

Eastern Illinois University

## The Keep

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Program Catalogs

Academy of Lifelong Learning

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Summer 2014

### Fall 2014

Academy of Lifelong Learning

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School of Continuing Education  
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Education is the passport to the future,  
for tomorrow belongs to those who  
prepare for it today.

—Malcolm X



academy of Lifelong Learning  
 EASTERN ILLINOIS UNIVERSITY™

Enjoyable, affordable  
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Fall 2014  
**PROGRAM GUIDE**

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Visit us on the Web: [www.eiu.edu/adulted/all.php](http://www.eiu.edu/adulted/all.php)

  
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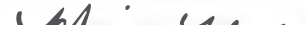
Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource.

—John F. Kennedy

# Welcome

Fall brings the promise of more hours for learning as we finish harvesting tomatoes and green beans from our summer gardens. Adult learners are enormously interested in engaging in multiple ways. Many believe the beauty of learning comes alive by connecting with others in shared discoveries. Join us this fall and try something you have long considered or something new that simply captures your interest. We appreciate your ideas and input and look forward to seeing you soon.

Warm regards,



Marily Metzke, Academy Coordinator  
217-581-5114

## What's New for 2015?

Our approach to engagement in learning is ever-changing in response to member input. The new *EIU Academy Pass* offers unprecedented opportunities in the classroom and online at [www.Lynda.com](http://www.Lynda.com). You will notice several new events and opportunities that focus on health, safety and local poverty. These themes affect us personally and collectively. There are a variety of volunteer opportunities, a three day trip to explore Lincoln's roots, and a self-defense course just for women. We've added extra registration forms to this issue to aid you in registering for multiple events throughout the semester.

## Registration and Refund Policy

Registrations are confirmed by email. Payments of any course fees listed are required at the time of registration. We accept credit cards, cash, and checks. In the event a course is cancelled due to under-enrollment or other circumstance beyond the Academy's control, members will be notified by email or by phone (if same day as event). Refunds will automatically be issued. Refunds are not issued for non-attendance.

# Volunteer Opportunities

Giving back to society through service is a way to demonstrate our values and share our personal gifts. Local need is great. Please consider:

## **The Habitat for Humanity ReStore**

520 W. Lincoln—Donated items (gently used furniture, household goods, appliances and tools) support the mission of providing decent, affordable housing to qualified residents of Coles County. Volunteer help is needed for sorting, organizing, pricing, customer service, and cleaning. The Academy is offering to help from 9 a.m. to 12 p.m. each Tuesday. Please register if you can help for one to three hours during this time frame, starting August 12. Contact Angela Reed, Store Manager at 217-348-7066 for specific information.

## **Tarble Arts Center**

The Tarble Arts Center is a major cultural arts resource serving east central Illinois. Its founding purpose is “to take the arts to the people.” The Tarble serves area communities by providing a wide variety of arts activities and related programs. Volunteers are needed to welcome, count, and assist visitors, and help monitor the galleries. We have 2-hour shifts (10–12; 12–2; 2–4) during our open hours Tuesday through Friday. Some people volunteer as a substitute whenever they see an opening they can fill. Becoming a Tarble Volunteer is a great opportunity to view many different art exhibits, meet new people, and be involved in a unique Charleston resource. For more information, please contact Sally Bock at 217-581-2787 or email [skbock@eiu.edu](mailto:skbock@eiu.edu).

## **Charleston Food Pantry**

990 W. State St.—provides three days of emergency food to residents of Coles County. Clients are permitted to use the services once every 30 days. There are no paid employees at the Food Pantry. If interested in setting up a regular group schedule, or organizing a food drive, please contact Marita Metzke at 217-581-5114 or email [mjmetzke@eiu.edu](mailto:mjmetzke@eiu.edu).

Successful people are always looking for opportunities to help others.

Unsuccessful people are always asking, “What’s in it for me?”

—Brian Tracy

# EIU Academy Pass

The Academy of Lifelong Learning offers its members the rare opportunity to take a traditional undergraduate course without tuition or tests through *EIU Academy Pass*.

This is a perfect opportunity to study subjects in-depth over a full semester. Academy members may register for one audited college course per semester without charge. Our ability to place members in each course depends upon open seats, and EIU degree-seeking students naturally come first. More EIU undergraduate courses are now available for your selection, based on personal interests, career or curiosity.

## **Key Points:**

- Registration for the selected course occurs during the two weeks prior to each new semester and is based on seat availability. Assistance is provided by the Academy of Lifelong Learning staff.
- Individual instructors determine the level of involvement expected from students who are auditing a course.
- Your insights and observations are generally welcome, with the understanding there is a diverse group of students in each course. Most members simply attend for the joy of learning.
- As an Academy Pass student, you will have the benefit of an EIU email account.
- Additionally, complimentary access to [www.Lynda.com](http://www.Lynda.com), an online learning resource that helps individuals learn software, photography and business skills will be yours. (\$375 value)
- Your requests for specific courses will be accepted throughout the year by emailing us at: [academy@eiu.edu](mailto:academy@eiu.edu) and we will make every effort to accommodate your wishes.

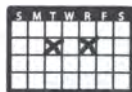
For additional information or help with the new Academy Pass, please contact our staff at 217-581-5114.

A mind that is stretched by a new experience can never go back to its old dimensions.

—Oliver Wendell Holmes

# Legend

**Multi-Meeting Course** A multi-meeting course is a series of meetings scheduled for multiple dates, and is designed to investigate an in-depth topic. Each lesson builds upon the previous meeting's content, with the end goal of developing a knowledge base or skill set regarding the topic of study. A one-time registration fee covers all meeting dates in the series, and participants should plan to attend all meetings to receive the full benefit of the course.



**Workshop** A workshop is a single-meeting event which serves as an introduction to a topic of interest.



**Performance** A Performance event may include music, plays and other events that generally require tickets purchased in advance. A registration fee covers the cost of your ticket and event coordination.



**Lunch & Learn** Lunch & Learn lectures are free events scheduled monthly during lunch hours. These events are opportunities to socialize and to learn about travel experiences, resources in the Coles County community, or to be informed on a topic of interest. Introduce a friend to the Academy by bringing them along to a Lunch & Learn lecture. No pre-registration is required; bring your lunch. Members will receive an insulated Academy lunch bag for your next visit!



**Field Trip** Remember your school days, when you took field trips to area attractions and businesses to learn what goes on around us? A Field Trip is a short (1-3 hours) visit to a local business or establishment for an introduction to the location and how it impacts the community we live in. We will meet at the location identified for an educational introduction. Dining out before or after the event will enhance the learning with lively discussions. Transportation and meals are NOT included for field trips.



**Travel Opportunity** A Travel Opportunity is a day-long or multi-day, extended travel event that explores a topic or area in-depth. Transportation and, in the event of multi-day events, lodging and some meals are included in the cost of these events.



**Intergenerational Opportunity** Look for our Intergenerational Opportunity icon next to some of our event listings. This icon signifies that an event is appropriate for pint-sized guests. Bring your child, grandchild, or favorite young friend for some intergenerational fun!



