

Eastern Illinois University

The Keep

Program Catalogs

Academy of Lifelong Learning

Spring 2013

Spring/Summer 2013 Program Guide

Academy of Lifelong Learning

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School of
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Enjoyable, affordable
educational experiences
for people 50 and older



■ academy of

Lifetime Learning

EASTERN ILLINOIS UNIVERSITY



PROGRAM GUIDE

Spring/Summer 2013

Phone:
217-581-5114

E-mail:
academy@eiu.edu

On the Web:
www.eiu.edu/adulted/all.php



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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.	Jill Nilsen, Ph.D.
Lillian Greathouse, Ph.D.	Jayne Ozier, Ph.D.
Mary Anne Hanner, Ph.D., Chair Elect	Elenor Rentschler
Mark Hillard	Gene Scholes, Ph.D.
Kathy Hummel	Lorenzo Smith
Sharon Kuhns, Past Chair	Jeanne Snyder, Ph.D.
Jan Little	Colleen Stoner
Dave Maurer, Ph.D.	Terry Weidner, Ph.D., Chair

View photos and resumes of our instructors at
www.eiu.edu/adulted/all.php

Purpose of the Academy

The purpose of the Academy is to provide all community members age 50 and older an outlet for their creative and educational needs. Some of our interests were put on hold while we worked full-time, raised our children and cared for our parents, but now is the time to learn about the subjects we simply did not find time to explore earlier in our lives.

The Academy's goal is to stimulate your mind and provide you an opportunity to learn new skills, discuss topics of interest, explore new areas of study and simply enjoy 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 emotionally and intellectually healthy 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!

Become a Member

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

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

- Free luncheon lectures
- Coordinated social events
- Reduced fees for Academy events at the Doudna Fine Arts Center
- Reduced registration fees for Academy workshops, courses and tours
- 20% discount (excluding technology purchases) at the EIU University Bookstore
- 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. We welcome your membership and ideas for future programming.

Multi-Meeting Courses

A multi-meeting course is a series of meetings scheduled for multiple dates, and is designed to investigate an in-depth topic. Each lesson builds upon the previous meeting's content, with the end goal of developing a knowledge base or skill set regarding the topic of study. A one-time registration fee covers all meeting dates in the series, and participants should plan to attend all meetings to receive the full benefit of the course. Please register by the date specified to reserve your space. To register, complete and return the registration form on pages 31–32 or call 217-581-5114.

Calligraphy: Learning the Rythmic Flourishes and Old-World Elegance of Writing

Date: Tuesdays, March 5, 12, 19 & 26
Time: 4–5:30 p.m.
Location: EIU Blair Hall, Room 2116
Presented by: Brett Bensley
Cost: Academy Member: \$50; Non-member: \$100
Register by: February 26, 2013

Learn the skills to make creative lettering for scrapbooking, letters, certificates, and a variety of occasions or everyday use. This skill can be used for making posters and signs. Imagine the excitement on people's faces when they see wonderful calligraphy on a note or letter from you! *All materials are included in the price of the class.*

(limit 15 participants)



Intergenerational
Opportunity

Multi-Meeting Courses

Meditation: A Tool Against Stress, Depression and Guilt

Date: Wednesdays, March 20, 27, April 3, 10 & 17
Time: 5–6:30 p.m.
Location: SBLHS Education Center: Adams Room, March 20; Madison Room, March 27; Lincoln Room, April 3; Madison Room, April 10 & 17
Presented by: Jay Shinde
Cost: Academy Member: \$40; Non-member: \$80
Register by: March 13, 2013

Meditation is non-denominational, and can be tailored to a participant regardless of their spiritual path. With this thousand-year-old meditation technique, participants will learn to lead a calmer, richer, and quite possibly more meaningful life. Studies indicate that meditation is efficacious for stress relief, depression, anxiety, resentments, cravings, and addictions. Many studies suggest that meditation has a positive impact on life.

