

Eastern Illinois University

The Keep

Program Catalogs

Academy of Lifelong Learning

Spring 2017

Spring/Summer 2017

Academy of Lifelong Learning


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Enjoyable, affordable
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Spring/Summer 2017 PROGRAM GUIDE



academy
of Lifelong Learning



EASTERN ILLINOIS UNIVERSITY™

Program Coordinator: Marita Metzke

Phone: 217-581-5114

Email: academy@eiu.edu

Visit us on the Web: www.eiu.edu/adulted/all.php

INDEX

Purpose of the Academy	1
What's Been Added for Spring 2017	1
Registration and Refund Policy	1
Volunteer Opportunities	2
Advisory Council	4
EIU Academy Pass	5
Calendar of Events	6-13
EIU Resources for Fun and Learning	13
The Arts	14-17
Enrichment	18-20
Environment & Science	21-22
Health & Wellness	23-25
Local Interest, History & Culture	26-29
Give a Gift	31
Become a Member	32
Continuing Education Opportunities	33
Donation Form	35
Membership/Course Registration Forms	35-36
EIU Campus Map	37

I'm constantly learning, and that is the greatest gift of life in my opinion - to always be learning and growing.

- Kristin Chenoweth

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.

WHAT'S BEEN ADDED FOR SPRING 2017?

We understand some learners want more than an introduction to a topic, so we are providing several multi-series learning events at your request! We hope you will support our instructors, most of whom donate their expertise for the LOVE OF LEARNING, as well as sharing passion for their area of expertise. Some of these sessions include:

- Why is Great-Grandpa Buried with Three Women? (hands on genealogy)
- Healthy Eating – Shopping, Snacking, and Cooking Sessions
- The Rapidly Shrinking Middle Class
- Gentle Yoga
- Coffee with a Cop
- Tai Chi

Other topics selected with consideration of current interests and issues include:

- Autism
- Letter to the Editor
- Memory or Cognition?
- Fifty + Years of Foolishness: Our Obsession with Antiques

Personal learners always find something to inspire their curiosity. Join us for some individual brainwork, socializing with other thinkers, and healthy discussions!

REGISTRATION & 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.

ADVISORY COUNCIL

Community members who donate their time and expertise to the advancement of the Academy:

Rick Addison	Kathy Hummel
Joyce Allen	John Inyart
George Edwards	Jana Johnson, Past Chair
Diana Glosser	Audrey Jorns
Jerry Herman	Janet Messenger
Mark Hillard	Cindy White, Chair

SUPPORTING STAFF

Employees of the School of Continuing Education who work diligently for the benefit of the Academy:

Dr. Jeff Cross, Interim Dean
Marita Metzke, Coordinator
Debbie Meadows, Registration Coordinator
Peggy Hickox, Administrative Assistant
Derek Page, Graphic Designer

To recognize and express appreciation for all who support LEARNING through the Academy:

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. Don't settle. As with all matters of the heart, you'll know when you find it.

- Steve Jobs

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 an unparalleled opportunity to study subjects you choose, in-depth, over a full semester. Academy members may register for one audited college course per semester without paying tuition. Any fees, textbook mailing cost, or other incidental charges are the responsibility of the member. Our ability to place members in each course depends upon open seats, and EIU degree-seeking students naturally receive priority.

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.
- Member insights and observations are generally welcome, with the understanding that there is a diverse group of students in each course. Most members simply attend for the joy of learning.
- As Academy Pass students, members will have the benefit of an EIU email account and a complimentary parking pass for class times.
- Additionally, complimentary access to www.Lynda.com, an online learning resource that helps individuals learn software, photography and business skills will be yours (\$30 per month value).
- Requests for specific courses will be accepted throughout the year by emailing us at academy@eiu.edu.

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

Increase of material comforts, it may be generally laid down, does not in any way whatsoever conduce to moral growth.

- Mahatma Gandhi

*It is the mark of an
educated mind to be
able to entertain a
thought without
accepting it.*

-Aristotle



CALENDAR OF EVENTS

JANUARY - JUNE





GANGSTAGRASS



FREEDOM WINDS

JANUARY

- PAST~FORWARD (EVENING GROUP)** PG. 20
January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 10, November 14, December 12
6:00 - 8:00 pm
Wesley United Methodist Church
2206 4th Street
Charleston, IL 61920
- BOOK CLUB** PG. 18
Tuesdays - January 24, February 7 & 21, March 7 & 21, April 4 & 18, May 2 & 16
4:00 - 5:30 pm
County Market Study Room
1460 E Street, #1
Charleston, IL 61920
- COFFEE WITH A COP** PG. 26
Thursday, January 26,
February 9 & 23, March 9 & 23, 2017
8:00 - 9:30 am
Jackson Avenue Coffee Shop
708 Jackson Avenue
Charleston, IL 61920
- HEALTHY EATING I** PG. 24
Thursday, January 26, 2017
3:30 - 5:00 pm
County Market
1460 E Street, #1
Charleston, IL 61920
- PAST~FORWARD (DAY GROUP)** PG. 20
January 27, February 24, March 31, April 28, May 26, June 30, July 28, August 25, September 29, October 27, November 17, December 8, 2017
1:00 - 3:00 pm
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920
- GANGSTAGRASS** PG. 14
Friday, January 27, 2017
7:30 pm
The Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th Street
Charleston, IL 61920

JANUARY (CONT'D)

