

Eastern Illinois University

## The Keep

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Program Catalogs

Academy of Lifelong Learning

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Spring 2010

## Spring/Summer 2010 Program Guide

Academy of Lifelong Learning

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Enjoyable, affordable  
educational experiences  
for people 50 and older

# PROGRAM GUIDE

Spring/Summer 2010



## academy of Lifetime Learning

EASTERN ILLINOIS UNIVERSITY

Phone: 217-581-5114

E-mail: [all@eiu.edu](mailto:all@eiu.edu)

On the Web: [www.eiu.edu/~adulded/all.php](http://www.eiu.edu/~adulded/all.php)



EASTERN  
ILLINOIS  
UNIVERSITY

School of  
Continuing Education

[www.eiu.edu/~adulded](http://www.eiu.edu/~adulded)

# Purpose of the Academy

The purpose of the Academy is to provide all community members over age 50 an outlet for their creative and educational needs. Sometimes we have interests that we put on hold while we were working full-time, raising our children and taking care of our parents, but now it is time to learn about these subjects we simply did not find time to explore earlier in our lives.

The Academy is here to stimulate your mind and provide you an opportunity to learn new skills, discuss topics of interest, explore new areas of study and just have a good time learning and sharing. We enjoy each other's company whether we are attending a lecture, a workshop or a social event. Exercising our brains in order to stay healthy emotionally and intellectually is fun. Through the Academy, Eastern is reaching out to our community by sharing the great riches of campus: faculty expertise, fine arts programs and the wonderful gardens and buildings.

Come be a part of EIU. Join the Academy.

You are EIU!

*Janna and all the Academy Members*

## For More Information

Program Coordinator: Janna Overstreet

Phone: 217-581-5114 or 800-446-8918

E-mail: [all@eiu.edu](mailto:all@eiu.edu) or [joverstreet@eiu.edu](mailto:joverstreet@eiu.edu)

On the Web: [www.eiu.edu/~adulsted/all.php](http://www.eiu.edu/~adulsted/all.php)

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Eastern Illinois University  
600 Lincoln Avenue  
Charleston, IL 61920-3099

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## Advisory Council

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

Martha Brown, Ph.D., Chair	Steve Rich
Ken Baker	Gene Scholes, Ph.D.
Dee Braden	Jeanne Snyder, Ph.D., Chair-Elect
Betty Coffrin	Colleen Stoner
John Daum	Mike Strader
Lillian Greathouse, Ph.D.	James Wallace, Ph.D.
Sharon Kuhns	Terry Weidner, Ph.D.
Dr. Gary Mikel	

# 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 in the area who is age 50 or older and who has a curiosity and a desire to learn.

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

- Free monthly luncheon lectures
- Social events coordination
- Reduced fees for Academy events at the Doudna Fine Arts Center
- Reduced registration fees for Academy workshops, courses and tours
- Option to purchase an EIU Recreation Center membership
- Complimentary tuition to audit one EIU credit course per semester

The Academy's mission is to grow and serve the educational needs of community members age 50 and older. We welcome your membership and ideas for future programming.

None are so old as those who  
have outlived enthusiasm.

~Henry David Thoreau



## Book Club - *Invisible No More: Secret Lives of Women Over 50*

Date:	Thursday, Jan. 28, 2010
Time:	2-3:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Mary May
Cost:	Academy Member: free; Non-member: free (book purchase required)
Register by:	Jan. 14

Come out and discuss the book *Invisible No More: The Secret Lives of Women Over 50*. The discussion group is tailored toward women; however, it is open to men, too. There will be open-ended discussion questions, as well as time for participants to share ideas they have from the book or aging, in general.

*(limit 15 participants)*

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## Psychology of Aging

Date:	Tuesdays, Feb. 16 and 23, 2010
Time:	10-11 a.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Janna Overstreet
Cost:	Academy Member: \$30; Non-member: \$50
Register by:	Jan. 27

An overview of the theories and concepts specific to psychological aspects of aging. This will be an interesting exploration of current scientific thought and your own experiences with aging.