(limit 20 participants)

Let's Learn Tai Chi

Date: Tuesdays and Thursdays, April 2, 4, 9, 11, 16, 18
Time: 1:30–3 p.m.
Location: SBLHS Education Center: Washington Room, April 2 & 4; Lincoln Room, April 9; Washington Room, April 11; Lincoln Room, April 16 & 18
Presented by: Suzi Coffman
Cost: Academy Member: \$40; Non-member: \$80
Register by: March 26, 2013

Originating in China thousands of years ago, Tai Chi is extremely beneficial in promoting improved balance, flexibility and muscle tone. Tai Chi also aids in the relief of stress and improving overall health. Beginning students and those who want more experience with basic Tai Chi are welcome to join us for this fun and relaxing course.

(limit 20 participants)

How the Nineteenth Century Shaped the Policies of Abraham Lincoln

Date: Tuesdays and Thursdays, April 16, 18, 23, 25
 Time: 4:30–6 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Tom Spencer
 Cost: Academy Member: \$40; Non-member: \$80
 Register by: April 9, 2013

Abraham Lincoln was, in many ways, the quintessential Nineteenth Century Midwestern American. This course will examine four distinct important topics in American history during the Nineteenth Century and how Abraham Lincoln was affected by or involved in each of them. Topics include: Abraham Lincoln and the Midwest Frontier; Abraham Lincoln and the Mexican War; Abraham Lincoln and the Expansion of Slavery; and Abraham Lincoln and the Civil War

(limit 15 participants)

Expanding Your Tai Chi Skills

Date: Tuesdays and Thursdays, April 30,
 May 2, 7, 9, 21 & 23
 Time: 1:30–3 p.m.
 Location: SBLHS Education Center:
 Lincoln Room, April 30, May 2 & 21;
 Washington Room, May 7 & 23; Adams Room, May 9
 Presented by: Jodi Sparks
 Cost: Academy Member: \$40; Non-member: \$80
 Register by: April 30, 2013

Take Tai Chi to the next level, including instruction and practice of 'forms' by combining a series of basic movements and incorporating them into a continuing 'moving meditation.' Learn the Sun Form, a flow form that is beneficial for balance, flexibility, arthritis, fibromyalgia, and more. Students need to have taken a basic Tai Chi course or have previous experience in Tai Chi. *Class will not meet on May 14 & 16.*

(limit 15 participants)

Spanish for Travel

Date: Tuesdays and Thursdays, June 4, 6, 11 & 13
 Time: 4–5:30 p.m.
 Location: EIU Blair Hall, Room 3108
 Presented by: Jennifer Bryant
 Cost: Academy Member: \$40; Non-member: \$80
 Register by: May 24, 2013

Learn all the essential Spanish language you will need when traveling to a Spanish-speaking country. We will also cover cultural differences and suggested tips for travel. This course will be basic enough for the beginner, yet will be engaging for anyone needing a refresher course.

(limit 20 participants)

History and Craft of Bookbinding Restoration

Date: Tuesdays and Thursdays, July 16, 18, 23 & 25
 Time: 1–2:30 p.m.
 Location: SBLHS Education Center:
 Washington Room, July 16; Lincoln Room, July 18;
 Adams Room, July 23 & 25
 Presented by: Robert Bertrand
 Cost: Academy Member: \$80; Non-member: \$160
 Register by: July 9, 2013

Explore the history of bound and printed material, and the common problems books encounter due to misuse and damage over time. Learn how a book is constructed, as well as how to repair it when it becomes damaged. Observe some restoration techniques and try some hands-on projects. *All materials for the class will be provided.*

(limit 15 participants)

Education is not preparation for life.
 Education is life itself.

~John Dewey

A workshop is a single-meeting event lasting one to three hours, which serves as an introduction to a topic of interest. A workshop topic may be offered multiple times on the Academy schedule. Participants pay a per-meeting registration fee and may attend a single meeting, or may register to attend multiple times. Please register by the date specified to reserve your space. To register, complete and return the registration form on pages 31–32 or call 217-581-5114.

