCTOBER 31**

Reservations will be taken until October 24. Payment in advance required; no refunds after 5 p.m. on October 24.

**Course #18/FY-CPDV-2534-01**

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**CALIFORNIA**

It’s time to explore the lower 48 of the United States of America. Californian cuisine is interested in fresh fusion! Come and enjoy some delicious food and learn some amazing facts about our fellow state to the west.

**NOVEMBER 28**

Reservations will be taken until November 22. Payment in advance required; no refunds after 5 p.m. on November 22.

**Course #18/FY-CPDV-2534-02**
WINE APPRECIATION FOR BEGINNERS

Oktoberfest Beers and Seasonal Ciders

Join us for a fun and informative evening that will focus on the wonderful world of Oktoberfest beer as well as seasonal cider.

Beer has come a long way in recent years, with a wider selection of offerings available than ever before. Microbreweries or craft brewers, which produce a limited amount of beer, have exploded in number. This class will encourage you to expand your knowledge and experience some of the Oktoberfest seasonal beers that are out there.

Enthusiasm for cider in the U.S. has grown by leaps and bounds in the past couple of years. It was extremely popular in the early colonial period but, by the time of Prohibition, and to some extent because of it, interest had pretty much waned.

Jerry Janssen will share some basic information that will help you develop a better understanding of beer and cider. Jerry will talk about brewing techniques, storage and what kind of beverage goes with what kind of food.

Holiday Wines

Join us for a fun and informative evening that will focus on the wonderful world of wine and will lift your holiday spirits!

Jerry Janssen will share some basic information that will help you develop a better understanding of wine. You will learn how different kinds of wine compliment and highlight the distinctive flavors of different holiday occasions and foods all while creating memorable experiences.

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

TUESDAY, OCTOBER 3; 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 #18/FY-CPDV-2586-01

TUESDAY, NOVEMBER 14:
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 #18/FY-CPDV-2586-02
BOOKS AND HOSPITALI-TEA

Join us for this new series where we will feature local artists and authors while enjoying tea, coffee, and treats with silver service from our host, retired general manager of Siouxland Public Media, Gretchen Gondek. In September, we will feature Bruce Hopkins and his book “The Art of Decay.” In November, we will feature Jeanne Emmons and her newly released book of poetry, “The Red Canoe.” Both will read excerpts from their works and share their journeys with us.

“The Art of Decay” by Bruce Hopkins

In this collection of essays, poems, and drawings from his own personal journals, Bruce Hopkins reflects on the truth and beauty in nature, concentrating on how important it is to listen to the voices of nature, and to live our lives accordingly, from the moment of our arrival to the moment of our departure. With the relentless process of decay bringing not dying, but hope and renewal, and even familiarity. His keen observations about all forms of nature, and about people of all ages, vividly demonstrate his compassion and understanding of the universality and connectedness of our shared experiences to a common good that embraces learning, and leads us on a path to self-awareness and acceptance. The wonder of children, the wisdom of elders, the stillness and sacredness of the forest, the Joyfulness of splashing water, and honking geese, the inevitability of the changing seasons and tattered leaves, are all artfully brought together by Dr. Hopkins, to give us a sense of community and continuity, along with the endless possibilities that only perseverance and nature can adequately provide.

“In ‘The Art of Decay’ we find a welcome retreat into the natural world—stories of the woodlands, gentle creatures, and the timeless change of seasons. A beautiful book filled with inspiration and expressions of love.” –Gretchen Gondek, retired, public radio manager

“The Red Canoe” by Jeanne Emmons

In Jeanne Emmons’ collection of poetry, “The Red Canoe,” the canoe becomes an eye, mouth, and ear, through which images of the lake are explored and filtered.

“The Red Canoe” (Finishing Line Press) is Jeanne Emmons’ fourth collection of poetry. In addition, she has published three other collections: “The Glove of the World,” winner of the Backwaters Press Reader’s Choice Award; “Baseball Nights and DDT” (Pecan Grove Press), and “Rootbound” (New Rivers Press), winner of the Minnesota Voices Competition. She has won the Comstock poetry prize, the James Hearst Poetry Award, and the Sow’s Ear poetry award, among others. Her work has appeared in “Alaska Quarterly Review,” “The American Scholar,” “Carolina Quarterly,” “Louisiana Literature,” “North American Review,” “South Carolina Review,” “Prairie Schooner,” “The River Styx,” “South Dakota Review,” and many other journals. She is professor emeritus at Briar Cliff University, having taught English and Writing there for 35 years, and is poetry editor of the “Briar Cliff Review.” She lives on McCook Lake with her husband of 40 years, Adam Frisch.