*(limit 15 participants)*

## Treasures of the Adriatic: Croatia and Montenegro

Date:	Monday, Feb. 22, 2010
Time:	1-2:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Lucille Saunders
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	Feb. 14

After having traveled to Croatia, Ms. Saunders will share with us her "Photographic Travelogue of Croatia and Montenegro With Commentary." Expect photos and insights into the terrain, the food and the people. Lecture, presentation and discussion workshop.  
*(limit 15 participants)*

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## The Joy, Joy, Joy of Herbs

Date:	Thursday, Feb. 25, 2010
Time:	1-2:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Susan Weir
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	Feb. 11

It is "thyme" to learn how much joy there is in growing and using herbs, the most important plants in our lives. Participants will learn a potpourri of creative and fun ways to enjoy beautiful and fragrant herbs, with an emphasis on cooking. Participants will also learn the benefits of delving into the world of growing herbs.  
*(limit 15 participants)*



## Turn Your Passion into Profit

Date:	Tuesday, March 2, 2010
Time:	1-4 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Jeanne Dau, Business Solutions Center
Cost:	Academy Member: \$30; Non-member: \$50
Register by:	Feb. 19

There is a saying, "Do what you love; the money will follow." This course will explore how to turn your passion into profit. We will generate ideas through creative thinking exercises and identify opportunities in our community for income generation. We will work to determine the earning potential of your idea, and finally, we will hear from "boomers" sharing their personal entrepreneurial journey. The highest rate of entrepreneurial activity over the past decade belongs to the 55-64 age group. Do you want to see if you should join the trend? Come join us at this fantastic workshop.

*(limit 15 participants)*

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## Flower Show in Chicago

Date:	Monday, March 8, 2010
Time:	7 a.m.-7 p.m.
Location:	Navy Pier, Chicago
Presented by:	Janna Overstreet
Cost:	Academy Member: \$100; Non-member: \$130
Register by:	Feb. 15

Day Trip to Navy Pier, Chicago, for Chicago Flower Show. Includes seminars, plant and garden supply vendors, show gardens, etc. Bus transportation and Flower Show ticket are included; meals are on your own.

*(limit 60 participants)*

## Maintaining Your Balance With the Wii Fit™

Date:	Tuesday, March 30, 2010
Time:	1-2:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Phyllis Croisant, Ph.D.
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	March 22

Learn ways to stay active and healthy using the Nintendo Wii Fit™, a virtual exercise program. The Wii Fit™ combines fun and fitness into one product. It can change how you exercise, how you balance and even how you move. The different ways to use the equipment and how to keep track of your personal advancement will be included in the presentation, as well.

*(limit 15 participants)*

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## History of Fashion Trends

Date:	Wednesday, April 14, 2010
Time:	2-3:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Christine Ozier
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	April 11

A detailed presentation of fashion history, as well as current trends in the fashion industry will be clarified. Different fabrics and textiles will be discussed by a textile and fabric major here on Eastern's campus in the family and consumer sciences master's program. Some swatches and pattern examples will be presented. Please come with any questions that you might have, as well as an open mind to learn.

*(limit 15 participants)*

## Small Town Heritage - Life in Illinois Communities

- Date: Friday, April 23, 2010
- Time: 2-3:30 p.m.
- Location: Lincoln Log Cabin State Historic Site  
402 S. Lincoln Hwy. Rd. 217-345-1845  
Lerna, IL 62440
- Presented by: John Hallwas, Ph.D.
- Cost: Academy Member: free; Non-member: free
- Register by: April 21

Join John Hallwas for an exciting lecture and slide presentation that delves into the dark side of Illinois history, from the frontier killers at Cave-In-Rock to later horse thieves, bandits and murderers. Groups such as the Brown Gang, the Johnson Gang and the Berry Gang, and outlaws such as Joe Brice, Ed Maxwell and Frank Rande, will be discussed. Slides, based on lithographs and historic photographs, will depict some of the outlaws and the locations associated with their nefarious activities. The lecture will also include comments on the early lawmen and vigilantes who tracked down the desperadoes.