Kaleidoscopes: Those Magical Tubes of Color

Date: Tuesday, February 19, 2013
 Time: 4–5:30 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Brett Bensley
 Cost: Academy Member: \$45; Non-member: \$90
 Register by: February 12, 2013

Come learn how to make kaleidoscopes and learn about the history of kaleidoscope making from a world famous Kaleidoscope artist. Learn the basic techniques while making a working kaleidoscope. Learn about advanced skills and features to make artistic kaleidoscopes. Share this skill with friends, family, students, or anyone wishing to learn the secrets of how that ‘magical’ tube of colors works! *All materials needed for this class are included.*

(limit 15 participants)

Tour European WWII Sites

Date: Tuesday, February 26, 2013
 Time: 10–11:30 a.m.
 Location: EIU Blair Hall, Room 3180
 Presented by: Dan Crews
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: February 19, 2013

Get information about touring sites in France and Belgium that are directly related to events from the Second World War. The program is not a general, big-picture overview of the D-Day and Battle of the Bulge campaigns, but rather an up-close, personal approach to experiencing history.

(limit 20 participants)

Embroidery Basics

Date: Wednesday, February 27, 2013
 Time: 5:30–7 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Allison Cicero
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: February 20, 2013

Appropriate for children ages 12 and older. Learn basic embroidery stitches, and gain a new appreciation for the ancient craft. We will create a sampler of assorted stitches in class for you to take home. The instructor will lead hands-on demonstrations give one-on-one assistance, and will discuss resources for further learning and pattern access. Material cost will be approximately \$15 in addition to registration fee. A material list will be emailed so registered participants can obtain their supplies.



Intergenerational
Opportunity

(limit 15 participants)

Woodstove and Fireplace Hearth Cooking at the 5 Mile House

Date: Thursday, February 28, 2013
 Time: 1–5 p.m.
 Location: 5 Mile House, Illinois Highway 130 and Hutton Road, southeast of Charleston
 Presented by: Kathy Hummel and Gail Casey
 Cost: Academy Member: \$25; Non-member: \$50
 Register by: February 21, 2013

Learn and practice the basics of cooking on the fireplace hearth and woodstove in Coles County’s oldest dwelling, the 5 Mile House. Make a savory stew, johnnycake, mulled cider, and apple crisp — and eat it! While the food is bubbling away, we will hand-sew a ‘housewife,’ a pioneer sewing kit, and sing pioneer songs. Invite one guest to join you at a candlelight meal.

(limit 8 participants)

The Life of the Civil War Soldier

Date: Tuesday, March 5, 2013
 Time: 10–11:30 a.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Robert Sterling
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: February 26, 2013

The life of a soldier in the 1860's was difficult, and an unforgettable experience for the thousands of young Americans who left home to fight for their cause. Military service meant many months away from home and loved ones, long hours of drill, often inadequate food or shelter, disease, and many days spent marching on hot, dusty roads or in a driving rainstorm. Long stretches of boredom in camp were broken by moments of sheer terror experienced on the battlefield. For these civilians-turned-soldiers, the rigors and demands of army life were a very difficult adjustment.

(limit 15 participants)

Cast Pewter Jewelry

Date: Wednesday, March 6, 2013
 Time: 5:30–7 p.m.
 Location: EIU Doudna Fine Arts Center, Room 1920
 Presented by: Allison Cicero
 Cost: Academy Member: \$65; Non-member: \$130
 Register by: February 6, 2013

Make your own jewelry from cast pewter. Pewter, largely comprised of tin, melts at about 450°F (depending on the exact alloy), allowing it to be cast in aluminum foil molds. We will discuss historical metals casting processes, make our own molds, and very carefully pour molten pewter into the molds to cast pewter objects for you to take home. *Material costs are included in the price of this course.*

(limit 15 participants)

Education's purpose is to replace an empty mind with an open one.

~Malcolm Forbes

iPad 101: Come Learn Beginning Basics, Shortcuts, Special Features and More

Date: Thursday, March 21, 2013
 Time: 4–5:30 p.m.
 Location: EIU Booth Library, Room 4450
 Presented by: Tracy Valinevicius
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: March 14, 2013

iPad 101 is a course designed for new users who want to learn how to use their iPad efficiently. Learn how to effectively use the basic functions. Learn shortcuts, special features and tips and tricks. Please bring your own iPad to use.

