

Eastern Illinois University

The Keep

Program Catalogs

Academy of Lifelong Learning

Spring 2018

Spring/Summer 2018

Academy of Lifelong Learning

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■ ENGAGE
■ VOLUNTEER
■ DISCOVER
■ EXPLORE
■ DISCUSS

Enjoyable, affordable
educational experiences
for people of all ages

Spring/Summer
**PROGRAM
GUIDE**
2018

Program Coordinator
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217-581-5114

Email
academy@eiu.edu

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

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SUPPORTING STAFF

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

Dr. Jeff Cross, Dean
 Marita Metzke, Coordinator
 Debbie Meadows, Registration
 Coordinator

Peggy Hickox, Office Manager
 PyLynne Myers, Graphic Designer

PURPOSE OF THE ACADEMY

Eastern Illinois University established the Academy of Lifelong Learning in 2007 as an outreach to provide learning opportunities to area adults. Educational events hosted by the Academy are designed to promote:

- Engagement
- Discussion
- Exploration
- Discovery

Most classes are free and open to the public, providing access to all adult learners. Members may take a full-semester audit class each semester without tuition or fees!

WHY DO I NEED TO REGISTER IF EVENTS ARE FREE?

Registrations are a courtesy to presenters; seating and handouts are planned in advance. This also allows us to track the number of people attending specific events or interest categories, so we can plan forward.

REGISTRATION & REFUND POLICY

Registrations and payments are confirmed by email. Payment is required at the time of registration by credit card, debit card, cash or check. In the event a course is cancelled due to under-enrollment or circumstance beyond the Academy's control, members will be notified by email or by phone (if same day as event). Refunds will be automatically issued. Refunds are not issued for non-attendance.

ADVISORY COUNCIL

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

Bonnie Buckley
 Lois Dickenson
 George Edwards
 Renee Foster
 Diana Glosser
Chair

Kathy Hummel
 John Inyart
 Jana Johnson
 Janet Messenger
Chair Elect

Dr. Andrew White
 Cindy White
Past Chair
 Luz Whittenbarger

VOLUNTEER OPPORTUNITIES

Care Choir

The Care Choir provides a soothing presence and comfort to Hospice patients and families with short, peaceful serenades of a cappella songs. Care Choir is dispatched to care facilities in the Charleston-Mattoon area at the request of patients or family members. Lincolnland Hospice of Sarah Bush Lincoln coordinates the visits. If you would like to participate in Care Choir, please contact the Academy of Lifelong Learning at Eastern Illinois University, 217-581-5114 or academy@eiu.edu

The Douglas-Hart Nature Center

2204 Dewitt Ave. East, Mattoon – The Nature Center is home to over 70 acres of restored Illinois habitats, about 2 miles of hiking trails, and a visitor center housing live animals, toys, books, and displays. Our vital team of Weekend Host Volunteers staff the visitor center for three hours at-a-time on Saturdays and Sundays. Volunteers enjoy greeting visitors, answering the phone, and watching the birds & wildlife during their shift. If you are interested in becoming a Weekend Host, or would like to do a one-time trial shift to see what it is like, please contact the Nature Center at 217-235-4644.

No one is more cherished in this world than someone who lightens the burden of another.

- Joseph Addison

The Habitat for Humanity ReStore

520 W. Lincoln, Charleston — The ReStore sells donated items to support the mission of providing decent, affordable housing to qualified residents of Coles County. Volunteer help is needed for sorting, organizing, and cleaning. Academy members and friends are encouraged to help any time that suits your schedule. Contact the store at 217-348-7066 for additional information.

Tarble Arts Center Docents

Tarble Arts Center 2010 9th St., Charleston – The Tarble Arts Center is a major cultural arts resource serving east central Illinois. Currently, the Tarble is seeking docents, who are trained volunteers to lead tours and other activities for school and community groups. Serving as a docent can open up many opportunities for those who are interested in art. For more information, please contact the Tarble Arts Center at 217-581-2787 or email tarble@eiu.edu.

Where words fail,
music speaks.

—Hans Christian Andersen



Care choir

Provide a
peaceful respite for
local hospice patients
and their families.

The objective of Care Choir is to provide a soothing presence and comfort to Hospice patients and families during a difficult time with short, peaceful serenades of familiar a cappella songs. Lincolnland Hospice of Sarah Bush Lincoln provides copies of music and coordinates the list of patients.

In addition, other residents of the long-term care facilities in Charleston and Mattoon gather in the common room to hear us sing hymns and golden oldies to them. We alternate between the two cities, singing twice per month. Attendance in the Choir is on a "come when you are able" basis.

If you find joy in music and/or feel called to provide comfort to hospice patients, please consider lending your voice to Care Choir.

Volunteers agree to:

- Half-day training required for working with Hospice
- Provide email address for communications regarding Care Choir events
- Healthcare Worker Fingerprint/Background Check, TB test, Hepatitis B and MMR vaccinations (all provided **at no cost** by Sarah Bush Lincoln Health Services)

If you would like to participate in Care Choir, please contact the **Academy of Lifelong Learning** at Eastern Illinois University, 217-581-5114 or academy@eiu.edu

Inspired by Threshold Choir thresholdsingers.org, a non-profit group.

academy of
**Lifelong
Learning**
EASTERN ILLINOIS UNIVERSITY

EIU ACADEMY PASS

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

This is your perfect opportunity to study most any subject you choose over a full semester. Academy members may register for one audited college course per semester without tuition or fees. Our ability to place members in each course depends upon open seats, and EIU degree seeking students naturally come first.