*(unlimited participants)*

True terror is to wake up one morning  
and discover that your high school class  
is running the country.

~Kurt Vonnegut

## Spirituality

Date:	Wednesday, April 28, 2010
Time:	10-11:30 a.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	William Kirk, Ph.D.
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	April 19

This presentation will focus on the dynamic and interesting relationship between our physical health, mental health and personal belief systems. Included in this interactive discussion and lecture will be a brief review of the journalistic and APA-based research supporting the idea that one's physical state, mental health and spirituality are profoundly intertwined. Dr. Kirk is a professor emeritus of psychology who has taken part in research and professional study of the mind/body connection for many years. His lectures are an exploration of the science behind spiritual self and physical self connections, leading us to new ideas and personal awareness.

*(limit 15 participants)*

## Folk Songs of Illinois, 1800 -1950

Date:	Friday, May 7, 2010
Time:	2-3:30 p.m.
Location:	Lincoln Log Cabin State Historic Site 402 S. Lincoln Hwy. Rd. 217-345-1845 Lerna, IL 62440
Presented by:	Bucky Halker, Ph.D.
Cost:	Academy Member: free; Non-member: free
Register by:	May 7

Bucky will share his knowledge of Prairie State folk music in a program that features performance and commentary. The presentation is based on his recently produced CD series, the Illinois Humanities Council's *Folksongs of Illinois*.

*(unlimited participants)*

## Growing Young: The First 100 years

Date:	Tuesday, May 11, 2010
Time:	Noon-1:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Charles Schuster
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	May 4

Local chiropractic physician Dr. Charles Schuster will explain how to grow young by taking care of your body today.

*(limit 15 participants)*

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## Making Your Personalized DVD

Date:	Tuesday or Wednesday, June 15 or 16, 2010
Time:	9 a.m.-noon or 1-3 p.m.
Location:	EIU McAfee Hall, Room 1611 (west basement)
Presented by:	Pete Grant
Cost:	Academy Member: \$3 per DVD <i>Member-only workshop</i>
Register by:	June 4 (call for your half-hour appointment)

Ever wanted to read a goodnight story to your grandkids, but live too far away? Ever wanted to tell your children a certain story about their grandpa, their grandma or their own childhood? This is your chance. The Center for Academic and Technology Services at EIU will provide you the opportunity to record a DVD for your children, grandchildren, nieces, nephews, etc. The DVD length will be 0-15 minutes; however, you will have a 30-minute session to complete it. Once the taping is complete, your DVD will have a custom cover and label with your information. You will actually come and sit in front of a camera and be taped reading a book or telling a story.

*(limit 20 participants)*

## Intergenerational Pastries Course

- Date: Wednesday, June 23, 2010
- Time: 2-3:45 p.m.
- Location: LifeSpan Center 217-639-5150  
11021 E. County Road 800 N  
Charleston, IL 61920
- Presented by: Bev Combs
- Cost: Academy Member: \$40; Non-member: \$50  
*To bring two grandchildren, please add \$10 to your registration fee.*
- Register by: June 11

Spend time with your grandchild in the kitchen making pastries. Learn some of the basic techniques of mixing and rolling dough. You will learn about fruit and pudding fillings and see a variety of crimping techniques. We will be making fruit turnovers for sampling during the session, and you will have dough to take home for later use. Each grandparent/grandchild team should bring a rolling pin and a medium to large mixing bowl. Other equipment will be provided. Aprons are optional; we'll be working with flour and shortening, so beware! For grandparents and their grandchildren, ages 10-15.  
*(limit 8 grandparent-grandchild teams)*

When grace is joined with wrinkles,  
it is adorable.