(limit 20 participants)

Severe Weather and the Restless Atmosphere, Part II

Date: Thursday, March 28, 2013
 Time: 3–4:30 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Belayet Khan
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: March 21, 2013

Explore the prominent processes that lead to formation of severe weather such as tornadoes, hurricanes, thunderstorms, and hailstorms in our restless atmosphere. Understand the capabilities and limitations of forecasting severe weather. While this course expands on topics explored in Severe Weather and Restless Atmosphere, Part I, the previous class *is not* required to enjoy this workshop.

(limit 15 participants)

America's Music

Date:	Saturday, April 6, 2013
Time:	7 p.m.
Location:	EIU Doudna Fine Arts Center, Dvorak Concert Hall
Presented by:	Dr. Allen Lanham & Paul Johnston
Cost:	FREE
Register by:	March 30, 2013

America's Music: A Film History of Our Popular Music from Blues to Bluegrass to Broadway is a public program featuring documentary film screenings and scholar-led discussions of twentieth-century American popular music. EIU's Booth Library, one of 50 hosting libraries nationwide, invites you to view this exhibit, opening February 2013. For a complete schedule of events, visit www.library.eiu.edu.

Enjoy a closing program full of musical performances in EIU Doudna's Dvorak Concert Hall. Funding for this program was provided by the National Endowment for the Humanities, Tribeca Film Institute, and the Ruth and Vaughn Jaenike Access to the Arts Outreach Program of the College of Arts & Humanities, Dr. Allen Lanham, Dean of Library Services, EIU Booth Library and Paul Johnston, Professor in the EIU Music Department, are responsible for bringing this program to EIU Booth Library.



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Facebook



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

To learn more about Facebook, including how to become a friend, go to www.facebook.com and join the millions on Facebook by signing up. Look for us by typing in EIU Academy.

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Experiences of the Illinois Civil War Soldier: Reflections Through Art and Artifact

Date:	Wednesday, April 17, 2013
Time:	1-2:30 p.m.
Location:	EIU Tarble Arts Center, Atrium
Presented by:	Wade Ellett
Cost:	FREE
Register by:	April 10, 2013

This exhibition and gallery talk are being presented for the Academy by EIU's 2013 class of Historical Administration graduate students. The exhibition provides a look at the Civil War from the perspective of the Illinois soldier through artwork made by their own hands. Using soldiers' sketchbooks, paintings, letters, and other materials, this exhibition will explore universal themes and experiences of war, and how such art is both personal and iconographic. The program will start in the Tarble Atrium with a brief introduction to the creation of the exhibition, and a presentation on the artwork and the history of select pieces. Following the presentation participants will tour the exhibition in the eGallery, with students available to answer questions. Dr. Mark Voss-Hubbard of the EIU History Department is serving as guest curator.

Vegetable Gardening in Small Places

Date:	Thursday, April 25, 2013
Time:	1-3 p.m.
Location:	4-H Center, Coles County Fairgrounds, 603 W. Madison Ave., Charleston, IL
Presented by:	Dave Shiley
Cost:	Academy Member: \$30; Non-member: \$60
Register by:	April 18, 2013

If you have a backyard or patio that receives sunlight most of the day, you can grow an amazing amount of food in a small space. Get the scoop on gardening basics, container gardening, the use of vertical gardening and small backyard garden planning and planting. Plant a container garden at the workshop to take home to begin your own backyard gardening experience. *All material cost are included in the price of the class.*

(limit 20 participants)

Intergenerational Gardening — Learning How to Garden Together

Date: Thursday, May 9, 2013
 Time: 6–7:30 p.m.
 Location: SBLHC Greenhouse, North Lot,
 1000 Health Center Dr., Mattoon, IL
 Presented by: Renee Fuller, Max Davis and
 Coles County Master Gardeners
 Cost: FREE
 Register by: May 2, 2013



The University of Illinois Extension Coles County and Coles County Master Gardeners are offering this unique gardening workshop. You and your child, grandchild, niece, or nephew can learn to prepare and plant seeds, transplant seedlings, and your garden plot or container. Your gardening team—that is, you and your child—will plant seeds to take home, watch grow, and transplant into your garden bed or container. Your team will also plant a container garden to take home so you can continue to learn about gardening together. Participants must pre-register as a gardening team.