“The late poet Galway Kinnell wrote of the poet’s ‘capacity to go out to [things] so that they enter us, so that they are transformed within us, and so that our inner life finds expression through them.’ The poems here powerfully and subtly substantiate that kind of transformation. The canoe becomes a living, breathing thing, a watcher and listener, aware not only of troubling thoughts the mind can arouse, but that ‘each drop of rain is a guest in my house,’ and that a tiny spider’s web can ‘capture the least sailing mayfly/of possibility.’ The red canoe finds out, as poets do that ‘everything has to be compared to be/fully grasped . . . has to be held/in a tangle of connections.’ The connections in these poems are quite often astonishing.” –David Allan Evans, author of “This Water, These Rocks”

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

Location: Advanced Sciences Bldg., Room L416/417, Entrance 11
Fee: No charge / Max: 50
Lifelong Learning membership not required
Course #18/FY-CPDV-2906-02
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, 2 TO 4 P.M.**

**Location:** Gaylord Smith Building, Art Studio, Room C129  
**Fee:** $65 (includes materials) / **Max:** 9  
Lifelong Learning membership required

**SESSION A:** September 16, 23, 30, October 7  
Course #18/FY-CPDV-2522-01

**SESSION B:** October 14, 21, 28, November 4  
Course #18/FY-CPDV-2522-02

Intermediate Watercolor

**Working from Photographs**

This class is geared for students already familiar with the medium of watercolor who wish to learn even more watercolor techniques that they can then use to develop their own original paintings.

Our friendly instructor, Jean Weiner, will teach you how she chooses and combines photo references as a basis for creating a watercolor composition. Jean will spend time emphasizing how the proper use of subject placement, light, bright color, contrast, and neutral tones will all make your painting come alive!

All students will benefit from individual instruction as they apply these concepts in the study piece Jean provides. Feel free to bring a snack or packed lunch.

**SATURDAYS, 9 A.M. TO 1 P.M.**

**Location:** Gaylord Smith Building, Art Studio, Room C129  
**Fee:** $80 (includes materials) / **Max:** 9  
Lifelong Learning membership required

**SESSION A:** September 16, 23, 30, October 7  
Course #18/FY-CPDV-2615-01

**SESSION B:** October 14, 21, 28, November 4  
Course #18/FY-CPDV-2615-02
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.

WEDNESDAY, OCTOBER 25; NOON TO 2 P.M.
EARLY SUNDAY MORNING, 1930
Artist: Edward Hopper (1882-1967)
Presented by Margot Chesebro
Location: Advanced Sciences Bldg., Room L416/417. Entrance 11
Max: 40 / Fee: $10
Lifelong Learning membership required
Course #18/FY-CPDV-2538-01

WEDNESDAY, NOVEMBER 29; NOON TO 2 P.M.
HEARST CASTLE, 1919
Artist: Julia Morgan, (1872-1957)
Presented by Barb Small
Location: Advanced Sciences Bldg., Room L416/417. Entrance 11
Max: 40 / Fee: $10
Lifelong Learning membership required
Course #18/FY-CPDV-2538-02

WEDNESDAY, DECEMBER 13; NOON TO 2 P.M.
THE ARTIST’S STUDIO, 1855
Artist: Gustave Coubet, (1819-1877)
Presented by Margot Chesebro
Location: Advanced Sciences Bldg., Room L416/417. Entrance 11
Max: 40 / Fee: $10
Lifelong Learning membership required
Course #18/FY-CPDV-2538-03
BOOK CLUB

The Twelve Lives of Samuel Hawley
By Hannah Tinti

Samuel Hawley isn’t like the other fathers in Olympus, Massachusetts. A loner who spent years living on the run, he raised his beloved daughter, Loo, on the road, moving from motel to motel, always watching his back. Now that Loo’s a teenager, Hawley wants only to give her a normal life. In his late wife’s hometown, he finds work as a fisherman, while Loo struggles to fit in at the local high school.

Growing more and more curious about the mother she never knew, Loo begins to investigate. Soon, everywhere she turns, she encounters the mysteries of her parents’ lives before she was born. This hidden past is made all the more real by the twelve scars her father carries on his body. Each scar is from a bullet Hawley took over the course of his criminal career. Each is a memory: of another place on the map, another thrilling close call, another moment of love lost and found. As Loo uncovers a history that’s darker than she could have known, the demons of her father’s past spill over into the present—and together both Hawley and Loo must face a reckoning yet to come.

From the publisher’s notes

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

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

Location: Wells Fargo Room, L.110
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #18/FY-CPDV-2208-01

A Piece of the World
By Christina Baker Kline

This instant New York Times bestseller is a stunning and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth’s mysterious and iconic painting Christina’s World.

To Christina Olson, the entire world was her family’s remote farm in the small coastal town of Cushing, Maine. Born in the home her family had lived in for generations, and increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than twenty years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best known American paintings of the twentieth century.

As she did in her beloved smash bestseller Orphan Train, Christina Baker Kline interweaves fact and fiction in a powerful novel that illuminates a little-known part of America’s history. Bringing into focus the flesh-and-blood woman behind the portrait, she vividly imagines the life of a woman with a complicated relationship to her family and her past, and a special bond with one of our greatest modern artists.