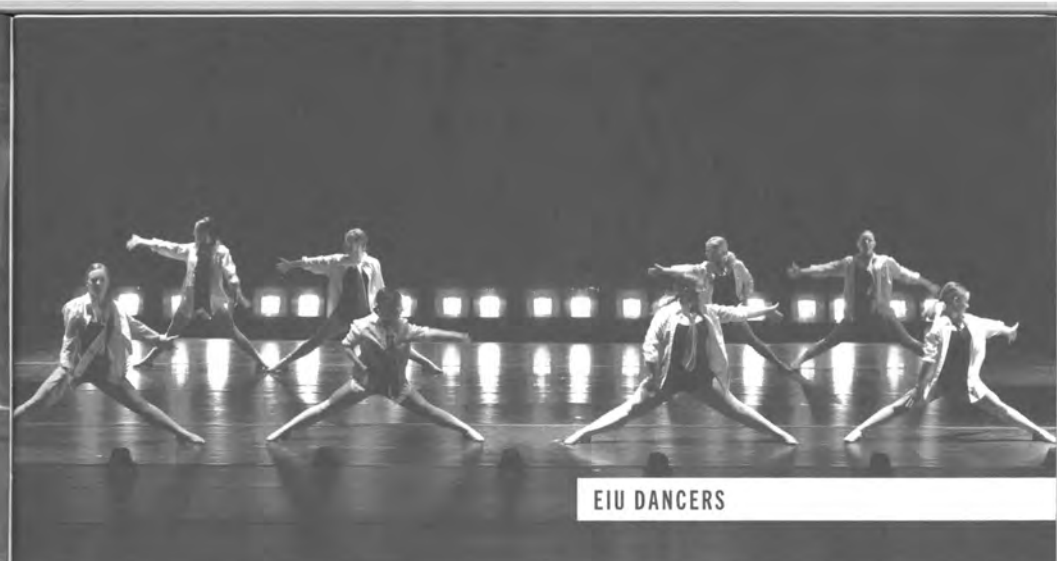
- GENTLE YOGA** PG. 23
Thursdays - January 31,
February 7, 14, 21, 28,
March 7, 2017
5:15 - 6:15 pm
Sarah Bush Lincoln Health Center
Education Wing
1000 HealthCenter Drive
Mattoon, IL 61938
- BIRD CLUB** PG. 18
Tuesdays - January 31,
February 28, March 28, April 25
May 30, 2017
6:00 pm
Douglas-Hart Nature Center
2204 DeWitt Avenue East
Mattoon, IL 61938

FEBRUARY

- FEBRUARY 6: WAITANGI DAY** PG. 27
Monday, February 6, 2017
5:30 - 7:00 pm
Booth Library
Room 4440
Charleston, IL 61920
- HEALTHY EATING II** PG. 24
Thursday, February 9, 2017
3:30 - 5:00 pm
County Market
1460 E Street, #1
Charleston, IL 61920
- REACHING INTO INFINITY** PG. 15
Thursday, February 9, 2017
11:00 - 12:30 pm
Tarble Arts Center
2010 9th Street
Charleston, IL 61920



DERVISH



EIU DANCERS

FEBRUARY (CONT'D)

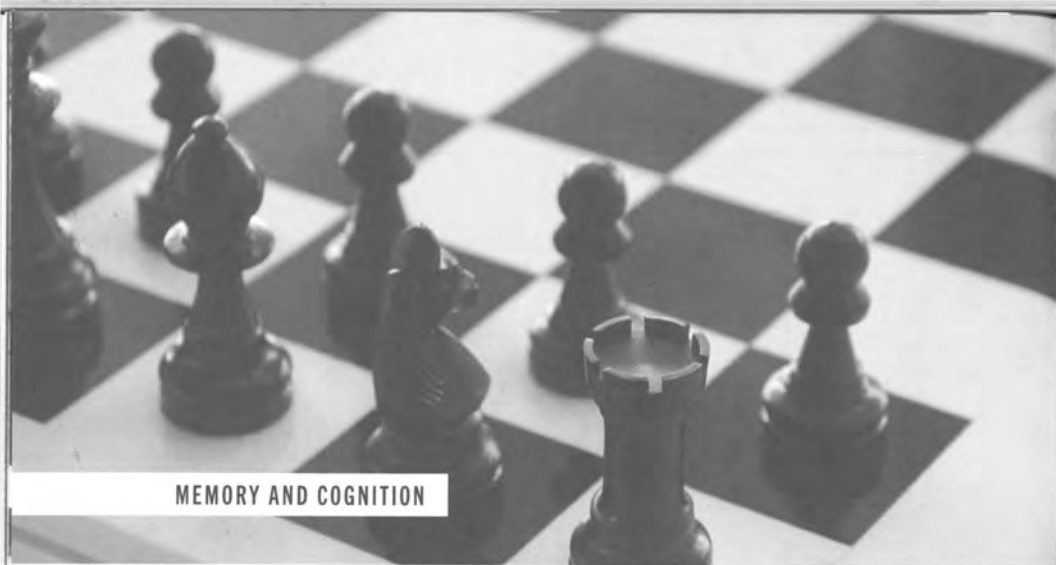
- VANESSA RUBIN:
58TH EIU JAZZ FESTIVAL** PG. 15
Friday, February 10, 2017
7:30 pm
The Doudna Fine Arts Center
1860 7th Street
Charleston, IL 61920
- WHY IS GREAT-GRANDPA
BURIED WITH THREE WOMEN?** PG. 19
February 13, 15, 20, 22, 2017
4:00 - 5:30 pm
February 15th and 20th:
Booth Library Room 4450, Charleston, IL
61920;
February 13th and 22nd:
Charleston Carnegie Public Library Geneology
Room- 712 6th Street, Charleston, IL 61920
- FREEDOM WINDS** PG. 16
Tuesday, February 14, 2017
7:30 pm
The Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th Street
Charleston, IL 61920

MARCH

- HEALTHY EATING III** PG. 24
Thursday, March 2, 2017
4:00 - 5:30 pm
2309 Klehm Hall
Charleston, IL 61920
- WORLD'S FAIR 1904** PG. 27
Wednesday, March 8, 2017
12:00 - 1:30 pm
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920
- DERVISH** PG. 16
Wednesday, March 8, 2017
7:30 pm
The Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th Street
Charleston, IL 61920

MARCH (CONT'D)