(limit 15 teams participants)

iPad Photos & Videos

Date: Tuesday, May 14, 2013
 Time: 4–5:30 p.m.
 Location: EIU Booth Library, Room 4450
 Presented by: Tracy Valinevicius
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: May 7, 2013

Learn to take photos and videos with your iPad. Learn to edit and organize your photos and videos. Please bring your own iPad to use.

(limit 20 participants)

Grandparents Involved in Raising Generation Y

Date: Wednesday, May 22, 2013
 Time: 10–11:30 a.m.
 Location: EIU Booth Library, Room 4450
 Presented by: Mike Tozer and Melissa Sons-Ashmore
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: May 15, 2013

This interactive course will examine the challenges faced by grandparents who are involved in the parenting of their grandchildren. We will examine the challenges of communicating through technology, finance, health and how they are impacted for such grandparents. Feel free to bring your own laptop and/or smart phone as the course will address how to maintain communication with younger generations.

(limit 20 participants)

Renewable Energy Center Tour

Date: Tuesday, June 4, 2013
 Time: 10–11:30 a.m.
 Location: EIU Renewable Energy Plant
 Presented by: Ryan Siegel
 Cost: FREE
 Register by: May 24, 2013

Tour EIU's state-of-the-art Renewable Energy Center. This world-class biomass gasification combined heat and power plant meets all of Eastern Illinois University's heating needs using renewable biomass.

(limit 10 participants)

Wiggly, Squiggly Paper Weaving

Date: Wednesday, June 5, 2013
 Time: 4–6 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Kathy Bryant
 Cost: Academy Member: \$20 per participant;
 Non-member: \$40 per participant
 Register by: May 24, 2013



Intergenerational
Opportunity

Join us for an intergenerational opportunity to get in touch with your creativity! As children, creating whatever came to mind was so easy. It can be easy again, using wonderful paper, scissors and your imagination. After creating the masterpiece you are most happy with, you will choose a paper frame to complete your work. Have fun with your children/grandchildren, and see what each of you creates!

(limit 15 participants)

EIU Resources for Fun and Learning

Business Solutions Center

Whether you are an existing business looking to expand or a person who needs specialized assistance with a new business idea, we may be the resource for you. For more information, contact us at 581-2913 or 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 more information, contact Julie Benedict at 581-8415 or jabenedict@eiu.edu.

EIU Booth Library

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

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. For more information, call 217-581-2812.

Doudna Fine Arts Center

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

Tarble Arts Center

16 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.

Master Class: Living Longer, Stronger, and Happier

Date: Wednesday, June 26, 2013
 Time: 6–9 p.m.
 Location: SBLHS Education Center,
 Lincoln/Adams/Washington Rooms
 Presented by: Peter Spiers
 Cost: FREE
 Register by: June 19, 2013

Peter Spiers has authored a new book entitled *Master Class: Living Longer, Stronger, and Happier*. *Master Class* reverse-engineers the lifestyle of some of the most hale and hearty older people in the world, the participants in Road Scholar's educational travel programs, and lays out a holistic program, targeted at people on the cusp of retirement, for a life of engagement, enrichment and fulfillment. *Master Class* identifies 25-30 core activities to which Masters are drawn, and explains why their blend of socializing, moving, creating, and thinking are a recipe for both successful aging and cognitive health. *Master Class* carefully integrates the latest in academic and internal Road Scholar research, but the testimony of the Masters themselves makes the most compelling case for the lifestyle, and will motivate readers to get on the road to becoming Masters themselves. This is a Road Scholar presentation.