Told in evocative and lucid prose, A Piece of the World is a story about the burdens and blessings of family history, and how artist and muse can come together to forge a new and timeless legacy.

From the publisher’s notes

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

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

Location: Wells Fargo Room, L.110
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #18/FY-CPDV-2208-02
BOOK CLUB

Lillian Boxfish Takes a Walk
By Kathleen Rooney

“In my reckless and undiscouraged youth,’ Lillian Boxfish writes, ‘I worked in a walnut-paneled office thirteen floors above West Thirty-Fifth Street…”

She took 1930s New York by storm, working her way up writing copy for R.H. Macy’s to become the highest paid advertising woman in the country. It was a job that, she says, ‘in some ways saved my life, and in other ways ruined it.’

Now it’s the last night of 1984 and Lillian, 85 years old but just as sharp and savvy as ever, is on her way to a party. It’s chilly enough out for her mink coat and Manhattan is grittier now—her son keeps warning her about a subway vigilante on the prowl—but the quick-tongued poetess has never been one to scare easily. On a walk that takes her over 10 miles around the city, she meets bartenders, bodega clerks, security guards, criminals, children, parents, and parents-to-be, while reviewing a life of excitement and adversity, passion and heartbreak, illuminating all the ways New York has changed—and has not.

A love letter to city life in all its guts and grandeur, Lillian Boxfish Takes a Walk by Kathleen Rooney paints a portrait of a remarkable woman across the canvas of a changing America: from the Jazz Age to the onset of the AIDS epidemic; the Great Depression to the birth of hip-hop.

Lillian figures she might as well take her time. For now, after all, the night is still young.

From the publisher’s notes

NOVEMBER 13; NOON TO 1:30 P.M.

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

Location: Wells Fargo Room, L110
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #18/FY-CPDV-2208-03

Spoonsbenders
By Daryl Gregory

“Teddy Teleman is a charming con man with a gift for sleight of hand and some shady underground associates. In need of cash, he tricks his way into a classified government study about telekinesis and its possible role in intelligence gathering. There he meets Maureen McKinnon, and it’s not just her piercing blue eyes that leave Teddy forever charmed, but her mind—Maureen is a genuine psychic of immense and mysterious power. After a whirlwind courtship, they marry, have three gifted children, and become the Amazing Telemanus Family, performing astounding feats across the country. Irene is a human lie detector. Frankie can move objects with his mind. And Buddy, the youngest, can see the future. Then one night tragedy leaves the family shattered.

Decades later, the Telemanus are not so amazing. Irene is a single mom whose ear for truth makes it hard to hold down a job, much less hold together a relationship. Frankie’s in serious debt to his dad’s old mob associates. Buddy has completely withdrawn into himself and inexplicably begun digging a hole in the backyard. To make matters worse, the CIA has come knocking, looking to see if there’s any magic left in the Telemanus clan. And there is: Irene’s son Matty has just had his first out-of-body experience. But he hasn’t told anyone, even though his newfound talent might just be what his family needs to save themselves—if it doesn’t tear them apart in the process.

Harnessing the imaginative powers that have made him a master storyteller, Daryl Gregory delivers a stunning, laugh-out-loud new novel about a family of gifted dreamers and the invisible forces that bind us all.

From the publisher’s notes

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

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

Location: Wells Fargo Room, L110
Fee: $10 (includes lunch) / Max: 25
Lifelong Learning membership not required
Course #18/FY-CPDV-2208-04
TOSCA
A Trip to Opera Omaha

The 2017-2018 season opens, and Lifelong Learners again head south for the tenth trip to the popular Opera Omaha's series. With its recognizable music and memorable story, Giacomo Puccini's classic, “Tosca,” remains one of the favorites in the operatic canon. In fact, “Tosca” is the fifth most performed opera in the world.

“Tosca” is story of love, lust, religion and politics fatally colliding in Puccini's beloved masterpiece. First performed in January, 1900, the opera's story is historical fiction but with its setting in real places in Rome. Adapted from the play “La Tosca” by Victorien Sardou, the story features one of the most lecherous characters in all of opera. Scarpia, the chief of police, will stop at nothing to possess the beautiful Floria Tosca, who must give the ultimate performance in a desperate attempt to save Cavaradossi, the artist she loves.

For this co-production of Opera Omaha and Boston Lyric Opera, conductor Carlos Izcaray makes his Opera Omaha debut. Director Crystal Manich returns following her widely heralded production of “La Boheme” last fall. Soprano Lee Bissel, star of Opera Omaha's recent “The Girl of the Golden West,” returns to sing the title role as another Puccini heroine.