Key Points:

- Registration is managed by Academy staff during the two weeks prior to each new semester and is based on seat availability.
- Individual instructors determine the level of involvement expected from students who are auditing a course.
- Your insights and observations are generally welcome, understanding there is a diverse group of students in each course.
- As an Academy Pass student, you will have the benefit of an EIU email account.
- Complimentary access to www.Lynda.com, an online learning resource that offers business, software, technology and creative skills classes is included. (\$240 value)
- Your requests for specific courses will be accepted throughout the year by emailing us at: academy@eiu.edu and we will make every effort to accommodate your wishes.

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

*The greatest enemy of learning is
knowing.*

- John Maxwell

*The illiterate of the
21st century will not be
those who cannot read
and write, but those
who cannot learn,
unlearn, and relearn.*

-Alvin Toffler



CALENDAR OF EVENTS

JANUARY - JULY



WHERE'S MY BOOK LIST?

JANUARY

WHERE'S MY BOOK LIST? PG. 16

Tuesday, January 9, 2018
4:00 - 5:30 p.m.
Booth Library, Room 4450
600 Lincoln Ave
Charleston, IL 61920

DARWIN: A WELL, A FERRY, A ROAD, AND ABE LINCOLN PG. 24

Wednesday, January 17, 2018
Noon - 1:30 p.m.
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920

LITERARY DIVAS PG. 17

Tuesday, January 23, 2018
4:00 - 5:30 p.m.
County Market, 2nd floor
551 W. Lincoln Avenue
Charleston, IL 61920

PAST-FORWARD MEMOIR WRITING PG. 17

Day Group: Fridays - January 26, February 23, March 23, April 27, May 25, June 29, July 27, 2018
1:00 - 3:00 p.m.
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920

Evening Group: Tuesdays - January 9, February 13, March 13, April 10, May 8, June 12, July 10, 2018
6:00 - 8:00 p.m.
Wesley United Methodist Church Parlor
2206 4th Street
Charleston, IL 61920



ASHES OF WAR

JANUARY/FEBRUARY

GREAT-GRAN WAS BIT BY A RATTLESNAKE, BUT AT LEAST SHE DIED RICH PG. 24

Mondays - January 29, February 5, February 12, 2018
4:00 - 6:00 p.m.
Booth Library, Room 4450
600 Lincoln Ave
Charleston, IL 61920

BIRDCLUB PG. 19

Tuesdays - January 30, February 27, March 27, April 24, May 29, June 26, July 31
6:00 p.m.
Douglas-Hart Nature Center
2204 DeWitt Avenue East
Mattoon, IL 61938

JOEL FAN PG. 13

Wednesday, January 31, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
Recital Hall
1860 7th St
Charleston, IL 61920

ASHES OF WAR PG. 25

Wednesday, January 31, 2018
Noon - 1:30 p.m.
Bob's Bookstore
303 Lincoln Avenue
Charleston, IL 61920

GENTLE YOGA PG. 21

Thursdays, February 1, 2018 - March 8, 2018
5:15 - 6:15 p.m.
Sarah Bush Lincoln
Lumpkin Education Center
1000 Health Center
Mattoon, IL 61938

REAL OR FORGED? PG. 25

Wednesday, February 7, 2018
2:00 p.m.
Pensees Bookshop
502 6th Street
Charleston, IL 61920



BRASS & BREW

FEBRUARY/MARCH

ANDY MARTIN AND THE EIU JAZZ ENSEMBLE PG. 14

Friday, February 9, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
The Theatre
1860 7th St
Charleston, IL 61920

UPRIGHT CITIZENS BRIGADE TOURING COMPANY PG. 14

Wednesday, February 14, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th St
Charleston, IL 61920

PERFECT YOUR PLATE PG. 22

Thursday, February 22, 2018
4:00 - 5:00 p.m.
County Market - 2nd floor
551 W. Lincoln Avenue
Charleston, IL 61920

BRASS & BREW PG. 26

Wednesday, February 28, 2018
6:00 - 8:00 p.m.
Charleston Country Club
8355 Country Club Road
Charleston, IL 61920

TEA FOR TWO: IT'S FOR THE BIRDS PG. 18

Friday, March 2, 2018
1:00 - 2:30 p.m.
Douglas-Hart Nature Center
DeWitt Avenue East
Mattoon, IL 61938

DANÚ A ST. PATRICK'S DAY CELEBRATION PG. 14

Tuesday, March 6, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th St
Charleston, IL 61920



URBAN WATER CONSERVATION

MARCH/APRIL

URBAN WATER CONSERVATION PG. 20

Wednesday, March 21, 2018
10:00 - 11:30 a.m.
Charleston City Hall
520 Jackson Ave
Lower Level
Charleston, IL 61920

JUPITER STRING QUARTET PG. 15

Wednesday, March 28, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
The Recital Hall
1860 7th St
Charleston, IL 61920