There is an unspeakable dawn in  
happy old age.  
~Victor Hugo

## Intergenerational Birding Course

- Date: Thursday, July 1, 2010
- Time: 9-11:30 a.m.
- Location: Douglas-Hart Nature Center      217-235-4644  
2204 DeWitt Ave. East  
Mattoon, IL 61938
- Presented by: Esther Lutz
- Cost: Academy Member: \$40; Non-member: \$50  
*To bring two grandchildren, please add \$10 to your registration fee.*
- Register by: June 18

Have fun learning to identify common backyard birds of Illinois. Participants will learn about bird anatomy, coloring, markings, size and beak shapes. There will be many interesting bird facts and lots of photos. Examine a display of feeder types and learn how different seeds attract different species. Build a simple birdhouse and take home a feeder you made yourself! Class will conclude with a birding hike to see how many species can be identified in one outing. Wear sunscreen and comfortable shoes. If you have your own binoculars and a sun hat, bring them along. One adult may bring two children. For grandparents and their grandchildren, ages 6 and over.  
*(limit 8 grandparent-grandchild teams)*

## Portion Size Me

- Date: Thursday, July 22, 2010
- Time: 2-3:30 p.m.
- Location: EIU Blair Hall, Room 2116
- Presented by: James Painter, Ph.D.
- Cost: Academy Member: \$15; Non-member: \$30
- Register by: July 15

Dr. Painter, known throughout the U.S. for his *Portion Size Me* program of dieting, will discuss with us the pitfalls and practicalities of dieting in a fast food world. Options for healthier eating and healthier living will be discussed. Bring your biggest obstacles to class and find a solution that works for you. *(limit 15 participants)*

# A Message from the Coordinator

Dear Members,

What a wonderful fall semester we just experienced! The highlight was the **Aging with Grace Conference**, where more than 300 people were exposed to the Academy and the wonderful workshops we offer. I want to publicly thank our co-sponsor, the EIU Master of Gerontology Program, and all of our financial supporters on and off campus. The conference was a success from everyone's perspective, and I am thrilled to have been a part of such a wonderfully cooperative venture.

Our membership is rising and now exceeds 140. In a little more than a year's time, we have come a long way, and I owe it to your cooperation and support. With increased membership, we may see a need for new workshop ideas and meeting times in order to meet members' expectations. To this end, we have formed a curriculum committee and will conduct a needs and interest survey this spring. The curriculum committee is your voice, so please let them or me know your desires. Our curriculum committee members include Dr. Lillian Greathouse, Dr. Edie Terwilliger and Elenor Rentschler. All are active Academy members and strong educators. The survey will be short but helpful in planning, and its purpose will be for you, the members, to indicate your areas of interest and preferred meeting times and places so that the committee and I can plan workshops, courses and events that meet your expectations.

Respectfully,  
Janna

Everyone is the age of their heart.

~Guatemalan Proverb



# Member-Only Social Events

## Children's Book Illustrations From the Mariann Younger Collection

Date:	Wednesday, Jan. 13, 2010
Time:	10 a.m.
Location:	Tarble Arts Center
Cost:	Free

Tour of Children's Book Illustrations from the Mariann Younger Collection. Original art by noted children's book illustrators, including Ted Rand, Wendy Watson, Elisa Kleven and others; on loan from EIU alumna Mariann Dana Younger '54.

## *Fiddler on the Roof*

Date:	Tuesday, March 9, 2010
Time:	7 p.m.
Location:	Doudna Fine Arts Center, The Theatre
Cost:	\$10

The popular musical set in Tsarist Russia, 1905, is brought to life by EIU's Theatre Company. Follow Tevye, the father of five daughters, and his attempts to maintain his family and religious traditions while outside influences encroach upon their lives.

## Pantera

Date:	Tuesday, March 23, and Tuesday, April 13, 2010
Time:	5:45 p.m.
Location:	Pantera
Cost:	\$10 per meal

Dinner out at the newly renovated Pantera Restaurant

## *Incorruptible*

Date:	Monday, April 19, 2010
Time:	7 p.m.
Location:	Doudna Fine Arts Center - The Black Box
Cost:	\$10

Michael Hollinger's dark comedy set in the dark ages. Following the follies of a monastery in Priseaux, France, the play explores faith and fortune through the exploitation of saints and relics. Performed by EIU's Theatre Company.