We’ll leave WITCC at 9 a.m. and travel in comfort by motor coach to Omaha. A delicious lunch in Omaha is included in your fee. The opera 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, NOVEMBER 5, 2017; 9 A.M. TO 7 P.M.**

**Location:** Park in Parking Lot 2B.
The bus will arrive at 8:30 a.m. for boarding.

**Fee:** $110 (includes ticket, meal, and transport)

**Max:** 53 / **Min:** 24

Lifelong Learning membership required

**Course #18/FY-CPDV-2737-01**

**Waiver #18/FY-CPDV-2737-02**

Early registration is strongly recommended. Full payment is due on booking. For an additional fee of $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 the waiver. The waiver must be purchased at the time of the ticket purchase.
THEATRE TALKS:

Beauty and the Beast: A Tale as Old as Time

Everyone is familiar with this classic fairy tale, but you are guaranteed some surprises as we explore the history, lore, and transformation of this story. In anticipation of the Sioux City Community Theatre's production of the musical “Disney’s Beauty and the Beast,” we will begin by tracing this story back to its origins as long as 4,000 years ago.

It first found its way into print in a lengthy story in 1740 and has continued in popularity today with the recent release of a highly-acclaimed Disney live-action production. We’ll explore the various literary and print interpretations that go beyond the fairy tale to romance, science fiction, horror, graphic novel, and even more unexpected territory. You’ll be amazed at the genres in which various authors have used this versatile story.

Film makers also have been inspired by this tale. From the influential silent film of Jean Cocteau to the Disney version that took animation to a new level of sophistication and popularity, they’ve all found intriguing twists. We’ll talk about the popular television series that put a different spin on the story and even mention the video games.

We won't forget stage variations culminating in the highly successful Broadway musical that SCCT is performing.

Since all fairytales explore a culture’s deeply-held beliefs, we won’t ignore the psychological and sociological aspects that lie beneath the surface of this not-so-simple tale.

Whether this is one of your favorite stories or you are just curious about the way creative folk have been inspired by this classic, you’ll want to join your instructor and local actor, Bill McKenny, in exploring “Beauty and the Beast.”

MONDAY, SEPTEMBER 18; 10 TO 11:30 A.M.

Location: Dr. Robert E. Dunker Student Center, Room W108A
Fee: No charge / Max: 100
Lifelong Learning membership not required
Course #18/FY-CPDV-2798-01
CON-MEN, COWBOYS, ROMANCE & FUN:
Two Newman and Redford Movies

Lifelong Learners will enjoy watching the magic of Paul Newman and Robert Redford together in two of Hollywood’s all-time favorite films: “The Sting” and “Butch Cassidy and the Sundance Kid.” The guest moderator for this series is humanities teacher, Margot Chesebro, who will lead an informal discussion before and after each film.

Both films will be shown free of charge on the big screen in the comfort of WITCC’s Cargill Auditorium.

“The Sting” (1973)
Movie Screening and Discussion

The Oscar-winning “Best Picture of 1973,” “The Sting” unites two of the top male film stars in Hollywood as they play con men in 1930s Chicago. Methodically and with great creativity, they fleece a rich “sucker” (Robert Shaw). Their methods are unbelievably complex, yet fun. Poor Doyle Lonnegan never does figure out that these two “smoothies” even know each other.

Director George Roy Hill emphasized film techniques and fashions from the 1930s. Newman and Redford are superb at their off-balanced pacing; they are always one step ahead of characters and the viewers, too. Add Scott Joplin’s ragtime themes and you have a witty crime movie concerned with humor, characters and fun—not blood and violence.

TUESDAY, OCTOBER 3; 2 P.M.

MPAA: PG (110 minutes)
Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
Presented by Margo Chesebro
CON-MEN, COWBOYS, ROMANCE & FUN:
Two Newman and Redford Movies

Lifelong Learners will enjoy watching the magic of Paul Newman and Robert Redford together in two of Hollywood’s all-time favorite films: “The Sting” and “Butch Cassidy and the Sundance Kid.” The guest moderator for this series is humanities teacher, Margot Chesebro, who will lead an informal discussion before and after each film.

Both films will be shown free of charge on the big screen in the comfort of WITCC’s Cargill Auditorium.

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“Butch Cassidy and the Sundance Kid” (1969)

Movie Screening and Discussion

This number one box office smash hit of 1969-70 paired, for the first time, Paul Newman and Robert Redford with director George Roy Hill. The result was seven Academy Award nominations and four Oscars. “Butch Cassidy and the Sundance Kid” also won the 1970 Golden Globe for Best Motion Picture and the Best Original Score. The lilting “Raindrops Keep Falling on My Head” garnered a Grammy and ASCAP Life-time Achievement Award for composer Burt Bacharach.

Butch (Newman) and Sundance (Redford) are two rather charming Wild West outlaws, who lead a gang of train robbers. But when Harriman, the railroad tycoon, hires a special posse to hunt them down, the two robbers, along with Sundance’s girlfriend Etta (Katherine Ross) head south to Bolivia. The super posse, however, cannot be fooled. What ensues is a rousing good time. The film contains good laughs and three solid performances, creating a movie that is ranked number 7 in the American Film Institute’s “Top 10 List of Greatest Westerns” and number 73 in the “Greatest Movies of All Time.”