EIGHTEEN-NINETY SLEEPOVER PG. 26

Friday, April 6, 2018
11:45 a.m. - Lunch
1:00 p.m. - Tour
Eighteen-Ninety Sleepover
14 S. Central Avenue
Casey, IL 62420

WHITESIDE GARDEN SERVICE DAY PG. 26

Saturday, April 7, 2018
10:00 a.m. - Noon
Whiteside Garden
8422 N Co Rd 1820 E
Charleston, IL 61920

AARP: ISSUES THAT MATTER MOST PG. 22

Monday, April 9, 2018
6:00 - 7:00 p.m.
Mattoon Public Library
1600 Charleston Ave
Community Room
Mattoon, IL 61938

SPRING WRITER'S WORKSHOP PG. 18

Saturday, April 14, 2018
9:30 a.m. - 3:00 p.m.
Historic Mattoon Train Station
1718 Broadway Ave
Mattoon, IL 61938



PRESERVING HISTORY IN OLD PHOTOS

APRIL/MAY/JUNE

DNA: TIES THAT BIND PG. 22

Wednesday, April 18, 2018
Noon - 1:30 p.m.
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920

REV. PEYTON'S BIG DAMN BAND PG. 15

Saturday, April 21, 2018
7:30 p.m.
EIU Doudna Fine Arts Center
Dvorak Concert Hall
1860 7th St
Charleston, IL 61920

HOBSON-WASP NAVAL DISASTER PG. 27

Wednesday, May 2, 2018
Noon - 1:30 p.m.
Charleston Carnegie Public Library
712 6th Street
Charleston, IL 61920

PRESERVING HISTORY IN OLD PHOTOS PG. 27

Wednesday, May 9, 2018
Noon - 1:30 pm
Charleston Carnegie Public Library
712 6th St
Charleston, IL 61920

CON ARTISTS, DECEPTIVE BUSINESS PRACTICES AND THE SILVER BEAT PG. 23

Tuesday, June 5, 2018
10:00 - 11:00 a.m.
Brookstone Estates
300 Lincoln Hwy Rd
Charleston, IL 61920

WE CLIMBED AN ALASKAN GLACIER PG. 20

Wednesday, June 13, 2018
Noon - 1:30 p.m.
Charleston Carnegie Public Library
712 6th St
Charleston, IL 61920



BOOTH LIBRARY

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

Eastern Illinois University Calendar

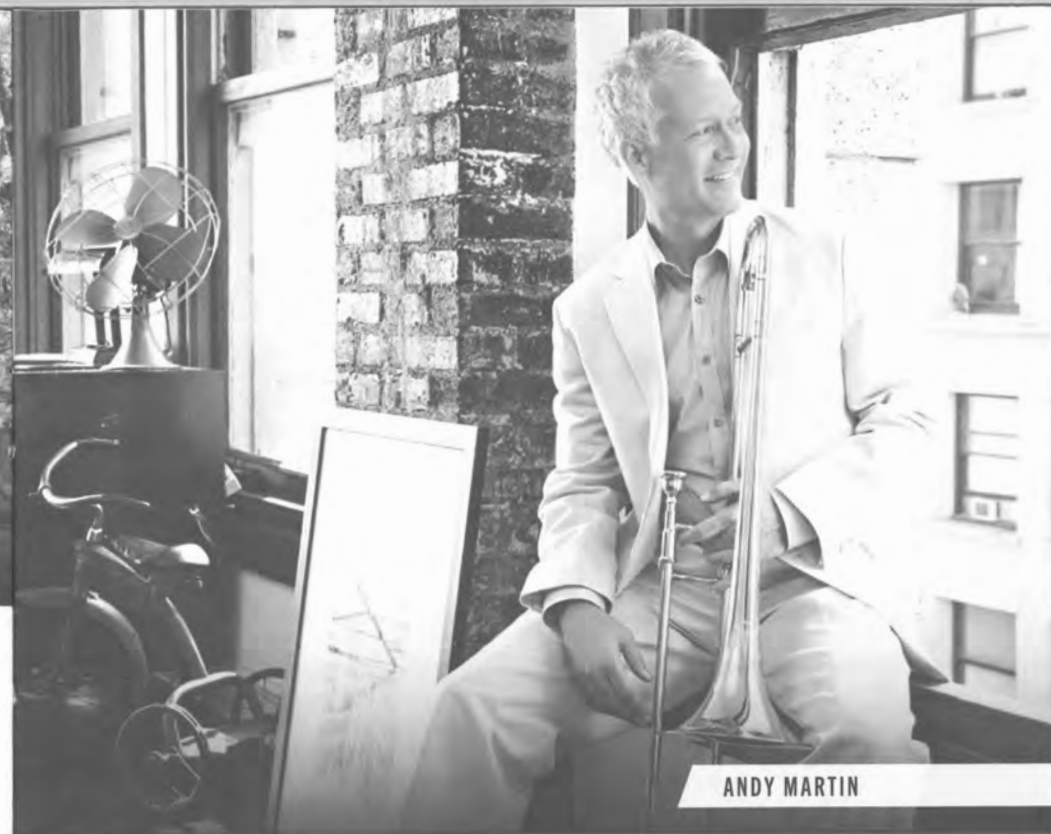
The EIU calendar documents events that are of interest to the community, as well as students and faculty. <https://www.eiu.edu/calendar/>