- PIANO BATTLE
FEATURING PAUL CIBIS
AND ANDREAS KERN** PG. 17
Tuesday, March 21, 2017
7:30 pm
The Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th Street,
Charleston, IL 61920
- JACK** PG. 27
Wednesday, March 22, 2017
12:00 - 1:30 pm
Bob's Bookstore
601 Monroe Avenue
Charleston, IL 61920
- EIU DANCERS** PG. 17
Thursday, March 23, 2017
7:00 pm
The Doudna Fine Arts Center
The Theatre
1860 7th Street
Charleston, IL 61920
- NICARAGUA** PG. 28
Friday, March 24, 2017
12:00 - 1:30 pm
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920
- THE RAPIDLY SHRINKING
MIDDLE CLASS** PG. 28
Wednesday -
March 29, April 5 & 12, 2017
12:00 - 1:00 pm
Blair Hall - 2116
1600 7th Street
Charleston IL, 61920
- WIND ENERGY** PG. 21
Thursday, March 30, 2017
3:00 - 4:30 pm
Martin Luther King Jr.
University Union
7th Street and Grant Avenue
Charleston, IL 61920



MEMORY AND COGNITION

APRIL

MEMORY AND COGNITION PG. 22

Thursday, April 6, 2017
10:00 - 11:30 am
Newman Center
500 Roosevelt Avenue
Charleston, IL 61920
(across from Andrews & Lawson Halls)

**DECLUTTER! RIGHT-SIZE!
ORGANIZE! MINIMIZE!?** PG. 19

Wednesday, April 26, 2017
12:00 - 1:30 pm
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920

AUTISM PG. 24

Monday, April 10, 2017
5:30 - 7:00 pm
EIU Human Services Building
Room 2502
2086 7th Street
Charleston, IL 61920

MAY/JUNE

**FIFTY+ YEARS OF FOOLISHNESS
(OUR OBSESSION WITH ANTIQUES)**

PG. 28
Tuesday, May 2, 2017
9:00 - 11:00 am
Charleston, IL

TAI CHI: BASICS AND BEYOND

PG. 25
May 16, 18, 23, 25, 30,
June 1, 2017
5:15 - 6:30 pm
EIU Pavilion
(Parking: Lantz Arena 4th St and
Grant Ave.)
Charleston, IL

LETTER TO THE EDITOR PG. 19

Tuesday, May 9, 2017
9:30 - 11:00 am
Jackson Avenue Coffee Shop
708 Jackson Avenue
Charleston, IL 61920

PIONEER WEAVING PG. 29

Friday, June 9, 2017
12:00 - 1:30 pm
The Historic Five Mile House
4810 IL-130
Charleston, IL 61920

EIU RESOURCES FOR FUN AND LEARNING

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

Doudna Fine Arts Center

Academy members receive discounted tickets on many shows. Find out what is happening at the Doudna Fine Arts Center at www.eiu.edu/doudna. For more information, contact the Doudna Box Office at 581-3110 or doudnatix@eiu.edu.

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.denews.com. For more information, call 581-2812.

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



VANESSA RUBIN

THE ARTS

GANGSTAGRASS

Friday, January 27, 2017
7:30 pm

Location:
The Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th Street
Charleston, IL 61920

Instructor(s): N/A

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

Register by 1/20/17

Best known as the Emmy-nominated makers to the hit FX drama *Justified*, Gangstagrass is now back with its fourth official album, the aptly-titled, *American Music*. *Reaching Number 5* on the Bluegrass Charts, *American Music* debuted on the charts in only its first week of release. Members of Gangstagrass will be doing a craft talk entitled "How To Write Rap Lyrics" at the Lions in Winter Literary Festival on Saturday, January 28 at 10 a.m.

To learn more about the Festival, go to eiu.edu/doudna or lionsinwinter.org

REACHING INTO INFINITY

Thursday, February 9, 2017
11:00 - 12:30 pm

Location:
Tarble Arts Center
2010 9th Street,
Charleston, IL 61920

Instructor(s): Chul Hyun Ahn

This event is FREE and open to the public!

Register by 2/8/17

Kalamazoo Institute of the Arts, and Tarble Arts Center will present an exhibition of work by Baltimore based artist Chul Hyun Ahn called *Reaching into Infinity*. Ahn uses light, color and illusion to create sculptures that serve as explorations of infinite space. His curiosity about the boundaries between the conscious and unconscious inspire him to build contemplative environments that defy spatial planes.

VANESSA RUBIN: 58TH EIU JAZZ FESTIVAL

Friday, February 10, 2017
7:30 pm

Location:
The Doudna Fine Arts Center
1860 7th Street
Charleston, IL 61920

Instructor(s): N/A

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

Register by 2/3/17

Endowed with the kind of liquid phrasing and sheer wisdom that comes from depth of experience on the jazz performance campaign trail, Vanessa Rubin is an ever-evolving classic singer. The development of a true jazz singer is a long-range prospect, laden with learning experiences that forge the voice into a true instrument, rich with passion, deeply invested in living through life's joys and perils; such is the journey of Vanessa Rubin, jazz singer extraordinaire. Capable of employing the gamut of emotions, the mature Ms. Rubin can range from whisper to shout in the blink of an eye; from honey-laden ballads purring like a kitten, to up tempo swinging and scatting like a fluent saxophone, she delivers the goods. Instrumentalists have always been impressed by her way around a song, her willingness to flow with their muse, and her innate ability to swing that music.

FREEDOM WINDS

Tuesday, February 14, 2017
7:30 pm

Location:

Doudna Fine Arts Center
 Dvorak Concert Hall
 1860 7th Street
 Charleston, IL 61920

Instructor(s): N/A

This event is FREE but **requires a ticket for admission**

Register by 2/7/17

Composed of six virtuoso Airman Musicians, the group adds percussion to the traditional woodwind quintet instrumentation to enhance standard literature and increase their musical capabilities. In addition to showcasing traditional woodwind quintet pieces, performances by Freedom Winds take audiences on a tour of some of the most beautiful and exciting music from various cultures around the world. Their diverse repertoire also includes jazz and ragtime classics along with popular themes from Broadway's hit shows to Hollywood's greatest films. In addition to performing community outreach concerts, the Freedom Winds are called on to provide music for military retirements, changes of command, holiday caroling for military and civilian employees, and other official military functions.