TUESDAY, OCTOBER 17; 2 P.M.

MPAA: PG (129 minutes)
Location: Cargill Auditorium, Entrance 14, Lot 4
Fee: No charge / Max: 200
Lifelong Learning membership not required
Presented by Margo Chesebro
INTRODUCTION TO FLOWER ARRANGING

Flower arranging is soothing, satisfying, and lots of fun! It’s a great way to express your creativity. Flower arrangements can be used to decorate your home or to send a special message to a friend or loved one. Nothing lifts the spirits more than a gorgeous floral display.

This class will help you develop your talent and confidence in this very special art.

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.

TUESDAYS, 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

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Flower Arranging for Fall

Fall is a stunning time of the year and a wonderful opportunity to experiment with different colors and textures. Come learn how to create a fantastic fall arrangement!

SESSION A: September 26
Course #18/FY-CPDV-2484-01

Flower Arranging for the Holidays

The holidays are around the corner! Come learn how to create a beautiful, holiday themed arrangement.

SESSION B: November 7
Course #18/FY-CPDV-2484-02
## AUGUST

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<thead>
<tr>
<th>Date</th>
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## SEPTEMBER

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<td>9/4</td>
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<td>Mon.</td>
<td>College Closed</td>
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<td>9/7</td>
<td>11:00 AM</td>
<td>Thurs.</td>
<td>Yoga For Seniors</td>
<td>Dunker Student Center, W203</td>
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<td>12:00 PM</td>
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<td>Dare to Discover Mobile Museum</td>
<td>Parking Lot 2, WITCC Campus</td>
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<td>Senior Strength Circuit</td>
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<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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<td>Steady Your Stride—Balance Class</td>
<td>Dunker Student Center, W206</td>
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<td>9/13</td>
<td>10:00 AM</td>
<td>Wed.</td>
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<td>10:30 AM</td>
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<td>Coffee and Conversation</td>
<td>Advanced Sciences Bldg., L416/417</td>
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<td>Thurs.</td>
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<td>9/16</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Intermediate Watercolor</td>
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<tr>
<td>9/16</td>
<td>2:00 PM</td>
<td>Sat.</td>
<td>Beginning Watercolor Painting</td>
<td>Gaylord Smith Bldg., Room C129</td>
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<td>9/18</td>
<td>10:00 AM</td>
<td>Mon.</td>
<td>Senior Strength Circuit</td>
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<td>9/18</td>
<td>10:00 AM</td>
<td>Mon.</td>
<td>Theatre Talks: Beauty and the Beast</td>
<td>Dunker Student Center, W108A</td>
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<td>9/18</td>
<td>11:00 AM</td>
<td>Mon.</td>
<td>Taekwondo for Seniors</td>
<td>Dunker Student Center, W206</td>
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<td>9/18</td>
<td>11:45 AM</td>
<td>Mon.</td>
<td>Book Club</td>
<td>Wells Fargo Room, L110</td>
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<td>9/19</td>
<td>9:30 AM</td>
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<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>9/19</td>
<td>11:00 AM</td>
<td>Tues.</td>
<td>Creative Microwave Cooking</td>
<td>Whispering Creek, 2609</td>
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<tr>
<td>9/19</td>
<td>12:00 PM</td>
<td>Fri.</td>
<td>Bacon Creek Back Porch</td>
<td>Wells Fargo Room, L110</td>
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<tr>
<td>9/19</td>
<td>1:00 PM</td>
<td>Tues.</td>
<td>Beginner Crochet</td>
<td>Dr. Robert E. Kiser Bldg., A113, ACE</td>
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<td>9/19</td>
<td>1:30 PM</td>
<td>Tues.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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<tr>
<td>9/19</td>
<td>7:00 PM</td>
<td>Tues.</td>
<td>Concert: Songs You Need to Hear</td>
<td>Cargill Auditorium</td>
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<td>Learning to Communicate with Horses</td>
<td>STARS Riding Center, 33148 K-22</td>
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<td>9/20</td>
<td>9:00 AM</td>
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<td>Steady Your Stride—Balance Class</td>
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<td>9/20</td>
<td>10:00 AM</td>
<td>Wed.</td>
<td>Senior Strength Circuit</td>
<td>Dunker Student Center, W206</td>
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<td>9/20</td>
<td>10:30 AM</td>
<td>Wed.</td>
<td>The Aging Well Series</td>
<td>Dr. Robert E. Kiser Bldg., A113, ACE</td>
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<td>9/20</td>
<td>11:00 AM</td>
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<td>Taekwondo for Seniors</td>
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<td>9/21</td>
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<td>Stretch and Flex</td>
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<td>9/21</td>
<td>10:00 AM</td>
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<td>Preserving Your Family History</td>
<td>Dr. Robert E. Kiser Bldg., A113, ACE</td>
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<td>9/21</td>
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<td>Thurs.</td>
<td>Yoga For Seniors</td>
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<td>9/21</td>
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<td>Thurs.</td>
<td>Beginner Crochet</td>
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<td>9/21</td>
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<td>Thurs.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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<td>9/22</td>
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<td>Fri.</td>
<td>Bacon Creek Back Porch</td>
<td>Wells Fargo Room, L110</td>
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<td>Intermediate Watercolor</td>
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<td>Beginning Watercolor Painting</td>
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<td>9/25</td>
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<td>Mommy and Me Sing</td>
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<td>9/25</td>
<td>12:00 PM</td>
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<td>The Reformation Era and Today (500 Years Later!)</td>
<td>Advanced Sciences Bldg., L416/417</td>
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<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>9/26</td>
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<td>Tues.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>9/26</td>
<td>10:30 AM</td>
<td>Tues.</td>
<td>Grow Through Life Gardening Series</td>
<td>Dunker Student Center, W108A</td>
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<td>9/26</td>
<td>1:00 PM</td>
<td>Tues.</td>
<td>Beginner Crochet</td>
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<td>9/26</td>
<td>1:30 PM</td>
<td>Tues.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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<td>9/26</td>
<td>1:30 PM</td>
<td>Tues.</td>
<td>Flower Arranging for Fall</td>
<td>Hy-Vee, 3301 Gordon Drive</td>
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<td>9/26</td>
<td>6:00 PM</td>
<td>Tues.</td>
<td>Smooth Sailing through Medicare</td>
<td>Cargill Auditorium</td>
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<td>Understanding Your DSLR</td>
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<td>Beginning Acoustic Guitar</td>
<td>Applied Technology Bldg., D216</td>
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<td>9/27</td>
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<td>Wed.</td>
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<td>Silver Saddles</td>
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<td>Introduction to Adobe Photoshop</td>
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<td>Cargill Auditorium</td>
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### OCTOBER

