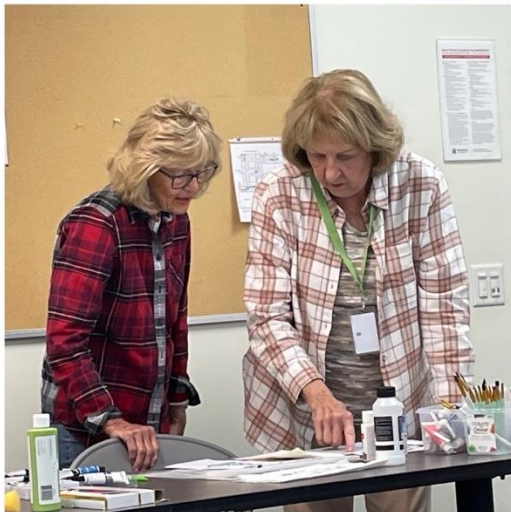


WINTER 2025 ICL STUDY GROUPS

JANUARY 7 – FEBRUARY 6
REGISTER BY DECEMBER 20



Institute for Continued Learning at Roosevelt University
ICLRU Center, Room 705
1400 N. Roosevelt Blvd., Schaumburg, IL 60173
Email: officemanager@iclru.org Website: <https://iclru.org>

Variety – The Spice of Life
Coordinators: Mike and Marilyn Glass
Jan 7 - Jan 28 (4 Sessions)
Zoom



This four-week study group, on Zoom Tuesday and in the classroom Thursday, begins January 7 and ends January 30. We are presenting “best of the best,” four of our most popular documentaries from previous sessions. The featured categories are comedy, entrepreneurship, adventure, and Broadway musicals, a veritable smorgasbord of entertainment.



Experiencing Art
Coordinators: Basilio King, Christopher Melby and Alfredo Rodriguez
Jan 7 – Feb 4 (5 Sessions)
On Campus

This workshop offers an opportunity to explore different techniques and forms of art, such as brush painting, pen and ink, watercolor, and drawing. All levels of experience and expertise are welcome. Participants will bring their own supplies and materials and will work independently. While class facilitators and participants can offer encouragement, ideas and suggestions to each other, this will NOT be an instructional class.

Fun and Games
Coordinator: Nancy Mieszala
Jan 7 – Feb 4 (5 Sessions)
On Campus



Interested in competing with your ICLRU friends in this class to satisfy the ace in you? Join us in playing Quiddler, Rummikub, Ticket to Ride and other games. Join us in our fun and games. It’s always great to learn a new game.

**After Dinner Conversation: Philosophy/Ethics
Short Stories**

**Coordinators: Ruth Sellers & Lynn Shevelenko
Jan 7 – Jan 21 (3 Sessions)**



On Campus

“After Dinner Conversation” is a monthly eMagazine that publishes compelling “what if” scenarios of original philosophy and ethics short stories across genres. Accompanying discussion questions are provided to encourage intentional reflection and respectful debate. Copies of each week’s short stories will be sent to participants via e-mail. *NOTE: eCopies may be available from your local library. For more information about this eMagazine see <https://www.afterdinnerconversation.com/magazine>*



**Mastering PowerPoint Essentials and Classroom
Technology**

**Coordinator: Jeffery Gray
Jan 7 (1 Session)**

On Campus

Join this engaging study group designed to equip participants with the skills to effectively use Microsoft PowerPoint to design presentations and gain confidence in leveraging classroom technology. Participants will gain hands-on experience and valuable insights into creating captivating presentations and utilizing technology to enhance classroom learning. Learn to incorporate multimedia elements, i.e., images, video, audio, transitions and more. Participants are encouraged to bring their own laptop computers to the class; however, if you are unable to bring your own equipment, you will benefit from this program as it will be held in the RU Computer Lab.

The Supreme Court: 2023-2024 Term

**Coordinator: Les Miller
Jan 14 – Feb 4 (4 Sessions)**

On Campus & Zoom



This study group will discuss some of the most significant cases from the Supreme Court's last term, including presidential immunity and cases limiting the power of governmental agencies.