## Engaging Generations

Date: Thursday, Jan. 14, 2010  
Time: Noon  
Location: Charleston Public Library, Rotary Room B  
Presented by: Sharon Kuhns

Discover the influences of other generations on our own. Engaging Generations takes a look at the influences and values of four generational eras and how this translates into our everyday lives. Those attending will have a greater understanding of those around them and thus be able to communicate more successfully.

## International Student Presentation

Date: Thursday, Feb. 11, 2010  
Time: Noon  
Location: Charleston Public Library, Rotary Room B  
Presented by: EIU Students from Abroad

A panel of three international students from EIU will speak and answer questions about their home countries and their study experience here in east central Illinois.

## Study Abroad Student - Australia

Date: Thursday, March 11, 2010  
Time: Noon  
Location: Charleston Public Library, Rotary Room B  
Presented by: Kelly A. Kawa

Kelly will share with us her experiences from studying abroad in Australia.

## United Kingdom and Ireland

Date: Thursday, April 8, 2010  
Time: Noon  
Location: Charleston Public Library, Rotary Room B  
Presented by: David and Joyce Maurer

Joyce and David Maurer will share scrapbooks from their recent travels on a converted ice breaker along the west coasts of the UK and Ireland — focusing on birds, gardens and historic sites.

# Member-Only Luncheon Lectures

## Century-Old Barns, Farms and Tools

Date: Thursday, May 13, 2010  
Time: Noon  
Location: Rural Coles County - TBA  
Presented by: Mr. and Mrs. Ray Muessman

We will visit a wonderful farm and barn in rural Coles County. You have to see it to believe it! The owner has created a wonderful museum right in his old barn. We will picnic on the property prior to our tour.

## Campus Flower Walk

Date: Thursday, June 10, 2010  
Time: Noon  
Location: EIU Blair Hall, North Entrance  
Presented by: Academy Members

Come to campus and enjoy a wonderful stroll around the beautiful flower beds after enjoying our lunch by the Campus Pond.

## Recipe Swap — Healthy Meals

Date: Thursday, July 8, 2010  
Time: Noon  
Location: Charleston Public Library, Rotary Room B  
Presented by: Academy Members

Bring some of your favorite recipes for an easy and healthy meal. Recipes will be compiled in a booklet to be distributed to all contributors.

It is possible at any age to discover a lifelong desire you never knew you had.

~Robert Brault

Looking for the *Perfect Gift*  
for someone 50 and older?

*Nurture their curiosity.*

Give them a membership to EIU's  
**Academy of Lifetime Learning.**

The Academy is a learning community sponsored by the School of Continuing Education at Eastern Illinois University. The Academy is open to anyone in the area who is age 50 or older and who has a curiosity and a desire to learn.

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

- Free monthly luncheon lectures
- Social events coordination
- Reduced fees for Academy events at the Doudna Fine Arts Center
- Reduced registration fees for Academy workshops, courses and tours
- Option to purchase an EIU Recreation Center membership
- Complimentary tuition to audit one EIU credit course per semester



For more information, contact the  
School of Continuing Education at  
217-581-5114 or e-mail [all@eiu.edu](mailto:all@eiu.edu).

# 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 [jcdau@eiu.edu](mailto:jcdau@eiu.edu).

## Caregiver Workshop Series

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

## Computer Workshops

Free computer workshops for every level of learner, offered in wonderful Booth Library. For further information, contact Technology Services: 581-6091 or register at [www.library.eiu.edu/workshops/welcome.asp](http://www.library.eiu.edu/workshops/welcome.asp).

## The Daily Eastern News

Find out about what is happening on campus and upcoming events. To read the DEN online, go to [www.dennews.com](http://www.dennews.com).

## 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 further information, contact the Doudna Box Office: 581-3110 or [doudnatix@eiu.edu](mailto:doudnatix@eiu.edu).