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<td>Dr. Robert E. Kiser Bldg., A113, ACE</td>
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10/17 1:30 PM Tues.  Aqua Fit  YMCA, 601 Riverview  Page 9

10/17 1:30 PM Tues.  Beginning Bridge  Wells Fargo Room, L110  Page 37

10/17 6:00 PM Tues.  Off-Camera Flash Workshop  Dr. Robert E. Kiser Bldg., A113, ACE  Page 35


10/17 7:00 PM Tues.  Movie Series: "Butch Cassidy and the Sundance Kid"  Cargill Auditorium  Page 56

10/18 10:00 AM Wed.  Silver Saddles  STARS Riding Center, 33148 K-22  Page 35

10/18 Wed.  College Closed

10/19 1:30 PM Thurs.  Aqua Fit  YMCA, 601 Riverview  Page 9

10/19 Thurs.  College Closed

10/23 9:00 AM Sat.  Intermediate Watercolor  Gaylord Smith Bldg., Room C129  Page 50

10/23 10:00 AM Sat.  Photo Safari  Grand Meadow Heritage Center  Page 36

10/23 2:00 PM Sat.  Beginning Watercolor Painting  Gaylord Smith Bldg., Room C129  Page 50

10/23 10:00 AM Mon.  Senior Strength Circuit  Dunker Student Center, W206  Page 8

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10/23 6:00 PM Mon.  Making Better Photographs  Dr. Robert E. Kiser Bldg., A113, ACE  Page 34

10/24 9:30 AM Tues.  Stretch and Flex  Dunker Student Center, Gym  Page 7

10/24 1:30 PM Tues.  Aqua Fit  YMCA, 601 Riverview  Page 9

10/24 6:00 PM Tues.  Off-Camera Flash Workshop  Dr. Robert E. Kiser Bldg., A113, ACE  Page 35

10/24 6:30 PM Tues.  Beginning Acoustic Guitar  Applied Technology Bldg., D216  Page 27

10/25 9:00 AM Wed.  Steady Your Stride—Balance Class  Dunker Student Center, W206  Page 8

10/25 10:00 AM Wed.  Senior Strength Circuit  Dunker Student Center, W206  Page 8

10/25 12:00 PM Wed.  Art and Sandwiches  Advanced Sciences Bldg., L416/417  Page 51

10/25 1:00 PM Wed.  William Stafford, American Poet  Wells Fargo Room, L110  Page 22

10/25 6:00 PM Wed.  Introduction to Adobe Photoshop  Dr. Robert E. Kiser Bldg., A449  Page 34

10/26 8:00 AM Thurs.  Ashland, Nebraska Trip  Parking Lot 2B, WITCC Campus  Page 21

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10/26 11:00 AM Thurs.  Yoga For Seniors  Dunker Student Center, W203  Page 7