DERVISH

Wednesday, March 8
7:30 pm

Location:

Doudna Fine Arts Center
 Dvorak Concert Hall
 1860 7th St
 Charleston, IL 61920

Instructor(s): N/A

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

Register by 3/1/17

The solid rhythm playing of Brian McDonagh and Michael Holmes drives the band, whose concert performances are a myriad of tones and moods ranging from high energy tunes, played with fluidity and intuitiveness, to beautifully measured songs, from charming lyrics of life and love, to inspiring melodies that lift audiences from their seats. All the elements are drawn together by Cathy Jordan's masterful stage presence. Her stories to the songs and her interaction with the audience draws people into the music in a way very few performers can achieve. Their colorful career has taken them to every corner of the globe and has seen them share center stage with such names as James Brown, The Buena Vista Social Club, Oasis, Sting, REM, Beck and many more.

PIANO BATTLE FEATURING PAUL CIBIS AND ANDREAS KERN

Tuesday, March 21
7:30 pm

Location:

Doudna Fine Arts Center
 Dvorak Concert Hall
 1860 7th St.
 Charleston, IL 61920

Instructor(s): N/A

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

Register by 3/14/17

Whether or not they are friends in real life, mercy is the last thing on their mind when fighting on stage. Winning the audience's heart is the only thing that counts! The brainchild of internationally acclaimed pianists Andreas Kern and Paul Cibis, the PIANO BATTLE sees the duo go head-to-head on stage, charming and enchanting the audience with a variety of classical pieces. The show is divided into several rounds, each featuring a certain musical style. The two artists, with distinctly different performance techniques, will even go so far as to improvise on the tunes you request.

EIU DANCERS

Thursday, March 23
7:00 pm

Location:

Doudna Fine Arts Center
 The Theatre
 1860 7th St
 Charleston, IL 61920

Instructor(s): N/A

Academy Member: \$5
Non-Member: \$5

Register by 3/16/17

The EIU Dancers spring show will highlight the many styles of dance choreographed and rehearsed throughout the season. EIU Dancers performances showcase the energy, vitality, and fun of modern and contemporary dance. The EIU Dancers is a student-run organization, sponsored by the EIU Kinesiology and Sports Studies Department, and the Doudna Fine Arts Center. The group was founded in 1981 and is dedicated to furthering the understanding and appreciation of dance on Eastern's campus and the surrounding community. The EIU Dancers dance repertoire varies from modern dance, ballet, jazz, tap, hip hop, and character pieces. This expanded dress rehearsal includes special features and is open to EIU Faculty, Staff, Academy and their families only.



BIRDCLUB (PHOTOGRAPH COURTESY OF RON BRADLEY)

ENRICHMENT

BOOKCLUB

**Tuesday, January 24,
February 7, February 21,
March 7, March 21, April 4,
April 18, May 2, May 16**
4:00 - 5:30 pm

Location:
County Market Study Room
1460 E Street, #1
Charleston, IL 61920

Facilitator: Marita Metzke

Why join a book club?

1. You meet interesting people
2. You read books that you wouldn't usually select.
3. Some books just need to be discussed. We will start on 1/24/17 discussing *The One-In-A-Million Boy* by Monica Wood.

This event is FREE and open to the public!
Register by 2/2/17 **Max: 12**

BIRDCLUB

**January 31, February 28,
March 28, April 25, May 30,
June 27**
6:00 pm

Location:
Douglas-Hart Nature Center
2204 DeWitt Avenue East
Mattoon, IL 61938

This event is FREE and open to the public!

No registration required.

The Coles County Bird Club is a group of local people with a shared interest in birds. We meet at the nature center the last Tuesday of each month at 6pm.

The photo above is the Tennessee Warbler - a bird that we get to see in Illinois from late April to late May and again in the fall from mid-August til mid-October during spring and fall migration. Attend bird club to learn about other species that frequent this part of the country

WHY IS GREAT-GRANDPA BURIED WITH THREE WOMEN?

**February 13, February 15,
February 20, February 22**
4:00 - 5:30 pm

Location:
February 15th and 20th: Booth
Library Room 4450, Charleston, IL
61920:

February 13th and 22nd: Charleston
Carnegie Public Library Genealogy
Room- 712 6th Street, Charleston, IL
61920

Instructor(s): Lois Dickenson

"Grandma told me..."
Every family has a story, so come investigate yours. Grab your detective hat as we follow the clues found in libraries, on-line, and in that half-forgotten box in your attic. Learn how to put the case together and climb past Grandma's story, up your own family tree. You may even discover who those strangers are, buried next to your great-grandpa!

This event is FREE and open to the public!

Register by 2/13/17

DECLUTTER! RIGHT-SIZE! ORGANIZE! MINIMIZE!?

Wednesday, April 26
12:00 - 1:30 pm

Location:
Charleston Carnegie Public
Library 712 6th Street
Charleston, IL 61920

Instructor(s): Diana Glosser

Confused by all the hype? Wanting to change your living spaces?

Explore and find the right strategy for you to attain your goals. There will be lots of photos, strategies, and discussion.

This event is FREE and open to the public!

Register by 4/25/17

LETTER TO THE EDITOR

Tuesday, May 9
9:30 - 11:00 am

Location:
Jackson Avenue Coffee Shop
708 Jackson Avenue
Charleston, IL 61920

Instructor(s): Penny Weaver

Why should I write a letter? Writing an effective letter to the editor enables you to share your views with a large audience, but requires a bit of thought to deliver your intended message. Come and learn how it is best done from Penny Weaver, Editor of the local *Journal Gazette & Times-Courier*. Even if you never write a letter, you will know what went into the ones you read daily, and have greater appreciation for them.