Doudna Fine Arts Center

World-renowned musical acts are a staple of Doudna Fine Arts Center's performance schedule; incredible talents representing a number of genres grace the stages of the Doudna every year. Contact the Academy (academy@eiu.edu) or 581-5114 for member pricing on any event

Tarble Arts Center

The Tarble Arts Center (TAC) is a major arts resource for the people of Central Illinois and Eastern Illinois University that primarily focuses on the visual arts. TAC is dedicated to taking the arts to the people of Central Illinois and beyond in new and exciting ways



ANDY MARTIN

THE ARTS

JOEL FAN

**Wednesday, January 31, 2018
7:30 p.m.**

Location:
EIU Doudna Fine Arts Center
The Recital Hall
1860 7th St
Charleston, IL 61920

Academy Member: \$9
Non-Member: \$16

Register by 1/29/18

Pianist Joel Fan is acclaimed as "soaring" (*Los Angeles Times*), "fantastic" (*Washington Post*), and possessing a "probing intellect and vivid imagination" (*The New York Times*). Fan re-invents the piano recital by illuminating the rare and unexpected - creating, in the words of *The Baltimore Sun's* critic Tim Smith, "one of the most satisfying piano performances I've heard."

ANDY MARTIN AND THE EIU JAZZ ENSEMBLE

Friday, February 9, 2018
7:30pm

Location:

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

Academy Member: \$9
Non-Member: \$16

Register by 2/5/18

Andy Martin is a virtuoso jazz trombonist based in Los Angeles. A world-class jazz musician, Martin is featured as leader or co-leader of twelve albums. He has contributed on albums from many popular artists, including the Pussycat Dolls, Coldplay and Michael Bublé. His television credits include the Grammys, the Emmys, the Academy Awards, the Golden Globes and The Screen Actors Guild Awards. Martin has been the lead trombonist on television shows *Dancing With the Stars* and *American Idol*.

UPRIGHT CITIZENS BRIGADE TOURING COMPANY

Wednesday, February 14, 2018
7:30p.m.

Location:

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

Academy Member: \$12
Non-Member: \$20

Register by 2/9/18

UCB Co brings the best improv comedians from the legendary Upright Citizens Brigade Theatres in New York to new audiences all around the country. Founded by Amy Poehler, Matt Besser, Ian Roberts and Matt Walsh, UCB has been home to some of the biggest stars in comedy today. From TV shows like *Saturday Night Live* and *Unbreakable Kimmy Schmidt*, to films such as *Bridesmaids* and *The Hangover*, these performers are everywhere.

DANÚ A ST. PATRICK'S DAY CELEBRATION

Tuesday, March 6, 2018
7:30p.m.

Location:

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

Academy Member: \$9
Non-Member: \$16

Register by 3/2/18

Hailing from counties Waterford, Dublin, Donegal and Cork, Danú is one of the leading traditional Irish ensembles of today. Their standing-room-only concerts throughout Ireland are true events featuring high-energy performances and a glorious mix of ancient Irish music and new repertoire. Joining Danú on stage for a few selected songs will be the EIU Choral Ensembles under the direction of Richard Rossi.

JUPITER STRING QUARTET

Wednesday, March 28, 2018
7:30p.m.

Location:

EIU Doudna Fine Arts Center
The Recital Hall
1860 7th St
Charleston, IL 61920

Academy Member: \$9
Non-Member: \$16

Register by 3/23/18

The Jupiter String Quartet is a particularly intimate group consisting of violinists Nelson Lee and Meg Freivogel, violist Liz Freivogel (older sister of Meg) and cellist Daniel McDonough. The Jupiters are Artists-in-Residence at the University of Illinois in Champaign-Urbana, where they maintain private studios and head the string chamber music program.

REV. PEYTON'S BIG DAMN BAND

Saturday, April 21, 2018
7:30p.m.

Location:

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

Academy Member: \$9
Non-Member: \$17

Register by 4/17/18

The Reverend Peyton's Big Damn Band is a three-piece American alt-country blues band from Brown County, Indiana, living in a rural area north of Nashville, IN and south of Bean Blossom. They play more than 250 dates per year at venues ranging from bars to festivals.

LITERARY DIVAS

Tuesday, January 23, 2018
4:00 - 5:30 pm

Location:
County Market - 2nd floor
551 W Lincoln Ave
Charleston, IL 61920

Facilitator: Marita Metzke

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

Register by 1/22/18

A variety of book genres are selected by the group, discussing themes, protagonists, and lessons learned. We will start the semester on January 23 with *The Nightingale* by Kristin Hannah. Alternate Tuesdays through May 15, 2018.

Maximum: 12. Call for availability.

PAST-FORWARD

Day Group:
Fridays - January 26,
February 23, March 23, April 27,
May 25, June 29, July 27
1:00 - 3:00 p.m.

Evening Group:
Tuesdays - January 9,
February 13, March 13, April 10,
May 8, June 12, July 10
6:00 - 8:00 p.m.