10/26 1:30 PM Thurs.  Aqua Fit  YMCA, 601 Riverview  Page 9

10/26 7:00 PM Thurs.  Encounters with Ancient Egypt  Advanced Sciences Bldg., L212  Page 15

10/27 9:00 AM Fri.  Symphonie Fantastique  Wells Fargo Room, L110  Page 23

10/27 12:00 PM Fri.  Bacon Creek Back Porch  Wells Fargo Room, L110  Page 28

10/27 7:00 PM Fri.  Fall Choral Showcase Concert  Cargill Auditorium  Page 23

10/28 9:00 AM Sat.  Intermediate Watercolor  Gaylord Smith Bldg., Room C129  Page 50

10/28 10:00 AM Sat.  Photo Safari  Hawarden, IA  Page 36

10/28 2:00 PM Sat.  Beginning Watercolor Painting  Gaylord Smith Bldg., Room C129  Page 50

10/30 10:00 AM Mon.  Senior Strength Circuit  Dunker Student Center, W206  Page 8

10/30 12:00 PM Mon.  The Reformation Era and Today (500 Years Later!)  Advanced Sciences Bldg., L416/417  Pages 40-41

10/30 6:00 PM Mon.  Rock Around the Clock  Advanced Sciences Bldg., L416/417  Page 25

10/31 9:30 AM Tues.  Stretch and Flex  Dunker Student Center, Gym  Page 7

10/31 10:30 AM Tues.  Grow Through Life Gardening Series  Dunker Student Center, W108A  Page 10

10/31 11:45 AM Tues.  World Cuisines and Cultures: Poland  Brookdale, 2525 Nebraska Street  Page 47

10/31 1:30 PM Tues.  Aqua Fit  YMCA, 601 Riverview  Page 9

10/31 1:30 PM Tues.  Beginning Bridge  Wells Fargo Room, L110  Page 37

10/31 7:00 PM Tues.  Concert: Ghost Songs  Cargill Auditorium  Page 24
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<td>William Stafford, American Poet</td>
<td>Wells Fargo Room, L110</td>
<td>22</td>
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<td>11/1</td>
<td>6:00 PM</td>
<td>Wed.</td>
<td>Introduction to Adobe Photoshop</td>
<td>Dr. Robert E. Kiser Bldg., A449</td>
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<td>11/2</td>
<td>9:30 AM</td>
<td>Thurs.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>10:00 AM</td>
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<td>The History of the Bible</td>
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<td>11:00 AM</td>
<td>Thurs.</td>
<td>Yoga For Seniors</td>
<td>Dunker Student Center, W203</td>
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<td>11/2</td>
<td>1:30 PM</td>
<td>Thurs.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
<td>9</td>
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<tr>
<td>11/2</td>
<td>6:00 PM</td>
<td>Thurs.</td>
<td>Cooking with Chef Paul</td>
<td>Applied Tech Bldg., Culinary Demo Kitchen, D201, Entrance 14</td>
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<td>11/3</td>
<td>10:30 AM</td>
<td>Fri.</td>
<td>History of Service</td>
<td>Sioux City Public Museum, 607 4th St</td>
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<td>11/4</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Intermediate Watercolor</td>
<td>Gaylord Smith Bldg., Room C129</td>
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<td>11/4</td>
<td>10:00 AM</td>
<td>Sat.</td>
<td>Photo Safari</td>
<td>Downtown Sioux City Library</td>
<td>36</td>
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<td>11/4</td>
<td>2:00 PM</td>
<td>Sat.</td>
<td>Beginning Watercolor Painting</td>
<td>Gaylord Smith Bldg., Room C129</td>
<td>50</td>
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<td>11/5</td>
<td>9:00 AM</td>
<td>Sun.</td>
<td>Opera Omaha</td>
<td>Parking Lot 2B, WITCC Campus</td>
<td>54</td>
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<td>11/6</td>
<td>10:00 AM</td>
<td>Mon.</td>
<td>Senior Strength Circuit</td>
<td>Dunker Student Center, W206</td>
<td>8</td>
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<td>11/6</td>
<td>10:30 AM</td>
<td>Mon.</td>
<td>Mommy and Me Sing</td>
<td>Wells Fargo Room, L110</td>
<td>26</td>
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<td>11/6</td>
<td>11:00 AM</td>
<td>Mon.</td>
<td>Taekwondo for Seniors</td>
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<td>11/6</td>
<td>12:00 PM</td>
<td>Mon.</td>
<td>Regional Greats</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>42-43</td>
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<td>6:00 PM</td>
<td>Mon.</td>
<td>Rock Around the Clock</td>
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<td>Center for Siouxland Presents</td>
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<td>11:00 AM</td>
<td>Tues.</td>
<td>Creative Microwave Cooking</td>
<td>Whispering Creek, 2609 Nicklaus Blvd.</td>
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<td>11/7</td>
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<td>Tues.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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<td>1:30 PM</td>
<td>Tues.</td>
<td>Flower Arranging for Holidays</td>
<td>Hy-Vee, 3301 Gordon Drive</td>
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<td>Steady Your Stride—Balance Class</td>
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<td>11:00 AM</td>
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<td>Photo Safari</td>
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<td>11/13</td>
<td>10:00 AM</td>
<td>Mon.</td>
<td>Senior Strength Circuit</td>
<td>Dunker Student Center, W206</td>
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<td>11/13</td>
<td>10:30 AM</td>
<td>Mon.</td>
<td>Mommy and Me Sing</td>
<td>Wells Fargo Room, L110</td>
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<td>11/13</td>
<td>11:00 AM</td>
<td>Mon.</td>
<td>Taekwondo for Seniors</td>
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<td>11/13</td>
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<td>11/14</td>
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<td>Exploring the Human Energy System</td>
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<td>11/14</td>
<td>6:00 PM</td>
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<td>Smooth Sailing through Medicare</td>
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<td>6:00 PM</td>
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<td>Wine Appreciation for Beginners</td>
<td>WineStyles, 5002 Sergeant Road</td>
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<td>Wed.</td>
<td>Senior Strength Circuit</td>
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<td>11/15</td>
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<td>Yoga For Seniors</td>
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## NOVEMBER