Register by 5/5/17

PAST~FORWARD

Day Group:
**Fridays (except for
 November and December)-
 January 27, February 24,
 March 31, April 28, May 26,
 June 30, July 28, August 25,
 September 29, October 27,
 November 17, December 8
 1:00 - 3:00 pm**

Evening Group:
Tuesdays-
**January 10, February 14,
 March 14, April 11, May 9,
 June 13, July 11, August 8,
 September 12, October 10,
 November 14, December 12
 6:00 - 8:00 pm**

Locations:**Day Group:**

Charleston Carnegie Public Library
 712 6th Street
 Charleston, IL 61920

Evening Group:

Wesley United Methodist Church
 Parlor
 2206 4th St.
 Charleston, IL 61920



Past~Forward

MEMOIR WRITING GROUP

Memoirs are memories written in story form. They may be events from childhood, things you learned from a job or a mentor, or an experience that strikes you as thought provoking.

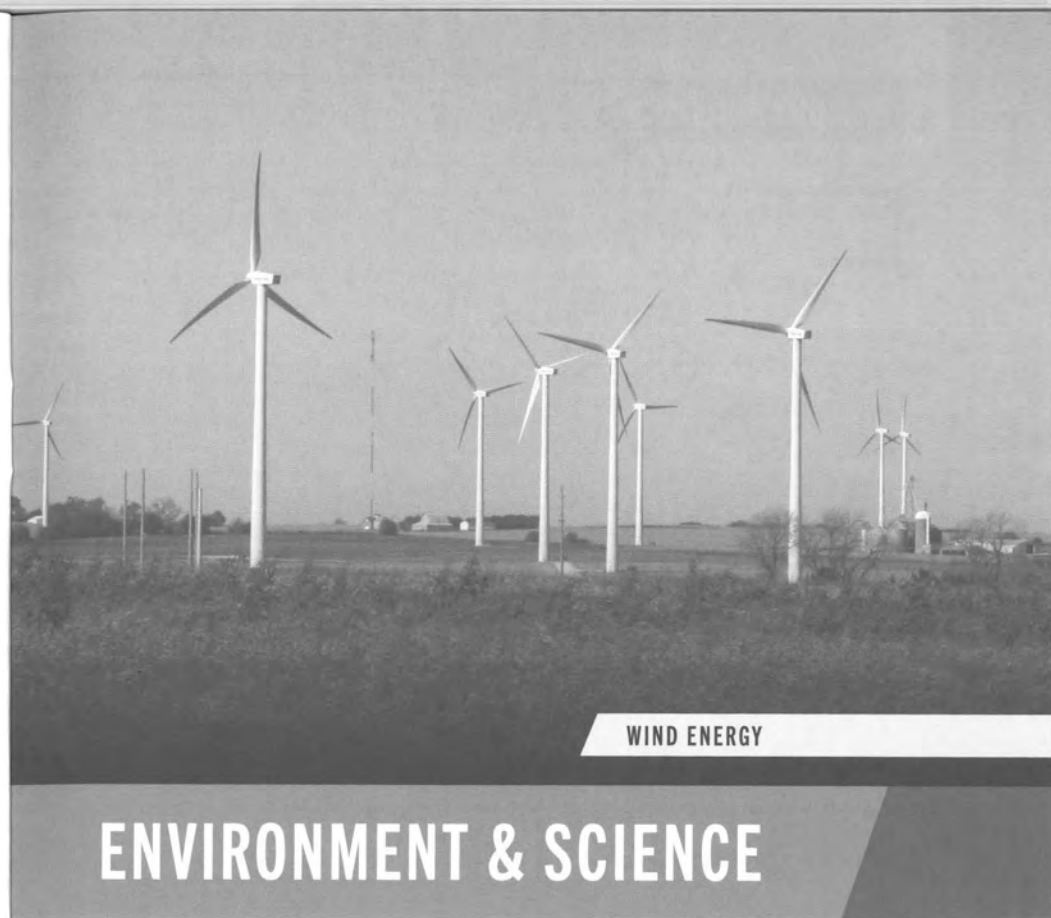
Both groups welcome new members who have an interest in writing and developing their skill levels.

Instructor(s):

Day Group: Janet
 jmest1@consolidatednet

Evening Group: Daiva
 dmmarkelis@eiu.edu

No registration required.



WIND ENERGY

ENVIRONMENT & SCIENCE

WIND ENERGY

**Thursday, March 30
 3:00 - 4:30 pm**

Location:

MLK Jr. Union
 Martinsville Room,
 1720 7th Street
 Charleston, IL 61920

Instructor(s): Isaac Slaven

This event is FREE and open to the public!

Register by 3/29/17

Too many questions about wind energy to narrow down to one? Then this presentation might be a place to start. The presentation will discuss some of the advantages, disadvantages, and concerns about wind energy. A photographic tour of utility scale wind turbine and a hands-on look at some commercially available small-scale generators will provide you with a better understanding of how wind energy works.

MEMORY AND COGNITION

Thursday, April 6
10:00 - 11:30 am

Location:

Newman Center
 500 Roosevelt Avenue
 Charleston, L 61920
 (across from Andrews & Lawson Halls)

Instructor(s): Kelly Willenborg

Register by 4/3/17

Cognition is the brain-based ability we use to carry out any task. It involves how we learn, remember, problem-solve, and pay attention. If you are curious, come to explore:

- 14 crucial areas of cognition
- Work in a group and individually on activities involved with the various cognitive areas
- Learn ways to address and support these skills



HEALTH & WELLNESS

GENTLE YOGA

Tuesdays - January 31,
February 7, February 14,
February 21, February 28,
March 7
5:15 - 6:15 pm

Location:

Sarah Bush Lincoln Health Center:
 Education Wing
 1000 Health Center Drive,
 Mattoon, IL 61938

Instructor(s): Karen Reed

Academy Member: \$32
Non-Member: \$42

Register by 1/25/17

This class will introduce students to gentle stretches and breathing techniques that can be done at home to help reduce anxiety, improve balance, and increase general flexibility of body and mind. Special attention will be given to alignment and proper technique whether done on the floor or while seated in a chair. There is growing research on how yoga improves quality of life. Additionally, you may experience moments of peace that feel simple and uncluttered. Wear comfortable clothing that allows freedom of movement. Bring a bottle of water and a blanket.