Mastering Keynote Essentials and Classroom Technology**Coordinator: Andrea Basalay****Jan 14 (1 Session)****On Campus**

Join this engaging study group designed to equip participants with the skills to effectively use Keynote for MAC to design presentations and gain confidence in leveraging classroom technology. Participants will gain hands-on experience and valuable insights into creating captivating presentations and utilizing technology to enhance classroom learning. Learn to incorporate multimedia elements, i.e., images, video, audio, transitions and more. Participants are encouraged to bring their own laptop computers to the class; however, if you are unable to bring your own equipment, you will benefit from this program.

**How Colors Affect You: What Science Reveals****Coordinator: Beth Lloyd****Jan 21 – Feb 4 (3 Sessions)****On Campus**

There's more to colors than just aesthetics. There's an actual science behind how colors work on your eyes and your brain. And the secrets that scientists are uncovering offer astounding revelations on how colors influence the way you think, feel, and behave—often without your conscious awareness.

Puccini's La Bohème: An Introduction**Coordinator: Ruth Sellers****Jan 28 (1 Session)****On Campus & Zoom**

Perhaps the most well-known, and certainly one of the most beloved, Puccini's *La Bohème* remains one of the most performed operas worldwide. Beautiful love story, memorable music, rich setting, themes of friendship, enlightenment and “good” versus “evil”, well-developed plot, and relatable story make *La Bohème* a timeless classic. This one-week class will explore these topics as well as musical highlights, historical and cultural events of 1830s Paris, and the background of Puccini, and his librettists.

WEDNESDAYS 10:00-12:00

5



Current Events
Coordinator: Joan Brody
Jan 8 – Jan 29 (4 Sessions)
Zoom

Participate in interactive, stimulating, informative and controversial discussions of domestic and international current events. We'll discuss State and Federal politics, important Supreme Court decisions and events that touch on all of us. Your participation will make for exciting and fascinating sessions. All Democrats, Republicans and Independents are welcome!

FDR's "First 100 Days"
Coordinator: Bob Masterson
Jan 8 (1 Session)
On Campus & Zoom



Very soon the "First 100 Days" of the new administration will begin; a now common benchmark used to judge the productivity of a President. In this session we will look the origin of "The First 100 Days." Coined by President Franklin D. Roosevelt in 1933, we will look at his first 100 days in office, a period of intense legislative action that laid the foundation for the New Deal. We will learn how FDR's bold and swift measures transformed the federal government's role during the Great Depression, reshaping American society and setting a precedent for future administrations. We will look at key policies and examine how FDR's approach to governance helped restore hope and set the stage for recovery.

WEDNESDAYS 1:00-3:00



Flower in You – Advanced
Coordinator: Judy Krakowiak
Jan 8 – Feb 5 (5 Sessions)
On Campus

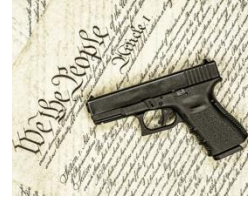
One Stroke acrylic painting technique continues. A \$5 supply fee will be collected at the first session. NOTE: This study group is only available to those who have previously participated in 5 or more classes.

America's Love-Hate Relationship with Guns

Coordinator: Jeffery Gray

Jan 8 – Jan 15 (2 Sessions)

On Campus & Zoom



Join us for an engaging and enlightening class that explores the intricate relationship between America and its love affair with guns, and the Second Amendment! Whether you're a gun owner, a non-gun owner, or simply someone intrigued by the cultural and legal aspects of firearms in the United States, this class promises something for everyone.

Throughout this course, we'll delve into: The historical roots and contemporary interpretations of the Second Amendment, key Supreme Court and lower court decisions that have shaped the landscape of gun rights and regulations, an in-depth look at concealed carry laws and how they vary across states, the debates surrounding assault rifle bans and the use of bump stocks, and the pivotal Bruen decision by the U.S. Supreme Court and its impact on the current state of the law.