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<td>Bacon Creek Back Porch</td>
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<td>Mon.</td>
<td>Mommy and Me Sing</td>
<td>Wells Fargo Room, L110</td>
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<td>11/20</td>
<td>11:00 AM</td>
<td>Mon.</td>
<td>Taekwondo for Seniors</td>
<td>Dunker Student Center, W206</td>
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<td>12:00 PM</td>
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<td>Advanced Sciences Bldg., L416/417</td>
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<td>Rock Around the Clock</td>
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<td>11/21</td>
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<td>Taekwondo for Seniors</td>
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<td>11/27</td>
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<td>Mommy and Me Sing</td>
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<td>Taekwondo for Seniors</td>
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<td>Regional Greats</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>Pages 42-43</td>
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<tr>
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<td>Stretch and Flex</td>
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<td>11/28</td>
<td>11:45 AM</td>
<td>Tues.</td>
<td>World Cuisines and Cultures: California</td>
<td>Brookdale, 2525 Nebraska Street</td>
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</tr>
<tr>
<td>11/28</td>
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<td>Aqua Fit</td>
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<td>Steady Your Stride—Balance Class</td>
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<td>11/29</td>
<td>12:00 PM</td>
<td>Wed.</td>
<td>Art and Sandwiches</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>Page 51</td>
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<td>9:30 AM</td>
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<td>Stretch and Flex</td>
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<td>Thurs.</td>
<td>Aqua Fit</td>
<td>YMCA, 601 Riverview</td>
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## DECEMBER

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<td>12/1</td>
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<td>Fri.</td>
<td>Bacon Creek Back Porch</td>
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<td>12/1</td>
<td>7:00 PM</td>
<td>Fri.</td>
<td>Ode</td>
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<td>12/2</td>
<td>9:00 AM</td>
<td>Sat.</td>
<td>Chalk Pastel on Photographs</td>
<td>Gaylord Smith Bldg., Room C129</td>
<td>Page 37</td>
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<td>10:00 AM</td>
<td>Mon.</td>
<td>Senior Strength Circuit</td>
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<td>Mon.</td>
<td>Mommy and Me Sing</td>
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<td>9:30 AM</td>
<td>Tues.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>12/5</td>
<td>10:30 AM</td>
<td>Tues.</td>
<td>Holiday Party and Concert</td>
<td>Rocklin Conference Center, B174</td>
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<td>Steady Your Stride—Balance Class</td>
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<td>Book Club</td>
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<td>12:00 PM</td>
<td>Wed.</td>
<td>Art and Sandwiches</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>Page 51</td>
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<tr>
<td>12/14</td>
<td>9:30 AM</td>
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<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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<td>10:30 AM</td>
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<td>Coffee and Conversation</td>
<td>Advanced Sciences Bldg., L416/417</td>
<td>Pages 44-45</td>
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<td>WITCC Christmas Concert</td>
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<td>Thurs.</td>
<td>Stretch and Flex</td>
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<td>Wed.</td>
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<td>12/28</td>
<td>Thurs.</td>
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<td>12/29</td>
<td>Fri.</td>
<td>College Closed</td>
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<tr>
<td>1/1</td>
<td>Mon.</td>
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<td>Thurs.</td>
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<td>Tues.</td>
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<td>1/11</td>
<td>Thurs.</td>
<td>Stretch and Flex</td>
<td>Dunker Student Center, Gym</td>
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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 18 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. Yet we have never raised the $5 membership fee.

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.
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To register, call 712.274.6404