HEALTHY EATING I, II, III

Thursdays -
I. January 26
II. February 9
III. March 2

I and II: 3:30 - 5:00 pm
III: 4:00 - 5:30 pm

Location:

I and II:
 County Market
 1460 E Street, #1
 Charleston, IL 61920

III:
 2309 Klehm Hall
 Charleston, IL 61920

Instructor(s):

Stephanie Mumby

Academy Member: \$14

Non-Member: \$18
 (covers 3-session series)

Register by: 1/23/17

I. **"Healthy Nutrition for 2017"**

Do you wish healthy grocery shopping was easier? Come to the Charleston County Market for an interactive grocery store tour! We will be meeting in the upstairs lobby before beginning our tour. In addition to the tour, we will discuss meal planning and preparation tips, how to compare product prices, and what to look for when reading a nutrition label. Don't miss this fun learning experience!

II. **"Best Food Choices for Today"**

February is National Snack Food Month! You may have heard that snacking is bad for our health, but this has been proven to not be all that true. Come to this interactive class to learn all about the benefits of snacking and what foods make the healthiest snacks.

III. **"The Latest in Nutritional Choices"**

Do you feel like you don't have enough time to try a new recipe? Come to an interactive cooking class where you will have the opportunity to prepare several healthy recipes using simple substitutions! After learning about the benefits of substituting for fat, sugar and salt in favorite recipes, you will have the opportunity to taste-test the one's made in class. Bring a friend and your favorite non-alcoholic beverage, and join us in room 2309 Klehm Hall for some cooking fun!

AUTISM

Monday, April 10
5:30 - 7:00 pm

Location:

EIU Human Services Building
 Room 2502
 2086 7th Street
 Charleston, IL 61920

Instructor(s): Gail J. Richard
Ph.D., CCC-SLP

This event is FREE and open to the public!

Register by 4/6/17

Autism Center



EASTERN ILLINOIS UNIVERSITY

Eastern Illinois University's Students with Autism Transitional Education Program (STEP) focuses on providing enhanced support in three main skill set areas. A solid foundation of academic, social, and daily-living skill sets (ASD) is crucial for the success of post-secondary students. With appropriate support in place for students with Autism, the challenges associated with transitioning to university life can be minimized. Join Dr. Gail Richard as she shares her multitude of experiences working with individuals on the Autism Spectrum, as well as her work in creating the STEP program here at Eastern Illinois University.

TAI CHI: BASICS AND BEYOND

Tuesday and Thursday,
May 16 and May 18
May 23 and May 25
May 30 and June 1
5:15 - 6:30 pm

Location:

EIU Pavilion (South end of
 Campus pond)
 Parking: Lantz Arena 4th St and
 Grant Ave.
 Charleston, IL

Instructor(s): Suzi Coffman

Academy Member: \$39

Non-Member: \$49

Register by 5/9/17

Originating around 1820, Tai Chi is described as "soft style" martial arts that provides restorative benefits. Learn to move with the world, literally and mentally, like the ancient Taoists did. You will adopt steady breathing, supple posture, and smooth movements to benefit you 24/7.

This event will proceed rain or shine.



JACKSON AVENUE COFFEE SHOP

LOCAL INTEREST, HISTORY & CULTURE

COFFEE WITH A COP

**Thursdays - January 26,
February 9, February 23,
March 9, March 23**
8:00 - 9:30 am

Location:
Jackson Avenue Coffee Shop
708 Jackson Avenue
Charleston, IL 61920

Instructor(s): Officer Erica Roe

This event is FREE and open to the public!

No registration required.

"Coffee with a Cop" opens the door for interactions outside of the crisis situations that typically bring law enforcement officers and community members together. There are no speeches or agendas, just conversations about what matters to community residents. Grab your favorite beverage and learn something about Charleston.



FEBRUARY 6: WAITANGI DAY

Monday, February 6
5:30 - 7:00 pm

Location:
Booth Library
Room 4440
Charleston, IL 61920

Instructor(s):
Elizabeth Rumbaugh

This event is FREE and open to the public!

Register by 2/2/17

WORLD'S FAIR 1904

Wednesday, March 8
12:00 - 1:30 pm

Location:
Charleston Carnegie Public Library
712 6th Street,
Charleston, IL 61920

Instructor(s): Jim Laughlin

This event is FREE and open to the public!

Register by 3/7/17

JACK

Wednesday, March 22
12:00 - 1:30 pm

Location:
Bob's Bookstore
601 Monroe Avenue
Charleston, IL 61920

Instructor(s): Carolyn Stephens

This event is FREE and open to the public!

Register by 3/21/17

Waitangi Day (named after Waitangi, where the Treaty of Waitangi was first signed) commemorates a significant day in the history of New Zealand. It is observed as a public holiday each year on the 6th of February to celebrate the signing of the Treaty of Waitangi, New Zealand's founding document, on that date in 1840. Join Elizabeth Rumbaugh, a graduate student at EIU, for an informal event where she will share pictures and stories from her travels to New Zealand, as well as historical background regarding Waitangi Day.

Revisit the "fabulous summer" when the world came to St. Louis. The 100th anniversary celebration of the Louisiana Purchase and the famous Lewis and Clark Expedition had over 19 million visitors on the largest fairgrounds ever utilized for a world's fair. Learn about the fair's inception, its activities, and its impact on the city at the turn of the century. Experience the greatest days in the history of St. Louis via word and video.

"Life is not what it seems." (Shakespeare) JACK ALWAYS sat on his stoop sunny afternoons in downtown Martinsville watching everyone coming and going. He picked up cigarette butts off the ground to smoke. Local kids teased him by tying a cigarette butt to a fishing line and throwing it where Jack would see it. When he bent over to pick up the prized butt, they would reel it in, throwing a drunken Jack off balance. Rumors circulated around this little southern Illinois town that Jack had been run out of Chicago by the mob and driven back home in a fine dark limousine escorted by four men suited up in black. Fascinated by the rumors, author Carolyn Stephens, set out to find out why Jack came home and uncovered a life of politics, prestige, women, and gangsters.