**\*\*Please be sure to mark your selections on this calendar as a reminder of your registrations.\*\***

# Calendar of Events

## AUGUST

- Book Club: *Outlander*** p. 15  
August 12, 2014 (Multiple meeting dates)  
5-6:30 p.m.  
County Market, 2<sup>nd</sup> floor study room, 1460 E St. #1, Charleston, IL
- Grief as a Barrier to Caregiving** p. 19  
August 28, 2014  
4-6 p.m.  
EIU MLK University Union - 7th Street Underground (Rathskellar)

## SEPTEMBER

- Small Time Napoleon*** p. 10  
September 6, 2014  
7:30 p.m.  
EIU Doudna Fine Arts Center, The Black Box Theatre
- Is EIU's Adult Fitness Program for You?** p. 19  
September 9, 2014  
Noon-1 p.m.  
EIU Rec Center, Lantz Club Room
- Vacations 7 Days at a Time: Owning a Timeshare** p. 15  
September 10, 2014  
Noon-1:30 p.m.  
Charleston Carnegie Public Library, Rotary Room
- How Can EIU Booth Library Serve You?** p. 15  
September 11, 2014  
10-11:30 a.m.  
EIU Booth Library—meet at the South entrance (indoor lobby)
- Central Times* Featuring Pokey LaFarge and Guests** p. 10  
September 15, 2014  
7 p.m.  
EIU Doudna Fine Arts Center, Dvorak Concert Hall

*\*\*Please be sure to mark your selections on this calendar as a reminder of your registrations.\*\**

## SEPTEMBER (cont'd)

- Gallery Talk: 2014 Art Faculty Exhibition** p. 10  
 September 16, 2014  
 11 a.m.–12:30 p.m.  
 EIU Tarble Arts Center, Main Galleries
- R.A.D. (Rape Aggression Defense)** p. 19  
 September 16, 2014 (multiple meeting dates)  
 6–8 p.m.  
 September 16, meet in Lantz 1420;  
 remainder of sessions Lantz 1820, both on lower level
- The Plight of the Monarchs** p. 16  
 September 23, 2014  
 10 a.m.–noon  
 Douglas-Hart Nature Center, 2204 Dewitt Avenue East, Mattoon, IL
- Harris Metals & Recycling Tour** p. 22  
 September 30, 2014  
 11:30 a.m.–12:30 p.m.  
 Harris Metals & Recycling, 1213 N. 11th Street, Mattoon, IL

## OCTOBER

- Minerals, Rocks & Fossils Hands-On Identifications** p. 16  
 October 2, 2014  
 5–7 p.m.  
 EIU Doudna Fine Arts Center, Room 1920
- Gaelic Storm** p. 11  
 October 3, 2014  
 7:30 p.m.  
 EIU Doudna Fine Arts Center, Dvorak Concert Hall

*\*\*Please be sure to mark your selections on this calendar as a reminder of your registrations.\*\**





## OCTOBER (cont'd)

- Creating—or Enhancing—Your Newsletter** p. 17  
 October 7, 2014  
 4–6 p.m.  
 EIU Blair Hall, Room 3132
- Exploring Lincoln's Roots** p. 24  
 October 10, 2014 (multiple meeting dates)  
 Departure 7:30 a.m. Return time approximately 6 p.m. on October 12.  
 (Parking available for duration of trip.)   
 Lincoln Log Cabin, 402 S. Lincoln Hwy., Lerna, IL.
- Pickleball** p. 20  
 October 13, 2014 (multiple meeting dates)  
 8–11:30 a.m.  
 Mattoon Area Family YMCA, 221 N. 16th Street, Mattoon, IL
- The Frugal Family** p. 17  
 October 15, 2014  
 Noon–1:30 p.m.  
 Charleston Carnegie Public Library, Rotary Room
- Gallery Talk: Ansel Adams: Masterworks** p. 11  
 October 16, 2014  
 11 a.m.–12:30 p.m.  
 EIU Tarble Arts Center, Main Galleries
- Fearless Quilt Piecing** p. 12  
 October 18, 2014  
 9 a.m.–4 p.m.  
 Mattoon Depot, 1718 Broadway Avenue, Mattoon, IL
- ABC's of Digital Photography** p. 18  
 October 23, 2014 (multiple meeting dates)  
 5–6 p.m.  
 EIU Booth Library, Edgar Room



# Calendar of Events

**\*\*Please be sure to mark your selections on this calendar as a reminder of your registrations.\*\***

## OCTOBER (cont'd)

- Schoolhouse Rock Live!** p. 12  
October 26, 2014  
2 p.m.  
The Little Theatre On The Square, 16 E. Harrison, Sullivan, IL  
(Transportation not included.)  

  
- Are You Scam Savvy?** p. 20  
October 28, 2014  
10:30 a.m.–noon  
Charleston City Hall, lower level meeting room, 520 Jackson Avenue, Charleston, IL  

  
- Bouncing Back: Building Your Resiliency Reserve** p. 20  
October 29, 2014  
3:30–5 p.m.  
SBLHC Education Center, Madison Room  

  
- Roadside Emergency!** p. 21  
October 30, 2014  
6–7 p.m.  
Neal Tire & Auto Service, 417 Madison Avenue, Charleston, IL  


## NOVEMBER

- Alex Iles, Trombone** p. 13  
November 2, 2014  
4 p.m.  
EIU Doudna Fine Arts Center, The Black Box Theatre  

  
- Poverty and Food Insecurity in East Central Illinois** p. 23  
November 4, 2014 (multiple meeting dates)  
Noon–1 p.m.  
EIU Physical Science Building, Room 2120 Auditorium  


# Calendar of Events

**\*\*Please be sure to mark your selections on this calendar as a reminder of your registrations.\*\***



## NOVEMBER (cont'd)

- Larkfield Glass: Glass Blowing Techniques & Demonstration** p. 22  
November 6, 2014  
10 a.m.–noon  
Van leaves from Blair Hall visitor's lot at 9:15 a.m.;  
Bring money for lunch at Tuscany's.  

  
- Nepal: Land of Mt. Everest** p. 23  
November 12, 2014  
Noon–1:30 p.m.  
Charleston Carnegie Public Library, Rotary Room  

  
- Mindfulness and Soul Care** p. 21  
November 13, 2014  
3:30–5 p.m.  
SBLHC Education Center, Jefferson Room  


## DECEMBER

- Be a Member of the Doudna Fine Arts Center Production Crew!** p. 13  
December 9, 2014  
6 p.m. Tuesday; 1 p.m. Wednesday–  
EIU Doudna Fine Arts Center, meet in front of the Box Office  

  
- DePue Brothers Band: A Magical Grassical Christmas** p. 14  
December 10, 2014  
7:30 p.m.  
EIU Doudna Fine Arts Center, Dvorak Concert Hall  


## Small Time Napoleon



Saturday, September 6, 2014  
7:30 p.m.

EIU Doudna Fine Arts Center,  
The Black Box Theatre

Academy member: \$8  
Non-member: \$15

Register by August 27, 2014.

*Small Time Napoleon* combines their affection for harmony, curiosity of rhythm, and fascination with the tunes of the past to create a unique musical experience. Laura Shine, Assistant Program Director/On-Air Host at Louisville's WFPK Radio, says of the band, "*Small Time Napoleon* is poised for big time things. They are truly one of the most unique and exciting bands I've seen... Their music and instrumentation and vocals are exquisite!" Recently the band was featured on The World Café as a part of David Dye's *Sense of Place*.

## Central Times Featuring Pokey LaFarge and Guests



Monday, September 15, 2014  
7 p.m.

EIU Doudna Fine Arts Center,  
Dvorak Concert Hall

Academy member: \$20  
Non-member: \$20

Register by September 5, 2014.