Power, Poverty, and Public Health: Lessons from the Tuskegee Study

Date: Wednesday, July 10, 2013
 Time: 1–2:30 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Linda Ruholl
 Cost: Academy Member: \$20; Non-member: \$40
 Register by: July 3, 2013

In 1932, the U.S. Public Health Service began a 40-year observational study of untreated latent syphilis among the black men of Macon County, Alabama. These men and their families were deceived about the intent of the study, and were denied treatment even after penicillin was available. The social and racial injustices of Tuskegee should alert us to the continuing inequities among vulnerable populations in health care settings today.

(limit 20 participants)

Member-Only Social Events

A Member-Only social event is reserved for Academy members only (and their guests in the case of Intergenerational Opportunities). A registration fee covers the cost of your ticket and event coordination. Please register by the date specified to reserve your space. To register, complete and return the registration form on pages 31–32 or call 217-581-5114.

Grace Kelly + Quintet

Date: Friday, February 8, 2013
Time: 7:30 p.m.
Location: EIU Doudna Fine Arts Center, Dvorak Concert Hall
Cost: \$5
Register by: January 23, 2013

When it comes to singer/ saxophonist/ composer/ lyricist/ arranger/ educator Grace Kelly, people seem to be divided into two groups: those who marvel at her proficiency, creativity and ever-accelerating growth, and those who have yet to encounter the 20-year-old wunderkind. This is a Doudna Fine Arts Center New and Emerging Artists Series program with additional support from the Consolidated Communications Artists Series.

Love, Loss and What I Wore

Date: Thursday, March 28, 2013
Time: 7:30 p.m.
Location: EIU Tarble Arts Center, Atrium
Cost: \$5
Register by: March 7, 2013

Produced by Daryl Roth, *Love, Loss, and What I Wore* is an intimate collection of stories based on the best-seller by Ilene Beckerman, as well as on the recollections of the friends of Nora and Delia Ephron. Like the popular book, the show uses clothing and accessories and the memories they trigger to tell funny and often poignant stories that all women can relate to, creating an enduring theatergoing experience. Syndicated columnist Liz Smith simply states, "This is an evening that goes directly to the heart, soul and vanity of every woman, young or old."

Member-Only Social Events

Luna Negra Dance Theater

Date: Friday, April 5, 2013
Time: 7:30 p.m.
Location: EIU Doudna Fine Arts Center, The Theatre
Cost: \$7
Register by: February 5, 2013

Dedicated to the creation of works by Latino contemporary choreographers, Luna Negra Dance Theater serves as a springboard for Latino artists to give expression to their stories and bring new life to the cultures of their communities. Steering away from stereotypes and folkloric representations, Luna Negra offers its audiences energetic, powerful, and passionate contemporary Latino dance, reflecting the immense cultural shift that is shaping America in the 21st century.

2013 Graduate Art Exhibition

Date: Tuesday, April 23, 2013
Time: 1:30–3:30 p.m.
Location: EIU Tarble Arts Center, Main Galleries
Cost: FREE
Register by: April 22, 2013

This group thesis exhibition presents artwork by current Master of Arts candidates in the studio art program at Eastern. Co-sponsored by the EIU Department of Art and the Tarble Arts Center.

No one can get an education, for of necessity
education is a continuing process.

~Louis L'Amour

Doudna Fine Arts Center Tour

Date: Thursday, May 16, 2013
Time: 10–11:30 a.m.
Location: EIU Doudna Fine Arts Center, Concourse by Ticket Office
Cost: FREE
Register by: May 9, 2013

Take an in-depth walking tour of Eastern's Doudna Fine Arts Center. Explore backstage areas that are typically 'off limits' to the general public, and learn how the Doudna's staff creates the magic of presenting live musical and theatrical events. Participants will learn what happens behind the scenes at Illinois' newest arts center.

Lincoln's Trials & Tribulations

Date: Saturday, June 29, 2013
Time: 6 p.m.
Location: Independence Pioneer Village, North of Oakland, IL
Cost: \$20
Register by: June 19, 2013

Dinner Theater: The Matson Slave Trial is one of the top five trials in Coles County, one of the ten most important cases in which Abraham Lincoln participated, and is a turning point for the local free black community at Brushy Fork. Visit two historic sites and enjoy an 1847 meal as you step back in time to relate and relive this story of bittersweet daring and historical mystery, involving one of the most divisive issues of our country's early history, slavery. It reveals hidden parts of our local history, affirms our faith in our legal system, raises questions about our moral bearing and actions, and reflects how we remember or mythologize our heroes. Participants will receive driving directions to Independence Pioneer Village, which is north of Oakland on Newman Road.

