

# *Lifelong Learning Series*

All programs are offered free of charge, though donations are welcome and support future programming. Reservations appreciated by calling 815-772-7323.

## *Beauty in Europe's Churches, Monasteries, & Convents* with Connie Koehn **Tuesday, January 21, 2020 / 6:30 - 7:30 PM / Odell Program Room**

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Connie Koehn has presented travelogues locally since retiring from Deere & Co. in 2006. She and her husband, Ron, have been to Europe more than 20 times since 1971, when they met and started dating while studying abroad in Salzburg, Austria. They have visited many churches, monasteries, convents and cemeteries. Connie will share some of the most beautiful, interesting, and unique aspects of those visits during her program.

## *Dry Needling and Balance*

### **Tuesday, February 4, 2020 / 6:30 - 7:30 PM / Odell Program Room**

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Chelsey Ferguson, PT., DPT, DIDN and Kristi Wambeke, PT will present a program on "Dry Needling and Balance." Dry Needling, which is the insertion of very fine needles into specific muscles, can help reduce a variety of pain. Balance is essential for all people as it prevents falls. It also reduces other injuries from occurring within the body's structure and muscles.

## *Africa Travelogue: Nairobi, Kenya and the Maasai Mara Game Reserve* with Arlen Van Zee

### **Tuesday, March 31, 2020 / 6:30 - 7:30 PM / Odell Program Room**

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Africa is a fascinating and awe-inspiring continent that many of us will never get to see. Arlen and his wife Numida Van Zee have visited Kenya three times. They will share experiences and insights from their trips in this informative and entertaining travelogue.

## *Protecting Your Identity and Other Assets*

### **Thursday, April 16, 2020 / 6:30 - 7:30 PM / Odell Program Room**

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Identity theft is when thieves steal your personal information in order to take over or open new accounts, file fake tax returns, rent or buy properties or worse! Angela Reamer, Market Sales Manager at TBK Bank, will share ways to recognize, respond to, and reduce the risks of identity theft, along with strategies for protecting other assets. This program is one of the TBK at Work Financial Literacy sessions offered to local businesses and organizations in our community.

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