Pokey LaFarge is a Doudna Fine Arts Center 'Best Of' artist, nominated by the audience to return for an encore performance. This time he's bringing with him four other artists or groups—all from the Central Time Zone—celebrating various styles of American roots music. Scheduled to perform: Pokey LaFarge, Joel Savoy & Co., Dom Flemmons, Loot Rock Gang, and The Tillers. It's like a mini-festival, all in one evening.

## Gallery Talk: 2014 Art Faculty Exhibition



Tuesday, September 16, 2014  
11 a.m.–12:30 p.m.

EIU Tarble Arts Center, Main Galleries  
Jeff Boshart, Jenny Chi, Alan Pocaro,  
and David Richardson, Instructors

**This event is FREE and  
open to the public**

Register by September 9, 2014.

This exhibition presents recent works by practicing artists who are members of the EIU art faculty and emeritus faculty. Typically, the exhibition features paintings, sculpture, ceramics, metals, fibers, graphic design, digital animation, printmaking and mixed media in a variety of styles and approaches. Co-sponsored by the EIU Art Department, the Tarble Arts Center and the Academy of Lifelong Learning.

## Gaelic Storm



Friday, October 3, 2014  
7:30 p.m.

EIU Doudna Fine Arts Center,  
Dvorak Concert Hall

Academy member: \$8  
Non-member: \$15

Register by September 23, 2014.

*Gaelic Storm* returns with the #1 Billboard World Album *The Boathouse*, a seafaring album of traditional songs of the ocean, recorded in one whiskey-fueled week in a converted boathouse on The Chesapeake Bay. With their signature acoustic production, *Gaelic Storm* blends indie-folk and world grooves with Celtic tradition to bring you tales of plight and plunder, whiskey-drenched pirates, flying cannon balls and the ladies of ill repute. Ready your sea legs; you'll need them for *The Boathouse*!

## Gallery Talk: Ansel Adams: Masterworks



Thursday, October 16, 2014  
11 a.m.–12:30 p.m.

EIU Tarble Arts Center, Main Galleries  
Alphonse Joyner, Instructor

**This event is FREE and  
open to the public**

Register by October 13, 2014.

Join EIU Professor Emeritus Al Joyner for a gallery talk on the noted photographer Ansel Adams in conjunction with the exhibition titled *Ansel Adams: Masterworks*. After seeing some of Ansel Adams' photographic books in the 1970s, Mr. Joyner tried to answer: How does he take and make those stunning photographs? As a passionate photographer, Mr. Joyner will share some of what he has learned. This Tarble Arts Center program is presented in conjunction with the EIU Academy of Lifelong Learning.



Find us on  
**Facebook**

Find out what we are doing and explore the many resource links on our Organization Page!

Go to **www.facebook.com** and join the millions on Facebook by signing up. Look for us by typing in **EIU Academy**.

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## Fearless Quilt Piecing



Saturday, October 18, 2014  
9 a.m.–4 p.m.

Mattoon Depot,  
1718 Broadway Avenue, Mattoon, IL  
Deborah Fell, Instructor

Academy member: \$45  
Non-member: \$55

Register by October 3, 2014.  
(limit 24 participants)

Allowing yourself to put aside the traditional rules, this workshop will teach you how to piece a quilt top without a pattern, matching no points and just following your heart. Basic design elements are emphasized and the method is taught in a supportive environment. Students are encouraged to discover their personal design inspiration and will begin to find their own design voice. Sessions are dynamic and include presentations on design, inspiration and using technology as an art tool. Students will walk away with a free form method of piecing a quilt top and the confidence to continue to a finished product. Supply list provided to registrants.

## Schoolhouse Rock Live!



Sunday, October 26, 2014  
2 p.m.

The Little Theatre On The Square,  
16 E. Harrison, Sullivan, IL  
(Transportation not included.)  
Brenda Abbott, Instructor

Academy member: \$12  
Non-member: \$28

Register by October 13, 2014.

*SCHOOLHOUSE ROCK LIVE!* follows Tom, a nerve-wracked school teacher who is nervous about his first day of teaching. He tries to relax by watching TV when various characters representing facets of his personality emerge from the set and show him how to win his students over with imagination and music, through such songs as *Just A Bill*, *Lolly, Lolly, Lolly*, and *Conjunction Junction*.



## Alex Iles, Trombone



Sunday, November 2, 2014  
4 p.m.

EIU Doudna Fine Arts Center,  
The Black Box Theatre

Academy member: \$10  
Non-member: \$10

Register by October 24, 2014.

Alex is a trombone and jazz instructor at California Institute of the Arts and California State University, Northridge and is a Conn/Selmer performing artist. Alex has performed and/or recorded with a wide variety of performers, played in numerous productions, and toured as lead and solo jazz trombonist for big bands. He has performed on various award shows, television series and motion picture soundtracks. Alex will be performing with the EIU Jazz Faculty Combo – Andrew Cheetham, Scott Hesse, Sam Fagaly, Paul Johnston, Jemmie Robertson, Jamie Ryan and special guest Stacy Williams-Jackson.

## Be a Member of the Doudna Fine Arts Center Production Crew!



Tuesday and Wednesday,  
December 9 & 10, 2014  
6 p.m. Tuesday;  
1 p.m. Wednesday

EIU Doudna Fine Arts Center,  
Meet in front of the Box Office  
Dennis Malak, Instructor

Academy member: \$8

Register by December 1, 2014.  
(limit 6 participants)

Ever wonder what it takes to put on a Doudna Fine Arts Center production from start to finish? Through a partnership with the Academy of Lifelong Learning and the Doudna Fine Arts Center you can help build and work on a production with the Student Crew and Guest Artists!! On December 9–10, 2014 join the Doudna Crew for the setup, performance, and strike of The DePue Brothers Band *A Magical Grassical Christmas!* Be prepared to work long hours and late nights, lifting, bending, squatting, and working in the air (as able). You will be paired with a crew member and follow them throughout the process of setup, production, show, and strike. We look forward to meeting you and giving you the experience of a lifetime and the view of a show that very few have ever seen!!

The purpose of art is washing the dust of daily life off our souls.

—Pablo Picasso

## DePue Brothers Band: *A Magical Grassical Christmas*



Wednesday, December 10, 2014  
7:30 p.m.

Doudna Fine Arts Center,  
Dvorak Concert Hall

Academy member: \$8  
Non-member: \$15

Register by December 1, 2014.

Back by audience request as a Doudna Fine Arts Center 'Best Of', it's the DePue Brothers Band in a special Christmas-themed show. Sample Program to include: *Ding Dong Merrily on High*, *Good King Wenceslas*, *Winter Wonderland*, *Have Yourself a Merry Little Christmas*, and *Sleigh Ride*. Plus, many, many more of your favorites and a few originals!

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind.

—Khalil Gibran

## Book Club: *Outlander*



Tuesdays: August 12 & 26,  
September 9 & 23, October 7 & 21,  
November 4 & 18, 2014  
5–6:30 p.m.

County Market, 2<sup>nd</sup> floor study room,  
1460 E St. #1, Charleston, IL  
Marita Metzke, Instructor

**This event is FREE and  
open to the public**

Register by August 5, 2014.  
(limit 15 participants)

We will start this semester with historical fiction - *Outlander* by Diane Gabaldon. In 1945 a former combat nurse returns from the war and is enjoying a second honeymoon—when she walks through a standing stone in one of the ancient stone circles that mark the British Isles. Suddenly she is an “outlander” in a Scotland torn by war and raiding clans in the year 1743. Read the book over the summer and discuss August 12. Join us to help select the next title.