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

Evening Group Location:
Wesley United Methodist Church
Parlor
2206 4th St.
Charleston, IL 61920

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

No registration required

 *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
jmess1@consolidated.net

Evening Group: Daiva
dmmarkelis@eiu.edu

ENRICHMENT

SPRING WRITERS WORKSHOP

PHOTO BY ÁLVARO SERRANO: UNSPLASH.COM

WHERE'S MY BOOK LIST?

Tuesday, January 9, 2018
4:00 - 5:30 p.m.

Location:
Booth Library, Room 4450
600 Lincoln Ave
Charleston, IL 61920

Instructor(s): Sarah Johnson

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

Register by 1/8/18

Having trouble keeping track of your "must read" books? Managing your own reading list can be a challenge for those who read a lot - or a little. Sarah Johnson will introduce some tools, including two popular websites that she has used for this purpose. They can help people keep track of their own reading, catalog their personal book collections, and find recommendations from online lists and other readers.

TEA FOR TWO: IT'S FOR THE BIRDS

Friday, March 2, 2018
1:00 - 2:30 p.m.

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

Instructor(s): Jennifer Tariq

Academy Member: \$16
Non-Member: \$20

Register by 2/27/18

Tea for Two?! At this hands on crafting class, participants will craft two teacup birdfeeders for their spring garden. These unique feeders will be a highlight to share with others, or make a sweet gift. Participants can choose from hanging or stake designs. All cups will be pre-drilled to accommodate either style so you can switch it up if you like! Class will be led by Education Director, Jennifer Day Tariq.

SPRING WRITER'S WORKSHOP

Saturday, April 14, 2018
9:30 a.m. - 3:00 p.m.

Location:
Historic Mattoon Train Station
1718 Broadway Ave
Mattoon, IL 61938

Instructor(s): Amy Hassinger

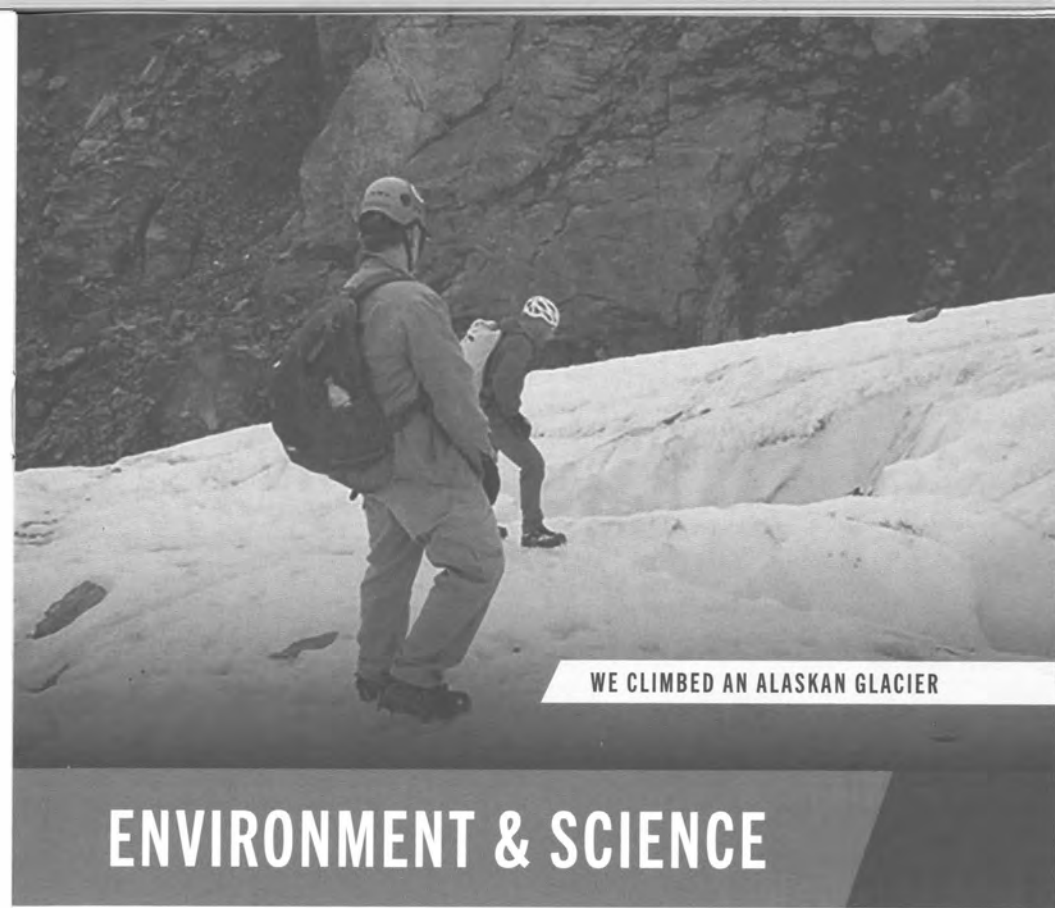
Academy Member: \$25
Non-Member: \$25

Register by 4/3/18

Past Forward Memoir Writers are celebrating their 10th anniversary with a workshop led by award winning novelist Amy Hassinger (*Nina: Adolescence 2003, The Priest's Madonna 2009, After the Dam 2016*). Ms. Hassinger will be sharing insights on plot development in two interactive sessions useful to writers of fiction and creative nonfiction alike. Coffee and tea, a sandwich lunch and snacks are included in the registration fee.