Expect lively discussions, expert insights, and a balanced examination of the issues that keep this topic at the forefront of national discourse. This is not just a class—it's an opportunity to understand the complexities, passions, and legal frameworks that define America's unique relationship with guns.



The Pre-Columbian Civilizations of Mesoamerica and the Central Andes

Coordinator: Andrea Zietlow

Jan 15 – Feb 5 (4 Sessions)

On Campus & Zoom

We've all learned about the ancient civilizations of the Egyptians, Greeks, and Romans. But, what about those in our own backyard --- those of Mesoamerica and the Central Andes? For 3000 years before the Spanish conquest, indigenous societies flourished in these regions. In spite of having no contact with other ancient civilizations, they developed very complex societies with well-planned cities and amazing architecture, skilled craftsmanship, and many technological advancements. Join me as we explore the remarkable accomplishments of these fascinating peoples.

Mastering Google Slides Essentials and Classroom Technology**Coordinator: Gene Flynn****Jan 22 (1 Session)****On Campus**

Join this engaging study group designed to equip participants with the skills to effectively use Google Slides to design presentations and gain confidence in leveraging classroom technology. Participants will gain hands-on experience and valuable insights into creating captivating presentations and utilizing technology to enhance classroom learning. Learn to incorporate multimedia elements, i.e., images, video, audio, and more. Participants are encouraged to bring their own laptop computers to the class; however, if you are unable to bring your own equipment, you will benefit from this program as it will be held in the RU Computer Lab with access to computers. Participants will need access to a Google account to create presentations using Google Slides.

**Aaron Burr: American Intrigue****Coordinator: Joyce Haworth****Jan 29 (1 Session)****On Campus & Zoom**

What became of Aaron Burr after his famous duel with Alexander Hamilton? This smooth-talker, who had a knack for separating people from their money, headed to the western territories. There he engaged in intrigue, international double-dealing and what many historians regard as attempted insurrection and treason. Or — was our “Falling Founding Father” innocent of all wrong-doing? Joyce Haworth will shed light on the duplicitous Burr and the shifting loyalties on the American frontier.

How to Protect What's Yours in Today's (and Tomorrow's) World**Coordinator: Ed Booth****Feb 5 (1 Session)****On Campus & Zoom**

Our world has changed drastically and rapidly due to advances in technology. Unfortunately, criminals have adapted and use the changes to the detriment of the rest of us. Unless we change the way we conduct our lives, many things we've done previously can put us at risk of monetary and security loss. This class will explore these vulnerabilities and suggest ways to mitigate them.

Variety – The Spice of Life

Coordinators: Mike and Marilyn Glass

Jan 9 - Jan 30 (4 Sessions)

On Campus



This four-week study group, on Zoom Tuesday and in the classroom Thursday, begins January 7 and ends January 30. We are presenting “best of the best,” four of our most popular documentaries from previous sessions. The featured categories are comedy, entrepreneurship, adventure, and Broadway musicals, a veritable smorgasbord of entertainment.



Come Play Bridge

Coordinator: Andrea Zietlow

Jan 9 – Feb 6 (5 Sessions)

On Campus

This study group is for people who already know how to play bridge. Join us if you would like to meet other ICL members who play and want to have more opportunities to play the game. We welcome those who have recently learned the game as well as intermediate and advanced players. We will be playing for FUN, not cutthroat! Hopefully we can all learn from one another. **NOTE: This is an ongoing study group, but new participants are always welcome.**

Gallipoli: The Fateful Campaign that Shaped Nations

Coordinator: John Smith

Jan 23- Jan 30 (2 Sessions)

On Campus & Zoom



The Gallipoli campaign is considered a major defeat for the Allies, but is seen as a defining moment in the national consciousness of Australia and New Zealand. It also solidified Mustafa Kemal Atatürk's reputation as a military leader, later leading to his role in founding modern Turkey. The class will explore this pivotal battle and include pictures from my visit to the battlefield last Spring.