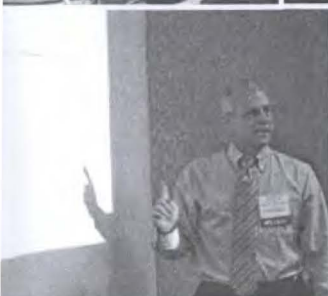
## Tarble Arts Center

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

It takes a long time to become young.

~Pablo Picasso

# Conference Highlights



## *Aging with Grace* October 23, 2009



# Reminder List: What I Registered For

Workshop Name	Date	Time	Location
<input type="checkbox"/> Invisible No More...	1/28	2 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Psychology of Aging	2/16 & 23	10 a.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Treasures of the Adriatic	2/22	1 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Joy, Joy, Joy of Herbs	2/25	1 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Passion into Profit	3/2	1 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Chicago Flower Show	3/8	7 a.m.	Navy Pier, Chicago
<input type="checkbox"/> Balance with Wii Fit™	3/30	1 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> History of Fashion Trends	4/14	2 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Small Town Heritage	4/23	2 p.m.	Lincoln Log Cabin
<input type="checkbox"/> Spirituality	4/28	10 a.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Illinois Folk Songs	5/7	2 p.m.	Lincoln Log Cabin
<input type="checkbox"/> Growing Young...	5/11	noon	EIU Blair Hall, Room 2116
<input type="checkbox"/> Personalized DVD	6/15 or 6/16	by appt.	EIU McAfee Hall, Room 1611
			<i>my appt. time:</i> _____
<input type="checkbox"/> Intergenerational Pastries	6/23	2 p.m.	LifeSpan Center
<input type="checkbox"/> Intergenerational Birding	7/1	9 a.m.	Douglas-Hart Nature Center
<input type="checkbox"/> Portion Size Me	7/22	2 p.m.	EIU Blair Hall, Room 2116

# Membership/Course Registration Form

Name \_\_\_\_\_

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

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

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

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

## Membership Fees *(Membership dues are non-refundable.)*

New Annual Membership \$35       Renew Annual Membership \$35

	Workshop Name	Member \$	Non-Member \$
<input type="checkbox"/>	<i>Invisible No More...</i>	free	free
<input type="checkbox"/>	Psychology of Aging	\$30	\$50
<input type="checkbox"/>	Treasures of the Adriatic	\$15	\$30
<input type="checkbox"/>	Joy, Joy, Joy of Herbs	\$15	\$30
<input type="checkbox"/>	Passion into Profit	\$30	\$50
<input type="checkbox"/>	Chicago Flower Show	\$100	\$130
<input type="checkbox"/>	Balance with Wii Fit™	\$15	\$30
<input type="checkbox"/>	History of Fashion Trends	\$15	\$30
<input type="checkbox"/>	Small Town Heritage	free	free
<input type="checkbox"/>	Spirituality	\$15	\$30
<input type="checkbox"/>	Folk Songs of Illinois 1800-1950	free	free
<input type="checkbox"/>	Growing Young: The First 100 Years	\$15	\$30
<input type="checkbox"/>	Making Your Personalized DVD	\$3 per DVD	<i>member-only workshop</i>
<input type="checkbox"/>	Intergenerational Pastries <i>additional grandchild, add \$10</i>	\$40	\$50
<input type="checkbox"/>	Intergenerational Birding <i>additional grandchild, add \$10</i>	\$40	\$50
<input type="checkbox"/>	Portion Size Me	\$15	\$30

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

Cash       Check *(payable to Eastern Illinois University)*  
 Charge Card:       M/C       Visa       Discover

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.





**EASTERN**  
ILLINOIS  
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**Academy of Lifetime Learning**  
**School of Continuing Education**  
600 Lincoln Avenue  
Charleston, IL 61920-3099

226053

FIRST CLASS MAIL  
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CHARLESTON IL 61920  
PERMIT NO 24

It's important to  
have a twinkle  
in your wrinkle.  
~Author Unknown