Space is limited to 30 participants, so register early to reserve your spot.

Sponsored by Past Forward, Academy of Lifelong Learning, Coles County Arts Council and Mattoon Arts Council.



WE CLIMBED AN ALASKAN GLACIER

ENVIRONMENT & SCIENCE

BIRDCLUB

Tuesdays - January 30, February 27, March 27, April 24, May 29, June 26, July 31
6:00 p.m.

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

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

Calling all birders, novices and the experienced! We invite you to join our club for local birders to learn from each other, share finds and photos, and get more involved in birding. Club meets once a month for presentations and discussions.

Registration appreciated at 217-235-4644. We meet at the Nature Center the last Tuesday of each month at 6 p.m. Free, adult program.

URBAN WATER CONSERVATION

Wednesday, March 21, 2018
10:00 - 11:30 a.m.

Location:

Charleston City Hall
 520 Jackson Ave - Lower Level
 Charleston, IL 61920

Instructor(s): Lauren Spaniol

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

Register by 3/20/18

Urban water conservation is an emerging and multifaceted issue that affects everyone. This talk will highlight some of the issues that are applicable in our area, including water usage, storm water runoff, and water pollution.

Some novel solutions will be discussed such as rain gardens, bio-swales, and permeable pavement.

WE CLIMBED AN ALASKAN GLACIER

Wednesday, June 13, 2018
Noon - 1:30 p.m.

Location:

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

Instructor(s): Joe and Marita Metzke

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

Register by 6/11/18

The Worthington Glacier is a 5,774-acre valley glacier that we successfully climbed - enjoying incredible scenery and fresh melted glacier water. We'll stop in Vancouver, B.C., Ketchikan, Juneau, Skagway and Glacier Bay along the way.

Travel through Alaska with us learning about our trip with photos and stories.



GENTLE YOGA

HEALTH & WELLNESS

GENTLE YOGA

Thursdays - February 1, 2018 -
March 8, 2018
5:15 - 6:15 p.m.

Location:

Sarah Bush Lincoln
 Lumpkin Education Center
 1000 Health Center Dr.
 Mattoon, IL 61938

Instructor(s): Karen Reed

Academy Member: \$36
Non-Member: \$42

Register by 1/26/18

Do you long for genuine whole body relaxation, strength and flexibility? You can gain these benefits in an atmosphere free of competition with Gentle Yoga. Engaging our mind with movements and breathing are especially beneficial for improved concentration and better sleep.

Six consecutive Thursdays are included; wear comfortable clothing, bring a mat or rug, and bottle of water.

PERFECT YOUR PLATE

Thursday, February 22, 2018
4:00 - 5:00 p.m.

Location:
 County Market - 2nd floor
 551 W. Lincoln Avenue
 Charleston, IL 61920

Instructor(s): Megan Jurgel

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

Register by 2/20/18

Eating right and staying active are important no matter what your age. As we get older, our bodies have different needs, so certain foods and nutrients become especially important for good health. During this session, you will learn about special nutrient needs of adults who wish to stay healthy. This class will teach you how to cook with nutrient dense foods and participants will go home with easy recipes to try.

AARP: ISSUES THAT MATTER MOST

Monday, April 9, 2018
6:00 - 7:00 p.m.

Location:
 Mattoon Public Library
 1600 Charleston Ave
 Community Room
 Mattoon, IL 61938

Instructor(s): Julie Vahling

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

Register by 4/5/2018

Meet with Julie Vahling, AARP's Illinois Associate State Director to learn:

- 1). What issues are of greatest concern in Illinois?
- 2). How does AARP choose which issues to support or oppose?
- 3). How does the organization assess success? and,
- 4). How do you deal with issues that you may not support personally?



Real Possibilities

DNA: TIES THAT BIND

Wednesday, April 18, 2018
Noon - 1:30 p.m.

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

Instructor(s): Lois Dickenson

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

Register by 4/16/18

Thinking of having a genealogical DNA test done? In this introduction, we'll cover the basics of what tests are available and how to generally interpret the results. How will the tests assist you in genealogical research and what are their limitations?

CON ARTISTS, DECEPTIVE BUSINESS PRACTICES AND THE SILVER BEAT

Tuesday, June 5, 2018
10:00 - 11:00 a.m.

Location:
 Brookstone Estates
 300 Lincoln Hwy Rd
 Charleston, IL 61920

Instructor(s): Paul Ferrero

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

Register by 6/1/2018

This educational program was created by the Illinois Attorney General to ensure that seniors have the knowledge and tools they need to better protect themselves from *deceptive business practices* and *con artists*.

Here is a sampling of what you can expect to learn:

- 1). Your rights under the new credit card rules;
- 2). Financial exploitation, including information about debt settlement, and
- 3). Reverse Mortgages: what they actually are and when best used.



BRASS AND BREW

LOCAL INTEREST, HISTORY, & CULTURE

DARWIN: A WELL, A FERRY, A ROAD, AND ABE LINCOLN

Wednesday, January 17, 2018
Noon - 1:30 p.m.