## Vacations 7 Days at a Time: Owning a Timeshare



Wednesday, September 10, 2014  
Noon–1:30 p.m.

Charleston Carnegie Public Library,  
Rotary Room  
Panel: Bob Jorstad,  
Doug Davis & Jim Wood

**This event is FREE and  
open to the public**

Register by September 3, 2014.  
(limit 30 participants)

A panel of three timeshare owners will share their experiences with ownership, trading weeks, different companies they've purchased from, and unexpected pleasures. Expect to participate in a discussion that will cover ownership pros and cons, maximizing your investment, and getting more from what you already own.

## How Can EIU Booth Library Serve You?

Thursday, September 11, 2014  
10–11:30 a.m.

EIU Booth Library-South entrance  
Steve Brantley, Instructor

Academy member: FREE  
Non-member: \$8

Register by September 4, 2014.  
(limit 30 participants)

Learn which research resources and services Booth Library provides for community members, that are different from and supplement the public library collections and services. Explore the evolution of Booth Library, between the time it was built in 1948 through the 2002 renovation. Visit the e-classroom for a hands-on exploration of the electronic resources available in Booth Library. In addition to other resources, you will become familiar with genealogical research resources in the University Archives and electronic access to financial, business and industry research resources available to patrons of Booth Library.

## The Plight of the Monarchs



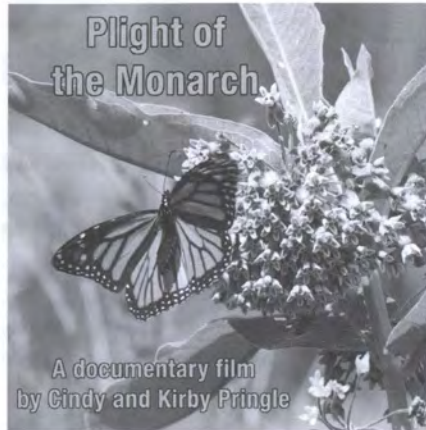
Tuesday, September 23, 2014  
10 a.m.–noon

Douglas-Hart Nature Center,  
2204 Dewitt Avenue East, Mattoon, IL  
Kirby & Cindy Pringle,  
Jennifer Tariq, Instructors

Academy member: \$15  
Non-member: \$15

Register by September 18, 2014.

The monarch butterfly's dignified flight and long migration has fascinated scientists and naturalists for more than a century. Is their survival threatened by humans or is it hype? Learn about changes affecting them and tag your own butterfly in this instructional session that will glorify the *Danaus plexippus*, and help us become better stewards of the habitats needed. This workshop is co-sponsored by the Douglas-Hart Nature Center.



## Minerals, Rocks & Fossils Hands-On Identifications



Thursday, October 2, 2014  
5–7 p.m.

EIU Doudna Fine Arts Center,  
Room 1920  
Dr. Alan Baharlou, Instructor

Academy member: FREE with  
guest(s) under 12  
Non-member: \$10 with  
guest(s) under 12

Register by September 25, 2014.  
(limit 30 participants)

Start with a short PowerPoint presentation on how various minerals, rocks & fossils on the Earth are formed. Then examine important mineral, rock and fossil specimens with your pint-sized guests, with the goal to identify them.

## Creating—or Enhancing— Your Newsletter



Tuesday, October 7, 2014  
4–6 p.m.

EIU Blair Hall, Room 3132  
Dr. Audrey Edwards, Instructor

Academy member: FREE  
Non-member: \$10

Register by September 30, 2014.  
(limit 16 participants)

Do you write and edit a newsletter for your company, organization, friends, or family—or hope to do so? This two-hour workshop offers you the opportunity to define your goals, assess audience needs and interests, generate ideas for making your newsletter more attractive, use technology to experiment with formats, and compare strategies for checking grammar and distributing the newsletter. (You'll work in pairs, so you won't need advanced computer skills.) Workshop includes small-group discussion, handouts, work on a computer, and one free individual consultation, with optional (paid) follow-up.

## The Frugal Family



Wednesday, October 15, 2014  
Noon–1:30 p.m.

Charleston Carnegie Public Library,  
Rotary Room  
Amy Ledbetter, Instructor

**This event is FREE and  
open to the public**

Register by October 10, 2014.  
(limit 30 participants)

**THEFRUGALFAMILY.ORG**

*Where Frugal, Fun, Family and Faith come together!*



If you can't explain it simply,  
you don't understand it well enough.

—Albert Einstein

## ABC's of Digital Photography



Thursday, October 23 and  
Tuesdays, October 28 and  
November 4, 2014  
5–6 p.m.

Booth Library, Edgar Room  
Bev Cruse, Instructor

Academy member: \$10  
Non-member: \$20

Register by October 16, 2014.  
(limit 20 participants)

- A—Activate your inner photography skills;
- B—Become familiar with your camera;
- C—Capture great shots.

Are you tired of the same shots from family gatherings or the garden? Enjoy some instruction and hands-on experience to improve your photos. You will be surprised at how a few tips can change your skill and results!

Intelligence is the ability to adapt to change.

— Stephen Hawking

## Continuing Education Opportunities

### Are you dreaming of a second career or wanting to increase your skills for pleasure?

EIU's School of Continuing Education offers a wide selection of non-credit online training courses at reasonable prices. Courses include but are not limited to:

#### Business Courses

- Customer Service Certificate
- Media Buying Strategies
- Photoshop

#### eMarketing & Social Media for Business

- Google Analytics
- Video Marketing Certificate

#### Courses for K–12 Teachers

- Social Media and Online Tools for K–12 Teachers
- Students with Aspergers

#### Leadership

- Certified Virtual Meeting Planner
- Management Boot Camp
- Supervisory and Leadership Certificate

To see the full array of courses and pricing, visit [www.yougotclass.org/catalog.cfm/EIU](http://www.yougotclass.org/catalog.cfm/EIU)

For further information, call 217-581-5114 or email [learn@eiu.edu](mailto:learn@eiu.edu)



## Grief as a Barrier to Caregiving



Thursday, August 28, 2014  
4–6 p.m.

EIU MLK University Union,  
7th Street Underground (Rathskellar)  
Dr. Jackie Frank, Instructor

**This event is FREE and open to the public**

Register by August 21, 2014.

This course will educate you about recent research in family caregiving for Alzheimer's disease. You will learn about different types of grief, including anticipatory grief and ambiguous loss, coping mechanisms used by spouses and adult children, and experiences of family caregivers. Issues that need to be addressed for this population include grief, loss and coping.

## Is EIU's Adult Fitness Program for You?



Tuesday, September 9, 2014  
Noon–1p.m.

EIU Rec Center, Lantz Club Room  
Dr. Stacey Ruholl, Instructor

Academy member: FREE

Register by September 2, 2014.

EIU's Adult Fitness Program is a physical fitness program designed for adults. Fitness assessments are conducted on all new members to guide the development of an individualized exercise program. Graduate students support the members through the exercise program. Academy members are invited to attend a free introductory session to learn about this fabulous program. Academy members who join are also invited to attend student research presentations at no additional charge.

## R.A.D. (Rape Aggression Defense)



Tuesdays, Wednesdays & Thursdays:  
September 16, 17 & 18, 23,  
24 & 25, 2014  
6–8 p.m.

EIU Lantz Gymnasium,  
Room 1420 (lower level)  
Chief Adam Due, Instructor

Academy member: FREE

Register by September 9, 2014.  
(limit 12 participants)

We all need realistic self-defense tactics and techniques. Join us for the Rape Aggression Defense which is a program of self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts Program. Each student is provided with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates. Please wear comfortable clothes. Each person will work at their own comfort level.