THURSDAYS 12:00-1:45 (NOTE SPECIAL TIME)

9

Roosevelt University College of Pharmacy

Coordinators: Beth Lloyd – Jan 23,

Ruth Sellers – Jan 30

Guest Speaker Coordinator: Nathaniel Nguyen

**Guest Speakers: Laura Licari, Rodrigo Estrada
Jan 23 – Jan 30 (2 Sessions)**

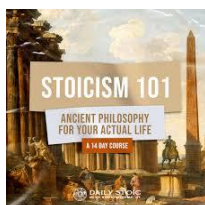
On Campus & Zoom



Session 1: Diabetes and Management will provide a general overview of how our body is affected by diabetes along with related topics, i.e., general signs/symptoms of diabetes, lab values and frequency of screening, medications that people tend to take for diabetes and how it works mechanistically in our body, counseling points and common reactions to the medications, directions on how to measure blood glucose, directions on how to inject insulin, directions on how to use different diabetes injectables (Ozempic, Monjaro, Victoza, Bydureon, and more).

Session 2: Over the Counter Medications, Preventative Care, and Immunizations We will be discussing over the counter treatments for common issues which include pain, colds, cough, heartburn, and more. We will also be discussing examples of preventative care, the importance of preventative care, and immunizations that are recommended at specific ages.

THURSDAYS 1:00-3:00



Stoicism for a World out of Your Control

Coordinator: Paul Wherry

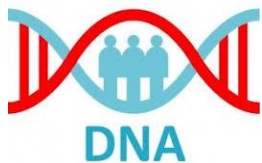
Jan 9 – Jan 16 (2 Sessions)

On Campus

Ancient wisdom to help find control and happiness in modern times. Stoicism is a philosophical way of life that began in ancient Greece, flourished in ancient Rome, influenced the early Christian church and the founders of the United States. We will cover the basic concepts of Stoicism and some modern adaptations.

Brahms – His Life and Music**Coordinator: Gene Flynn****Jan 16 – Feb 6 (4 Sessions)****On Campus & Zoom**

With the help of Professor Robert Greenberg, we will explore the life and music of Brahms. He is considered one of the most important composers in classical music history and is often named as one of the "Three B's" of classical music, along with Bach and Beethoven. Brahms's work was vital in the creation of modern music, and he is known for his ability to combine the Classical and Romantic eras in his compositions.

**DNA: Is This Something You Want to Use for Making Your Family Tree?****Coordinator: Merle Silverstein****Guest Speaker: Bob Silverstein****Jan 23 – Jan 30 (2 Sessions)****On Campus & Zoom**

If you have or are thinking about creating a family tree, you probably know about using DNA as part that process. We will start by discussing how genetics can help find relatives and cover reasons for not using this technology. This part of the talk will include matters of privacy. However, I can help you decide whether you even want to use DNA in your research. If you opt to make genetics part of your family story, then I will cover what to expect and how to use it. I will share some of my finds and hope you will share your questions, successes, and brick walls. These talks are for novices and intermediate level genealogists. You do not need a family tree, an online account, or DNA test.

Local Tourist: Exploring Close to Home or Just Beyond**Coordinator: Becky Booth****Feb 6 (1 Session)****On Campus**

Longtime NW Suburban resident and new ICL member Becky Booth will share some favorite places the 'locals' might have missed. If 'cabin fever' is closing in, this will be a fun time learning about nearby places to check out for learning, entertainment, or food. Interaction will be encouraged, so please come prepared to share!

REGISTRATION: WINTER 2025

STUDY GROUPS

PAGE 1 OF 2



REGISTRATION FORM

Please circle the numbers of the classes you would like to take. Make sure you mark the dates and times on your calendar as confirmation letters will **NOT** be sent out. Please register by sending an email to

officemanager@iclru.org. **Include the NUMBER of the class(es) you are signing up for.** Or mail this form to Bob Masterson at 251 Ascot Lane, Streamwood, IL 60107 by **Dec 20, 2024**.

If a study group is taught both ON CAMPUS and on ZOOM, register for one or the other, but not both.