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

Instructor(s): Cheryl Hawker

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

Register by 1/15/18

Explore little known historical connections in Coles and Clark counties discovered after examining the Wall Dog Murals in Marshall, IL. It's like a giant geo-caching project where one discovery keeps leading to another. Come explore what we've found so far and get inspired to keep the search going! It's history fever to the max! You'll be inspired to start your own journey... some of you may even be able to fill in some of the missing pieces!

GREAT-GRAN WAS BIT BY A RATTLESNAKE, BUT AT LEAST SHE DIED RICH

Mondays - January 29, February 5, February 12, 2018
4:00 - 6:00 p.m.

Location:
 Booth Library - Room 4450
 600 Lincoln Ave
 Charleston, IL 61920

Instructor(s): Lois Dickenson

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

Register by 1/25/18

How do you sort truth from family fiction? Using free internet resources, we'll start to track down your ancestors and learn the stories of their lives. What documents are available and how do you find them – and what do they mean? How do your ancestors fit into the panorama of American history? An easy entry into the fascinating world of genealogy for the interested beginner.

ASHES OF WAR

Wednesday, January 31, 2018
Noon - 1:30 p.m.

Location:
 Bob's Bookstore
 303 Lincoln Avenue
 Charleston, IL 61920

Instructor(s): Michael Murphy,
 Author

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

Register by 1/30/18



The Ashes of War

MH Murphy

In this powerful work about the tragic aftermath of the Vietnam War, author and Academy member, Michael Murphy presents the stories of Vietnamese people who fled their beloved country and those who stayed behind and endured, creating a new life in their ever-changing country. You will learn Michael's background and impetus for writing on this subject. There will be time for questions and answers for those interested in this war, culture, and the people left after 'Black April', 4/30/1975.

REAL OR FORGED?

Wednesday, February 7, 2018
2:00 p.m.

Location:
 Pensees Bookshop
 502 6th Street
 Charleston, IL 61920

Instructor(s): Bob Bertrand

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

Register by 2/6/18

Max:10

The Beatles, J. K. Rowling and John F. Kennedy. These are just a few of the signatures on the market these days that in all likelihood are not authentic. In this workshop we will learn some of the basic rules in evaluating autographs and documents. Bob will also highlight some of the "great" literary forgers of our time and the techniques they used in order to fool even the experts. Several forged documents and photos will be presented to the group for self examination. So bring your eye-glass and Deerstalker cap for an afternoon of detective work.

BRASS & BREW

Wednesday, February 28, 2018
6:00 - 8:00 p.m.

Location:
 Charleston Country Club
 8355 Country Club Road
 Charleston, IL 61920

Instructor(s): Jay Gatrell

Admission: Free
Food & Beverages: Available for Purchase

Register by 2/26/18

"Brass and Brew" will be an evening of music, conversation, and fine microbrew tastings. EIU Provost Jay Gatrell will give a brief program on the geography of beer and follow-up with a Q & A session. The EIU Graduate/Faculty Brass Quintet will offer musical selections curated to match a variety of regional microbrews (available for purchase) selected for the event. Come for the refreshing education and live music, stay for the dinner special at the Country Club.

EIGHTEEN-NINETY SLEEPOVER

Friday, April 6, 2018
11:45 a.m. - Lunch
1:00 p.m. - Tour

Location:
 Eighteen-Ninety Sleepover
 14 S. Central Avenue,
 Casey, IL 62420

Instructor(s): Kimberlee Davidson

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

Register by 4/4/18

Built in 1890 by the Knights of Pythius, this three-story structure was renovated by a local business woman in 2017 to become a 12 room inn. The owner/operator, Kimberlee Davidson, will be there to give us a guided tour and provide us with full color brochures. There is a lift for those uncomfortable with climbing stairs. We'll be enjoying lunch at the Whittling Whimsy Cafe, 107 E. Main, Casey, before the tour. Let us know if you can attend either or both gatherings.

WHITESIDE GARDEN SERVICE DAY

Saturday, April 7, 2018
10:00 a.m. - Noon

Location:
 Whiteside Garden
 8422 N Co Rd 1820 E
 Charleston, IL 61920

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

Register by 4/6/18

What is the Whiteside Garden? In 1963, Dr. Wesley (Wes) Whiteside began transforming 5 acres of former farmland into a diverse botanical garden that has become a true treasure for east-central Illinois. After he retired in 1987, Wes continued to nurture and develop his garden, drawing many visitors to view his collections, which are unmatched in the region. Why is this site so important to EIU? We love Whiteside Garden in part because it was one of our own that started this amazing community garden! It is a volunteer driven labor of love! Come and lend a hand to help mulching, weeding, trimming, and more. Please wear closed toed shoes and long pants.

HOBSON-WASP NAVAL DISASTER

Wednesday, May 2, 2018
Noon - 1:30 pm

Location:
 Charleston Public Library
 712 6th St
 Charleston, IL 61920

Instructor(s): Carolyn Stephens

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

Register by 4/30/18

On April 26, 1952, a guard ship, the USS HOBSON, collided with a larger aircraft carrier, the USS WASP. The HOBSON split completely in two and, in less than 4 minutes, descended into the cold Atlantic water. On that dark and moonless night, 175 US Navy Sailors and their Captain were thrust brutally to the bottom of the ocean where they rest in eternal sleep. Sixty-one survivors of the HOBSON were rescued by the heroic efforts of sailors serving on the accompanying ship, the RODMAN, and on the WASP which had a huge gaping hole in her bow. This book is being written at the request of the son of one of the sailors serving on the HOBSON who died that night. This young sailor was one of the 176 who never got to go home, never experienced family again. This is an account of an error in judgment which resulted in tragedy, met by those who serve.