## Pickleball



Mondays, Wednesdays and Fridays,  
October 13, 15, 17, 20, 22, 24,  
27, 29, 31, November 3, 5, 7,  
10, 12, 14, 17, 19 & 21, 2014  
8–11:30 a.m.

Mattoon Area Family YMCA  
221 N. 16th Street, Mattoon, IL  
Angie Patrick, Instructor

Academy member: \$24  
Non-member: \$24

Register by October 8, 2014.

Invented in the 1960's as a backyard pas-  
time, pickleball has become a popular  
paddleball game for all ages. Pickleball  
combines aspects of racquetball and tennis  
and creates a game to be played by two or  
four players using a solid paddle, tennis net,  
whiffle ball and a court smaller than that of  
tennis. The smaller court creates less need  
to run while still focusing on volleying the  
ball across the net. This fun game has many  
followers at the Y who welcome new play-  
ers to join. This group is eager to share their  
passion for the game.

## Are You Scam Savvy?



Tuesday, October 28, 2014  
10:30 a.m.–noon

Charleston City Hall,  
lower level meeting room  
520 Jackson Avenue, Charleston, IL  
Sara Marlow, Instructor

***This event is FREE and  
open to the public***

Register by October 21, 2014.

Learn about the types of common financial  
scams used in our society. Various forms of  
identity theft, safeguarding investments, pre-  
paring for financial emergencies, and scams  
targeting veterans and homeowners will be  
discussed. Learn ways to become more finan-  
cially secure in this technological age. Infor-  
mational packets will be provided.

## Bouncing Back: Building Your Resiliency Reserve



Wednesday, October 29, 2014  
3:30–5 p.m.

SBLHC Education Center,  
Madison Room  
Cheri Burcham, Instructor

Academy member: \$8  
Non-member: \$16

Register by October 22, 2014.  
(limit 30 participants)

Families and individuals face many expected  
and unexpected challenges throughout life.  
Resiliency is the ability to “bounce back” or  
quickly recover from those challenges. The  
key characteristics of resilient people will be  
examined in this workshop, as well as how  
age affects the will to thrive and how it differs  
between generations. Participants will learn:  
factors that influence resiliency; generational  
differences in resiliency; their own resiliency  
rating; and, how to build up resiliency re-  
serves. This workshop is in conjunction with  
the University of Illinois Extension Office.

## Roadside Emergency!



Thursday, October 30, 2014  
6–7 p.m.

Neal Tire & Auto Service,  
417 Madison, Charleston, IL  
Melvin & staff, Instructor

Academy member: FREE  
Non-member: \$8

Register by October 23, 2014.  
(limit 20 participants)

Emergencies in the car ALWAYS happen  
at the worst possible times. Meet Melvin at  
Neal Tire to learn some safety procedures  
and watch important demonstrations, which  
will include jump starting a car, changing a  
tire, and checking your oil. Information on  
putting a car safety kit together will be pro-  
vided. Treats offered by Neal Tire.

## Mindfulness and Soul Care



Thursday, November 13, 2014  
3:30–5 p.m.

SBLHC Education Center,  
Jefferson Room  
Cheri Burcham, Instructor

Academy member: \$8  
Non-member: \$16

Register by November 6, 2014.  
(limit 30 participants)

We all lead busy lives that our mental,  
emotional and physical health suffers from  
the disconnect that can happen between  
ourselves and life. Mindfulness is the act  
of paying purposeful attention to the pres-  
ent moment. It offers us a way to enjoy  
our lives more and reduce stress through a  
few simple practices. Participants will learn  
how paying attention in a mindful way can  
reduce stress, and three easy techniques to  
increase satisfaction. This workshop is in  
conjunction with the University of Illinois  
Extension Office.

Live as if you were to die tomorrow.  
Learn as if you were to live forever.

—Mahatma Gandhi

## Harris Metals & Recycling Tour

Tuesday, September 30, 2014  
11:30 a.m.–12:30 p.m.

1213 N. 11th Street, Mattoon, IL  
Tony Harris, Instructor

**This event is FREE and open to the public**

Register by September 23, 2014.



Have you turned in aluminum cans, old appliances or pieces of tin for recycling? Come find out what happens to these items after they are turned in for recycling and where they go for processing from a recycling plant. We will tour the facility, and learn how they buy, prepare and package these materials. Some of the various types of equipment used in the process includes balers, shears, plasma cutters and wire strippers. Bring your questions and learn how to put less in the trash and more in reusing these valuable resources.

## Larkfield Glass: Glass Blowing Techniques & Demonstration

Thursday, November 6, 2014  
10 a.m.–noon

Departure from  
Blair Hall visitor's lot at 9:15 a.m.;  
Bring money for lunch at Tuscany's.  
Randy & Joy Turner, Instructors

Academy member: \$12  
Non-member: \$24

Register by October 27, 2014.  
(limit 10 participants)

Get acquainted with Larkfield Glass and the art of glassblowing. Watch a professional glassblower at work. Randy will demonstrate techniques for different shapes, color effects, and processes. Pictures and questions are welcome. Come watch and learn how glass is shaped into wonderful, useful objects.

Words mean more than what is set down on paper.  
It takes the human voice to infuse them with  
deeper meaning.

—Maya Angelou

## Poverty and Food Insecurity in East Central Illinois

Tuesdays, November 4, 11, & 18, 2014  
Noon–1 p.m.

EIU Physical Science Building,  
Room 2120 Auditorium  
Michael Gillespie, Instructor

**This event is FREE and open to the public; 100% of Donations will go to Local Food Banks**

Register by October 31, 2014.

In collaboration with the Eastern Illinois University Hunger Action Team's month-long EIU Hunger Challenge, this three-session public lecture series will explore the level and nature of poverty and food insecurity in Coles County and the surrounding East Central Illinois region. Topics include a general discussion of poverty, hunger and food insecurity (Nov. 4), poverty and food insecurity specific to the county and region in comparison with state-wide and national statistics (Nov. 11), and local responses to, and needs for, poverty alleviation (Nov. 18). Each session will include a data-driven presentation by Michael D. Gillespie, Ph.D., Assistant Professor of Sociology at EIU, as well as time for questions and dialog.

## Nepal: Land of Mt. Everest

Wednesday, November 12, 2014  
Noon–1:30 p.m.

Charleston Carnegie Public Library,  
Rotary Room  
Swastika Sharma, Instructor

**This event is FREE and open to the public**

Register by November 5, 2014.  
(limit 30 participants)

Nepal is popularly known as the country of Mt. Everest and birthplace of Lord Buddha. It also has the world's deepest gorge, unique non-quadrilateral shaped flag and it has most of the world's highest peaks. In this Lunch & Learn, explore some more interesting facts about Nepal and get acquainted with the geography, angelic beauty, economy, religion, and local culture, major tourist attractions of this country. You will appreciate the journey of the teacher, who grew up in Nepal, and will speak to what brought her to the United States. Miss Sharma is currently a Graduate Assistant working with the Academy of Lifelong Learning, and working to complete a Master of Arts in Gerontology.