NICARAGUA

Friday, March 24
12:00 - 1:30 pm

Location:

Charleston Carnegie Public Library
712 6th Street,
Charleston, IL 61920

Instructor(s): Cathie Reynolds

This event is FREE and open to the public!

Register by 3/22/17

Learn about a mission trip to Leon, Nicaragua, to provide medical, sewing, and agricultural support to natives of the 2nd largest city in Nicaragua

You will learn:

1. The health needs of the people of Nicaragua
2. Challenges of serving on a mission trip of this type
3. The unanticipated blessings received through this service

THE RAPIDLY SHRINKING MIDDLE CLASS

Wednesdays - March 29,
April 5, April 12
12:00 - 1:00 pm

Location:

Blair Hall: Room 2116
600 Lincoln Avenue
Charleston, IL 61920

Instructor(s): Roger Whitlow

Academy Member: \$10
Non-Member: \$12

Register by 3/27/17

The 1950's was the decade during which more Americans had, overall, the best social and economic lives they'd ever had or would ever have again, because of the intersection of four major societal components: the 9M G.I.'s who used the "G.I. Bill" to build an educated class of professional, academic, and business minds, the labor union movement that gave high wages and family benefits to many others who did not go to college; the new easy money, through generous bank loans and credit cards, to buy nice things "on time"; and an entire industry system which very quickly shifted from war products to domestic products to satisfy almost any need this new, eager, family/home-oriented Middle Class might need. We'll discuss how these four major components gradually shredded apart. The top 5% of Americans hold some 85% of U.S. wealth, and millions have dropped from the "working middle class" to the "working poor".

FIFTY+ YEARS OF FOOLISHNESS (OUR OBSESSION WITH ANTIQUES)

Tuesday, May 2
9:00 - 11:00 am

Location:

Charleston, IL
(Directions will be sent to registered participants.)

Instructor(s):

Dick and Kathy Hummel

This event is FREE and open to the public!

Register by 5/1/17

We have been invited to visit the home of Dick & Kathy Hummel to examine and discuss their collection of antiques and assorted mementos, acquired during 55 years together. The collection can be described as diverse, educational and whimsical. Some items they live with and love may bring back memories. Bring a finger-food to share.

PIONEER WEAVING AT THE FIVE MILE HOUSE

Friday, June 9
12:00 - 1:30 pm

Location:

The Historic Five Mile House
4810 IL-130
Charleston, IL 61920

Instructor(s): Myrna Madigan

Register by 6/8/17

Creating clothing from sources of fiber in the pioneer life was a long, skilled process. You will learn and experience:

- How fiber was cleaned, combed, carded
- How spinning wheels evolved and what families had them
- Development of looms for different products
- When and why spinning went out of favor
- 20th Century spinning wheels and looms



Gift Memberships

Every gift from a friend is a wish for... happiness.

-Richard Bach

Education is learning what you didn't know you didn't know.

-George Boas

A one-year membership for \$45 includes these benefits:

- Lunchtime lectures
- Discounted pricing for Academy members at the EIU Doudna Fine Arts Center
- Reduced registration fees for workshops and courses
- 10% discount at the EIU University Bookstore (excluding technology purchases) and a gift for new members!
- Complimentary tuition to audit one EIU credit course per semester
- Discounts and perks at supporting area businesses

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



School of Continuing Education

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 any adult learner.

2017-2018 ACADEMY MEMBERSHIP PRICES

1 YEAR MEMBERSHIP \$45

2 YEAR MEMBERSHIP \$80

3 YEAR MEMBERSHIP BEST VALUE! \$105

INCLUDED BENEFITS

- Travel Opportunities
- Lunch & Learn presentations
- Field Trips
- Complimentary Academy Pass
- Complimentary campus parking pass (on request) for Academy events

Please frequent these businesses with your membership card to enjoy the following discounts and perks:

- Ambero Antiques & Decorative Arts on the Square: 10% discount to academy members
- Bike & Hike of Charleston: 10% discount to Academy members
www.bikeandhikeweb.com/
- Charleston Alley Theatre: \$2 off ticket price (718 Monroe Ave, Charleston, IL)
www.charlestonalleytheatre.com
- EIU Bookstore: 10% discount (non-technology purchases)
www.eiubookstore.com
- Pensee's Bookshop on the Square: 10% discount to Academy members
<http://penseesbookshop.blogspot.com>

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

Add your membership 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!

CONTINUING EDUCATION OPPORTUNITIES

Know someone who is waiting to finish their bachelor's degree?

Tell them how easy it can be through the School of Continuing Education.

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.



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

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DONATIONS

"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

Consider A Donation

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 programming. 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 _____

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 Charge _____

I authorize Eastern Illinois University to charge my credit card:

Cardholder Signature _____

MEMBERSHIP/COURSE REGISTRATION FORM

Please complete both sides of this form if printed.

Name _____

Home Mailing Address _____

City _____ State _____ ZIP _____

Home Phone _____ E-mail Address _____

Emergency Contact Name _____ Phone _____

Membership Dues (non-refundable) *Memberships run from Sept. 1 through Aug. 31*

1 Year - \$45 2 Year - \$80 3 Year - \$105

Please make your workshop selections using the checklist on the reverse of this form. **When registering multiple persons**, add the number of attendees for each event you've selected 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:

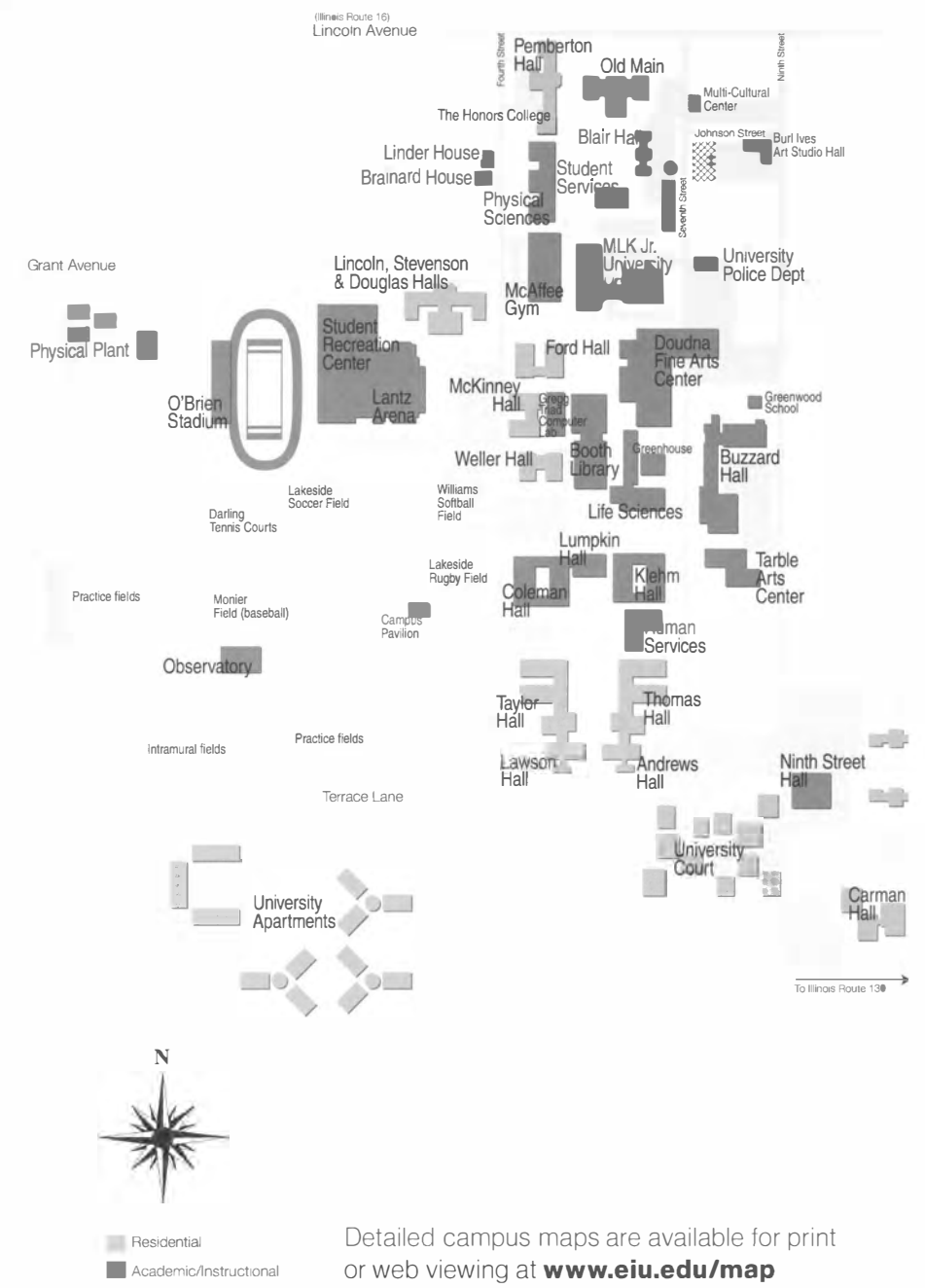
Cardholder Signature _____

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

SPRING 2017 LEARNING OPPORTUNITIES

Category	# to attend	Event Name	Member	Non-Member
THE ARTS	<input type="checkbox"/> _	Gangstagrass	\$8	\$15
	<input type="checkbox"/> _	Reaching into Infinity	Free!	Free!
	<input type="checkbox"/> _	Vanessa Ruben: 58th EIU Jazz Festival	\$8	\$15
	<input type="checkbox"/> _	Freedom Winds (free with ticket)	Free!	Free!
	<input type="checkbox"/> _	Dervish	\$8	\$15
	<input type="checkbox"/> _	Piano Battle feat. Paul Cibis and Andreas Kern	\$8	\$15
	<input type="checkbox"/> _	EIU Dancers	\$5	\$5
ENRICHMENT	<input type="checkbox"/> _	Bookclub	Free!	Free!
	<input type="checkbox"/> _	Why is Great-Grandpa Buried w/ 3 Women?	Free!	Free!
	<input type="checkbox"/> _	Declutter! Right-Size! Organize! Minimize?!	Free!	Free!
ENVIRONMENT & SCIENCE	<input type="checkbox"/> _	Letter to the Editor	Free!	Free!
	<input type="checkbox"/> _	Wind Energy	Free!	Free!
HEALTH & WELLNESS	<input type="checkbox"/> _	Memory and Cognition	Free!	Free!
	<input type="checkbox"/> _	Gentle Yoga	\$32	\$42
	<input type="checkbox"/> _	Healthy Eating I, II, III	\$14	\$18
LOCAL INTEREST, HISTORY & CULTURE	<input type="checkbox"/> _	Autism	Free!	Free!
	<input type="checkbox"/> _	Tai Chi: Basics and Beyond	\$39	\$49
	<input type="checkbox"/> _	Waitangi Day	Free!	Free!
	<input type="checkbox"/> _	World's Fair 1904	Free!	Free!
	<input type="checkbox"/> _	Jack	Free!	Free!
	<input type="checkbox"/> _	Nicaragua	Free!	Free!
	<input type="checkbox"/> _	The Rapidly Shrinking Middle Class	\$10	\$12
<input type="checkbox"/> _	Fifty+ Years of Foolishness	Free!	Free!	
<input type="checkbox"/> _	Pioneer Weaving	Free!	Free!	
TOTAL COST FOR MY WORKSHOP CHOICES:				
TAX DEDUCTIBLE DONATION:				
GRAND TOTAL				

EIU CAMPUS MAP



Detailed campus maps are available for print or web viewing at www.eiu.edu/map