PRESERVING HISTORY IN OLD PHOTOS

Wednesday, May 9, 2018
Noon - 1:30 pm

Location:
 Charleston Public Library
 712 6th St
 Charleston, IL 61920

Instructor(s): Bonnie Parr, Historical Documents Conservator Lincoln Presidential Library & Museum

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

Register by 5/7/18

Bonnie Parr will present a program about preserving old family photographs. She will talk about the proper environment for the long-term preservation of photographs, explain and show examples of archival enclosures, and give guidelines on proper handling of these unique and often very fragile materials. Attendees will learn what factors affect the longevity of photographs, understand what is meant by "acid free" paper and which types of plastics are "archival", and learn useful tips for handling and managing their collections of old family photographs.

GIFT MEMBERSHIPS

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

-Richard Bach

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



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.

2018-2019 ACADEMY MEMBERSHIP PRICES

1 YEAR MEMBERSHIP	\$45
2 YEAR MEMBERSHIP	\$80
3 YEAR MEMBERSHIP BEST VALUE!	\$105

COMPLIMENTARY BENEFITS

- Academy Pass - Auditing a course means you will not be graded or given credit for the course you choose. Classes are taken for academic exploration and self-enrichment. In addition, unlimited access to Lynda.com, an online subscription library that teaches the latest software tools and skills through high-quality instructional videos is yours. (see pg. 4)
- Doudna Fine Arts Center discount for many music and theatre events
- Parking pass (on request) for on-campus Academy events
- EIU Bookstore discount of 10% on non-technology purchases

We are grateful to these area businesses that support the Academy by offering a discount with your Academy membership card:

- Ambero Antiques (10%)
- Bike & Hike of Charleston (10%)
- Charleston Alley Theatre: (\$2 off ticket price)
- Pensee's Bookshop on the Square (10%)

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 Charges _____

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/SUMMER 2018 LEARNING OPPORTUNITIES

Category	# to attend	Event Name	Member	Non-Member
THE ARTS	<input type="checkbox"/> _	Joel Fan	\$9	\$16
	<input type="checkbox"/> _	Andy Martin and the EIU Jazz Ensemble	\$9	\$16
	<input type="checkbox"/> _	Upright Citizens Brigade Touring Company	\$12	\$20
	<input type="checkbox"/> _	Danú A St. Patrick's Day Celebration	\$9	\$16
	<input type="checkbox"/> _	Jupiter String Quartet	\$9	\$16
ENRICHMENT	<input type="checkbox"/> _	Rev. Peyton's Big Damn Band	\$9	\$17
	<input type="checkbox"/> _	Where's My Book List?	Free!	Free!
	<input type="checkbox"/> _	Literary Divas	Free!	Free!
	<input type="checkbox"/> _	Past-Forward Memoir Writing	Free!	Free!
	<input type="checkbox"/> _	Tea for Two: It's for the Birds	\$16	\$20
ENVIRONMENT & SCIENCE	<input type="checkbox"/> _	Spring Writer's Workshop	\$25	\$25
	<input type="checkbox"/> _	Birdclub	Free!	Free!
	<input type="checkbox"/> _	Urban Water Conservation	Free!	Free!
HEALTH & WELLNESS	<input type="checkbox"/> _	We Climbed an Alaskan Glacier	Free!	Free!
	<input type="checkbox"/> _	Gentle Yoga	\$36	\$42
	<input type="checkbox"/> _	Perfect Your Plate	Free!	Free!
LOCAL INTEREST, HISTORY & CULTURE	<input type="checkbox"/> _	AARP: Issues that Matter Most	Free!	Free!
	<input type="checkbox"/> _	DNA: Ties that Bind	Free!	Free!
	<input type="checkbox"/> _	Con Artists, Deceptive Business Practices and the Silver Beat	Free!	Free!
	<input type="checkbox"/> _	Darwin: A Well, a Ferry, a Road, and Abe Lincoln	Free!	Free!
	<input type="checkbox"/> _	Great-Gran was Bit by a Rattlesnake	Free!	Free!
	<input type="checkbox"/> _	Ashes of War	Free!	Free!
	<input type="checkbox"/> _	Real or Forged?	Free!	Free!
	<input type="checkbox"/> _	Brass & Brew	Free!	Free!
	<input type="checkbox"/> _	Eighteen-Ninety Sleepover	Free!	Free!
	<input type="checkbox"/> _	Whiteside Garden Service Day	Free!	Free!
	<input type="checkbox"/> _	Hobson-Wasp Naval Disaster	Free!	Free!
	<input type="checkbox"/> _	Preserving History in Old Photos	Free!	Free!
TOTAL COST FOR MY WORKSHOP CHOICES:				
TAX DEDUCTIBLE DONATION:				
GRAND TOTAL				

EIU CAMPUS MAP