## Upcoming Travel Plans



AN EDUCATIONAL ADVENTURE OFFERED BY LINCOLN LOG CABIN STATE HISTORIC SITE AND THE ACADEMY OF LIFELONG LEARNING AT EASTERN ILLINOIS UNIVERSITY

# EXPLORING LINCOLN'S ROOTS

OCTOBER 10-12, 2014

Join us for a special three-day, two-night journey through Indiana's Lincoln sites to explore the Kentucky roots of our 16<sup>th</sup> president. Visit the plantation of Abraham Lincoln's lifelong friend Joshua Speed.

Explore Kentucky's Bourbon Trail with a tour of Maker's Mark Distillery. Accommodations for both nights will be at the Inn at the Historic Pleasant Hill Shaker Village, outside Herrodsburg, Kentucky, which is also featured on our tour itinerary.

For more information or to register, contact Kathy Grant at 217-581-5114, or email [academy@eiu.edu](mailto:academy@eiu.edu).

# \$492\*

per person registration fee includes transportation, lodging, all admission fees, guided tours and breakfast buffet each morning.

*\*Based on double occupancy.  
\$100 non-refundable deposit due August 5, 2014;  
\$392 balance due September 5, 2014.*

### ITINERARY

#### FRIDAY, OCTOBER 10<sup>TH</sup>

- Lincoln Boyhood Home
- Historic Farmington Plantation

#### SATURDAY, OCTOBER 11<sup>TH</sup>

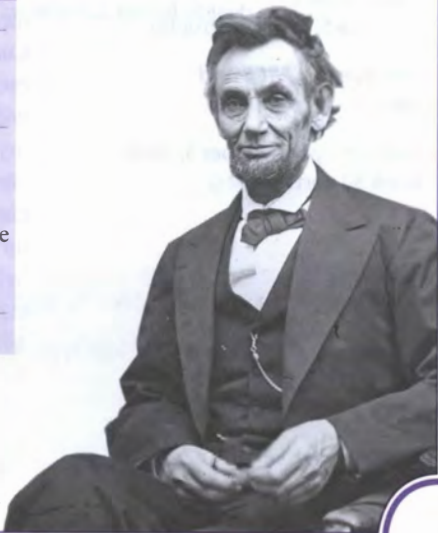
- Lincoln Wedding Cabin
- Perryville Battlefield Site
- Maker's Mark Distillery
- Lincoln's Kentucky Boyhood Home
- Lincoln's Birthplace

#### SUNDAY, OCTOBER 12<sup>TH</sup>

- Shaker Village of Pleasant Hill



academy of  
**Lifelong Learning**  
EASTERN ILLINOIS UNIVERSITY



[www.eiu.edu/adulted/14lincoln.php](http://www.eiu.edu/adulted/14lincoln.php)

Give the Perfect Gift and

*Nurture their curiosity.*

## Give a membership to EIU's Academy of Lifelong Learning.

The Academy is a learning community sponsored by EIU's School of Continuing Education. The Academy is open to any adult who has a desire to learn, connect and enjoy the process.

A one-year membership for \$35 includes these benefits:

- Free monthly lunchtime lectures
- Discounted pricing for Academy events at the EIU Doudna Fine Arts Center
- Reduced registration fees for workshops, travel, courses and tours
- 20% discount at the EIU University Bookstore (excluding technology purchases) and a gift for new members!
- Complimentary tuition and textbook rental to audit one EIU credit course per semester
- Discounts at supporting area businesses

For more information, visit us online at [www.eiu.edu/adulted/all.php](http://www.eiu.edu/adulted/all.php), contact the School of Continuing Education at 217-581-5114 or email [academy@eiu.edu](mailto:academy@eiu.edu)



School of Continuing Education

[www.eiu.edu/adulted](http://www.eiu.edu/adulted)

## Become a Member

The Academy is a learning community sponsored by the School of Continuing Education at Eastern Illinois University.

The Academy is open to anyone who has a curiosity and a desire to learn.

A one-year membership for \$35 includes these benefits:

- Travel Opportunities
- Monthly Lunch & Learn presentations
- Field Trips
- EIU Library Privileges
- NEW! Complimentary *Academy Pass* (see p. 3 for details)
- Area Business discounts:
  - Towne Square Jewelers: 20% discount on Citizen watches and the Colore line to all Academy members (valid through 12/31/2014)  
<http://www.townesquarejewelers.com/>
  - Bike & Hike of Charleston: 10% discount to Academy members  
<http://www.bikeandhikeweb.com/>
  - Pensee's Bookshop on the Square: 10% discount to Academy members  
<http://penseesbookshop.blogspot.com>
  - EIU Bookstore 20% discount (non-technology purchases)  
<http://www.eiubookstore.com/>
  - Curves - Charleston, Mattoon & Effingham: \$59 registration fee waived!  
<http://www.curves.com/>

The Academy's mission is to grow and serve the educational needs of community members. We welcome your membership and ideas for future programming.

Add your membership to the registration forms on p. 31–36 of this booklet when you're registering for classes, or simply join the Academy. Become eligible for the great member pricing for all our events, and enjoy all the additional benefits listed above. Welcome to the Academy of Lifelong Learning!

## Purpose of the Academy

The purpose of the Academy is to provide all community members informal opportunities for non-credit learning. We offer a wide variety of low-cost, high-quality short courses and events that enable participants to enjoy learning in a relaxed environment. Our goal is to encourage learning and dialogue to help individuals develop new abilities to cope with the continuous change that surrounds us today.

## Advisory Council

Special thanks to the advisory council members who donate their time and expertise to the advancement of the Academy.

Rick Addison	2017	Jana Johnson, Chair-Elect	2016
Joyce Allen	2017	Audrey Jorns	2016
Kathleen Anderson	2016	Dave Maurer	2015
Mary Anne Hanner, Past Chair	2015	Angie Patrick	2016
Jerry Herman	2017	Lorenzo Smith	2015
Mark Hillard	2017	Colleen Stoner	2015
Kathy Hummel, Chair	2015	Cindy White	2016

## Supporting Staff

Special thanks to the following members of the School of Continuing Education who work diligently for the benefit of the Academy:

Regis Gilman, Dean  
Marita Metzke, Coordinator  
Kathy Grant, Registration Coordinator  
Diane Highland, Graphic Designer  
Peggy Hickox, Administrative Assistant  
Swastika Sharma, Graduate Assistant

To provide feedback about the Academy, call the School of Continuing Education at 217-581-5114 or e-mail [academy@eiu.edu](mailto:academy@eiu.edu).



## EIU Resources for Fun and Learning

### Business Solutions Center

Whether you are an existing business looking to expand or a person who needs specialized assistance with a new business idea, we may be the resource for you. For more information, contact us at 581-2913 or [www.eiu.edu/prairiespark](http://www.eiu.edu/prairiespark).

### Caregiver Workshop Series

Free workshops to teach and support those who are in a caregiving role for parents or other family members. For more information, contact Julie Benedict at 581-8415 or [jbenedict@eiu.edu](mailto:jbenedict@eiu.edu).

### EIU Booth Library

Become a library patron! EIU Booth Library offers Community Borrower cards to Illinois residents over age 18. For more information, contact Circulation at 581-6071 or visit [www.library.eiu.edu/circ/communityborrowers.html](http://www.library.eiu.edu/circ/communityborrowers.html).

### The Daily Eastern News

Find out about what is happening on campus and learn about upcoming events. To read the DEN online, go to [www.dennews.com](http://www.dennews.com). For more information, call 581-2812.

### Doudna Fine Arts Center

Find out what is happening at the new Doudna Fine Arts Center at [www.eiu.edu/doudna](http://www.eiu.edu/doudna). For more information, contact the Doudna Box Office at 581-3110 or [doudnatix@eiu.edu](mailto:doudnatix@eiu.edu).