Note: OC = ON CAMPUS and Z = ZOOM

TUESDAY 10:00-12:00

1. Variety: The Spice of Life **Z**
Jan 7-Jan 28 (4 Sessions)
2. Experiencing Art **OC**
Jan 7-Feb 4 (5 Sessions)
3. Fun & Games **OC**
Jan 7-Feb 4 (5 Sessions)

TUESDAY 1:00-3:00

4. After Dinner Conv **OC**
Jan 7-Jan 21 (3 Sessions)
5. Mastering Power Point **OC**
Jan 7 (1 Session)
6. Supreme Court **OC**
Jan 14- Feb 4 (4 Sessions)
7. Supreme Court **Z**
Jan 14- Feb 4 (4 Sessions)
8. Mastering Keynote **OC**
Jan 14 (1 Session)
9. How Colors Affect **OC**
Jan 21-Feb 4 (3 Sessions)

TUESDAY 1:00-3:00

10. Puccini's La Boheme **OC**
Jan 28 (1 Session)
11. Puccini's La Boheme **Z**
Jan 28 (1 Session)

WEDNESDAY 10:00-12:00

12. Current Events **Z**
Jan 8-Jan 29 (4 Sessions)
13. FDR's 100 Days **OC**
Jan 8 (1 Session)
14. FDR's 100 Days **Z**
Jan 8 (1 Session)

WEDNESDAY 1:00-3:00

15. Flower in You **OC**
Jan 8-Feb 5 (5 Sessions)
16. Relationship with Guns **OC**
Jan 8-Jan 15 (2 Sessions)
17. Relationship with Guns **Z**
Jan 8-Jan 15 (2 Sessions)

Name _____

email _____

REGISTRATION: WINTER 2025

STUDY GROUPS

PAGE 2 OF 2



REGISTRATION FORM

Please circle the numbers of the classes you would like to take. Make sure you mark the dates and times on your calendar as confirmation letters will **NOT** be sent out. Please register by sending an email to

officemanager@iclru.org. **Include the NUMBER of the class(es) you are signing up for.** Or mail this form to Bob Masterson at 251 Ascot Lane, Streamwood, IL 60107 by **Dec 20, 2024.**

If a study group is taught both ON CAMPUS and on ZOOM, register for one or the other, but not both.

Note: OC = ON CAMPUS and Z= ZOOM

WEDNESDAY 1:00-3:00

- 18. Pre-Columbian **OC**
Jan 15-Feb 5 (4 Sessions)
- 19. Pre-Columbian **Z**
Jan 15-Feb 5 (4 Sessions)
- 20. Mastering Google Slides **OC**
Jan 22 (1 Session)
- 21. Aaron Burr **OC**
Jan 29 (1 Session)
- 22. Aaron Burr **Z**
Jan 29 (1 Session)
- 23. Protect What's Yours **OC**
Feb 5 (1 Session)
- 24. Protect What's Yours **Z**
Feb 5 (1 Session)

THURSDAY 10:00-12:00

- 25. Variety: The Spice of Life **OC**
Jan 9-Jan 30 (4 Sessions)
- 26. Come Play Bridge **OC**
Jan 9-Feb 6 (5 Sessions)
- 27. Gallipoli **OC**
Jan 23-Jan 30 (2 Sessions)
- 28. Gallipoli **Z**
Jan 23-Jan 30 (2 Sessions)

THURSDAY 12:00-1:45

- 29. Roosevelt Pharmacy **OC**
Jan 23-Jan 30 (2 Sessions)
- 30. Roosevelt Pharmacy **Z**
Jan 23-Jan 30 (2 Sessions)

THURSDAY 1:00-3:00

- 31. Stoicism for a World **OC**
Jan 9-Jan 16 (2 Sessions)
- 32. Brahms **OC**
Jan 16-Feb 6 (4 Sessions)
- 33. Brahms **Z**
Jan 16-Feb 6 (4 Sessions)
- 34. DNA **OC**
Jan 23-Jan 30 (2 Sessions)
- 35. DNA **Z**
Jan 23-Jan 30 (2 Sessions)
- 36. Local Tourist **OC**
Feb 6 (1 Session)

Name _____

email _____