### Tarble Arts Center

A gem of a gallery right here in central Illinois. For exhibit or event information, contact Tarble Arts at 581-2787 or [tarble@eiu.edu](mailto:tarble@eiu.edu).

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these

—George Washington Carver

## Continuing Education Opportunities

### Still waiting for the right time to finish your bachelor's degree?

### It may be easier than you think!

EIU offers three degree completion programs specifically designed for busy adults that can be completed in online or face-to-face classes.

**The Bachelor of Arts in General Studies [BGS]** helps meet the educational goals of mature adults, who can develop a portfolio for the assessment of college-level knowledge earned outside the traditional classroom.

**The Bachelor of Science in Organizational & Professional Development [OPD]** provides a broader conceptual and theoretical framework for understanding organizations, individual professional development and the interaction between the two.

**The Registered Nurse to Bachelor of Science in Nursing [RN-BSN]** prepares students to communicate clearly to enhance professional interactions, collaboration, coordination and management of care, and development of leadership roles in an evolving health care system.



i am  
**eiu**

Don't wait any longer to get that diploma! See if one of our degree programs is right for you.

For more information, call 217-581-5114, or e-mail [offcampus@eiu.edu](mailto:offcampus@eiu.edu)

# Donations

For it is in giving  
that we receive.

—Francis of Assisi

## Please Consider **DONATING** In Support of the Academy

The Academy of Lifelong Learning functions for the provision of non-credit learning and growth for adults who wish to remain active in a wide range of brain healthy ways. The EIU Foundation exists, in part, to enhance the educational activities of Eastern Illinois University students and employees by participating in and supporting academic and artistic programming through scholarships and grants.

Your tax-deductible donation, large or small, will help us continue to offer this popular and inventive programming. Your contribution may provide a membership for someone in our community who demonstrates financial need, or may underwrite future programs not currently available to us. Your donation may serve a designated purpose at your request, or may be used to meet the greatest need. One of the best reasons to give is knowing that your gift will impact the local community.

### Academy of Lifelong Learning · EIU Foundation Donation Form

I wish to make a donation in support of the EIU Academy of Lifelong Learning.

Name \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

I wish to make a donation in the amount of:

\$25     \$50     \$100     Other \$ \_\_\_\_\_

Please apply my donation toward:

Designated purpose \_\_\_\_\_

Sponsorship for financial need

General fund in support of Academy programming

My payment is enclosed:

Check (payable to EIU Foundation) \_\_\_\_\_ ck# \_\_\_\_\_

M/C     Discover    Card # \_\_\_\_\_

Visa     AMEX

Exp. Date \_\_\_\_\_ Total Charges \_\_\_\_\_

I authorize  
Eastern Illinois University  
to charge my credit card:

Cardholder Signature \_\_\_\_\_

# Membership/Course Registration Form

Please complete both sides of this form.

Name \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

### Membership Dues (non-refundable)

Annual Membership \$35  
Memberships run from Sept. 1 through Aug. 31.

To make your tax-deductible donation to support future programming for the Academy of Lifelong Learning, please enclose the Donation form on page 30 of this guide.

Please be sure to mark your selections on the calendar,  
pages 5–9 as a reminder of your registrations.

Please make your workshop selections using the checklist on the reverse of this form. **When registering multiple persons**, write in the number of attendees for each event in the blank next to the check boxes for your selected events and list their names below:

#### Additional attendees

Guest #1 Name: \_\_\_\_\_

Guest #2 Name: \_\_\_\_\_

### CANCELLATION POLICY, see p. 1

Payment Information: Total Cost for My Workshop Choices: \_\_\_\_\_

Cash     M/C     Visa     Discover

Check (payable to EIU)    Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Total Charges \_\_\_\_\_

I authorize Eastern Illinois University to charge my credit card:

Cardholder Signature \_\_\_\_\_

Please mail your completed registration form with payment to the return address on the back cover.

# Membership/Course Registration Form

	# to attend	Event Name	Member \$	Non-Member \$
The Arts	<input type="checkbox"/>	Small Time Napoleon	\$8	\$15
	<input type="checkbox"/>	Central Times Featuring Pokey LaFarge and Guests	\$20	\$20
	<input type="checkbox"/>	GalleryTalk: 2014 Art Faculty Exhibition	FREE	FREE
	<input type="checkbox"/>	Gaelic Storm	\$8	\$15
	<input type="checkbox"/>	Gallery Talk: Ansel Adams: Masterworks	FREE	FREE
	<input type="checkbox"/>	Fearless Quilt Piecing	\$45	\$55
	<input type="checkbox"/>	Schoolhouse Rock Live!	\$12	\$28
	<input type="checkbox"/>	Be a Member of the DFAC Production Crew!	\$8	N/A
Enrichment	<input type="checkbox"/>	DePue Bros. Band: A Magical Grassical Christmas	\$8	\$15
	<input type="checkbox"/>	Book Club: Outlander	FREE	FREE
	<input type="checkbox"/>	Vacations 7 Days at a Time: Owning a Timeshare	FREE	FREE
	<input type="checkbox"/>	How Can EIU Booth Library Serve You?	FREE	\$8
	<input type="checkbox"/>	The Plight of the Monarchs	\$15	\$15
	<input type="checkbox"/>	Minerals, Rocks & Fossils Hands-On Identifications	FREE	\$10
	<input type="checkbox"/>	Creating—or Enhancing—Your Newsletter	FREE	\$10
	<input type="checkbox"/>	The Frugal Family	FREE	FREE
Health & Safety	<input type="checkbox"/>	ABC's of Digital Photography	\$10	\$20
	<input type="checkbox"/>	Mindfulness and Soul Care	\$8	\$16
	<input type="checkbox"/>	Grief as a Barrier to Caregiving	FREE	FREE
	<input type="checkbox"/>	Is EIU's Adult Fitness Program For You?	FREE	N/A
	<input type="checkbox"/>	R.A.D. (Rape Aggression Defense)	FREE	N/A
	<input type="checkbox"/>	Pickleball	\$24	\$24
	<input type="checkbox"/>	Are You Scam Savvy?	FREE	FREE
	<input type="checkbox"/>	Bouncing Back: Building Your Resiliency Reserve	\$8	\$16
Local Interest	<input type="checkbox"/>	Roadside Emergency!	FREE	\$8
	<input type="checkbox"/>	Harris Metals & Recycling Tour	FREE	FREE
Sociology	<input type="checkbox"/>	Larkfield Glass: Glass Blowing Techniques & Demo	\$12	\$24
	<input type="checkbox"/>	Poverty and Food Insecurity in East Central IL	FREE	FREE
	<input type="checkbox"/>	Nepal: Land of Mt. Everest	FREE	FREE

**\*\*Please be sure to mark your registration selections on your calendar, pages 5-9.\*\***

Total Cost for My Workshop Choices: \$ \_\_\_\_\_

Please complete both sides of this form.

# Membership/Course Registration Form

Please complete both sides of this form.

Name \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

## Membership Dues (non-refundable)

Annual Membership \$35

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**Please be sure to mark your selections on the calendar, pages 5-9 as a reminder of your registrations.**

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### Additional attendees

Guest #1 Name: \_\_\_\_\_

Guest #2 Name: \_\_\_\_\_

## CANCELLATION POLICY, see p. 1

Payment Information: Total Cost for My Workshop Choices: \_\_\_\_\_

Cash  M/C  Visa  Discover

Check (payable to EIU) Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Total Charges \_\_\_\_\_

I authorize Eastern Illinois University to charge my credit card:

Cardholder Signature \_\_\_\_\_



Please mail your completed registration form with payment to the return address on the back cover.

# Membership/Course Registration Form

# to attend    Event Name    Member \$    Non-Member \$

**The Arts**

- \_\_\_ Small Time Napoleon    \$8    \$15
- \_\_\_ Central Times Featuring Pokey LaFarge and Guests    \$20    \$20
- \_\_\_ Gallery Talk: 2014 Art Faculty Exhibition    FREE    FREE
- \_\_\_ Gaelic Storm    \$8    \$15
- \_\_\_ Gallery Talk: Ansel Adams: Masterworks    FREE    FREE
- \_\_\_ Fearless Quilt Piecing    \$45    \$55
- \_\_\_ Schoolhouse Rock Live!    \$12    \$28
- \_\_\_ Be a Member of the DFAC Production Crew!    \$8    N/A
- \_\_\_ DePue Bros. Band: A Magical Grassical Christmas    \$8    \$15

**Enrichment**

- \_\_\_ Book Club: Outlander    FREE    FREE
- \_\_\_ Vacations 7 Days at a Time: Owning a Timeshare    FREE    FREE
- \_\_\_ How Can EIU Booth Library Serve You?    FREE    \$8
- \_\_\_ The Plight of the Monarchs    \$15    \$15
- \_\_\_ Minerals, Rocks & Fossils Hands-On Identifications    FREE    \$10
- \_\_\_ Creating—or Enhancing—Your Newsletter    FREE    \$10
- \_\_\_ The Frugal Family    FREE    FREE
- \_\_\_ ABC's of Digital Photography    \$10    \$20

**Health & Safety**

- \_\_\_ Mindfulness and Soul Care    \$8    \$16
- \_\_\_ Grief as a Barrier to Caregiving    FREE    FREE
- \_\_\_ Is EIU's Adult Fitness Program For You?    FREE    N/A
- \_\_\_ R.A.D. (Rape Aggression Defense)    FREE    N/A
- \_\_\_ Pickleball    \$24    \$24
- \_\_\_ Are You Scam Savvy?    FREE    FREE
- \_\_\_ Bouncing Back: Building Your Resiliency Reserve    \$8    \$16
- \_\_\_ Roadside Emergency!    FREE    \$8

**Local Interest**

- \_\_\_ Harris Metals & Recycling Tour    FREE    FREE
- \_\_\_ Larkfield Glass: Glass Blowing Techniques & Demo    \$12    \$24

**Sociology**

- \_\_\_ Poverty and Food Insecurity in East Central IL    FREE    FREE
- \_\_\_ Nepal: Land of Mt. Everest    FREE    FREE

**\*\*Please be sure to mark your registration selections on your calendar, pages 5-9.\*\***

Total Cost for My Workshop Choices: \$ \_\_\_\_\_

Please complete both sides of this form.

# Membership/Course Registration Form

Please complete both sides of this form.

Name \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

**Membership Dues (non-refundable)**

- Annual Membership \$35  
Memberships run from Sept. 1 through Aug. 31.

To make your **tax-deductible donation** to support future programming for the Academy of Lifelong Learning, please enclose the Donation form on page 30 of this guide.

**Please be sure to mark your selections on the calendar, pages 5-9 as a reminder of your registrations.**

Please make your workshop selections using the checklist on the reverse of this form. **When registering multiple persons**, write in the number of attendees for each event in the blank next to the check boxes for your selected events and list their names below:

**Additional attendees**

Guest #1 Name: \_\_\_\_\_

Guest #2 Name: \_\_\_\_\_

**CANCELLATION POLICY, see p. 1**

Payment Information: Total Cost for My Workshop Choices: \_\_\_\_\_

Cash     M/C     Visa     Discover

Check (payable to EIU)    Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Total Charges \_\_\_\_\_

I authorize Eastern Illinois University to charge my credit card:

\_\_\_\_\_  
Cardholder Signature



Please mail your completed registration form with payment to the return address on the back cover.

# Membership/Course Registration Form

	# to attend	Event Name	Member \$	Non-Member \$
The Arts	<input type="checkbox"/>	Small Time Napoleon	\$8	\$15
	<input type="checkbox"/>	Central Times Featuring Pokey LaFarge and Guests	\$20	\$20
	<input type="checkbox"/>	Gallery Talk: 2014 Art Faculty Exhibition	FREE	FREE
	<input type="checkbox"/>	Gaelic Storm	\$8	\$15
	<input type="checkbox"/>	Gallery Talk: Ansel Adams: Masterworks	FREE	FREE
	<input checked="" type="checkbox"/>	Fearless Quilt Piecing	\$45	\$55
	<input type="checkbox"/>	Schoolhouse Rock Live!	\$12	\$28
	<input type="checkbox"/>	Be a Member of the DFAC Production Crew!	\$8	N/A
Enrichment	<input type="checkbox"/>	DePue Bros. Band: A Magical Grassical Christmas	\$8	\$15
	<input type="checkbox"/>	Book Club: <i>Outlander</i>	FREE	FREE
	<input type="checkbox"/>	Vacations 7 Days at a Time: Owning a Timeshare	FREE	FREE
	<input type="checkbox"/>	How Can EIU Booth Library Serve You?	FREE	\$8
	<input checked="" type="checkbox"/>	The Plight of the Monarchs	\$15	\$15
	<input checked="" type="checkbox"/>	Minerals, Rocks & Fossils Hands-On Identifications	FREE	\$10
	<input checked="" type="checkbox"/>	Creating—or Enhancing—Your Newsletter	FREE	\$10
	<input checked="" type="checkbox"/>	The Frugal Family	FREE	FREE
Health & Safety	<input checked="" type="checkbox"/>	ABC's of Digital Photography	\$10	\$20
	<input checked="" type="checkbox"/>	Mindfulness and Soul Care	\$8	\$16
	<input type="checkbox"/>	Grief as a Barrier to Caregiving	FREE	FREE
	<input type="checkbox"/>	Is EIU's Adult Fitness Program For You?	FREE	N/A
	<input type="checkbox"/>	R.A.D. (Rape Aggression Defense)	FREE	N/A
	<input type="checkbox"/>	Pickleball	\$24	\$24
	<input checked="" type="checkbox"/>	Are You Scam Savvy?	FREE	FREE
	<input checked="" type="checkbox"/>	Bouncing Back: Building Your Resiliency Reserve	\$8	\$16
Local Interest	<input checked="" type="checkbox"/>	Roadside Emergency!	FREE	\$8
	<input type="checkbox"/>	Harris Metals & Recycling Tour	FREE	FREE
Sociology	<input checked="" type="checkbox"/>	Larkfield Glass: Glass Blowing Techniques & Demo	\$12	\$24
	<input type="checkbox"/>	Poverty and Food Insecurity in East Central IL	FREE	FREE
	<input checked="" type="checkbox"/>	Nepal: Land of Mt. Everest	FREE	FREE

**\*\*Please be sure to mark your registration selections on your calendar, pages 5–9.\*\***

Total Cost for My Workshop Choices: \$ \_\_\_\_\_

Please complete both sides of this form.

# EIU Campus Map



Detailed campus maps are available for print or web viewing at [www.eiu.edu/map](http://www.eiu.edu/map).

- Residential
- Academic/Instructional
- Under construction
- Streets closed