Christmas in July Trivia Night

Date: Thursday, July 25, 2013
Time: 6 p.m.
Location: Charleston Carnegie Public Library
712 6th St., Charleston IL
Cost: \$9
Register by: June 25, 2013

Gather your friends for a night of Christmas Trivia about music, movies and more! All proceeds will benefit the Christmas in the Heart of Charleston event in December! Teams of up to six individuals will compete in ten categories to see who knows the most about Christmas. The team answering the most questions correctly, will win \$100 CASH! Snacks and drinks will be available for purchase. For more information, call (217) 348-0430.

Get over the idea that
only children should spend their time
in study. Be a student so long as you
still have something to learn, and
this will mean all your life.

~Henry L. Doherty

Lunch & Learn Lectures

Lunch & Learn Lectures are free events scheduled monthly during lunch hours. These events are special opportunities for Academy members to socialize and to learn about services and resources in the Coles County community or to be entertained or informed on a topic of interest. Introduce a friend to the Academy by bringing them along to a Lunch & Learn lecture. No pre-registration is required; bring your lunch in your green Academy lunch bag and join us!

Alaska: Land and Sea

Date: Wednesday, February 13, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 2116
Presented by: David & Joyce Maurer

Visit Alaska by land and sea, and note how our largest state offers unique wildlife, various landscapes, and opportunities to explore a fascinating past.

European River Cruising: Danube, Main, & Rhine

Date: Wednesday, March 13, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 2116
Presented by: Terry Weidner

Join Terry Weidner on a cruise of three scenic rivers from Vienna to Amsterdam and let the culture of Europe's grand cities and fairytale villages engage your curiosity.

Hawaii 2012

Date: Wednesday, April 10, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 2116
Presented by: Doug Davis

Watch video from the islands of Kaua'i, O'ahu, and the Big Island of Hawai'i, including a helicopter tour of Laua'i and a 2010 helicopter tour from Maui to Moloka'i. Video clips will also include Polynesian dancing and a luau dinner.

Lunch & Learn Lectures

Our Trip to Ireland

Date: Wednesday, May 15, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 3108
Presented by: Jack & Jan Little

Jack & Jan Little will present highlights, pictures and facts from their 2012 trip to Ireland. Learn some of their secrets to successfully planning a trip.

The Pacific Coast Highway: Mendocino To L.A.

Date: Wednesday, June 12, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 3108
Presented by: Jill Nilsen

Take a trip along the Pacific Coast Highway and enjoy the beautiful scenery! Visit wine country, San Francisco, Monterey/Carmel, and Big Sur. Learn about fun and interesting sightseeing spots along the way!

Lincoln's Springfield & Jefferson's Williamsburg

Date: Wednesday, July 17, 2013
Time: Noon-1:30 p.m.
Location: EIU Blair Hall, Room 3108
Presented by: Foster & Jean Rinefort

Compare and observe the contrast between Abraham Lincoln in Springfield, Illinois and Thomas Jefferson in colonial Williamsburg, Virginia.

Learning is not attained by chance,
it must be sought for with ardor and
attended to with diligence.

~Abigail Adams

Spring/Summer 2013

PROGRAM SHOWCASE

Open House

January 23, 2013
2:30–4:30 p.m.
SBLHS Education Center,
Lincoln Room

Join us for a preview of the Spring/Summer 2013 Academy of Lifetime Learning programs and activities. Register for upcoming classes and enjoy refreshments and prizes.

Come for a few minutes, or stay until the event ends!
No registration is necessary. We hope to see you there!

Enjoy:

- Refreshments (provided by Sarah Bush Lincoln Health Services)
- Raffles (including chances to win a complimentary workshop registration, \$5 discount coupons to purchase or renew your membership, and more!)
- Giveaways

Doors open at 2 p.m. Come for a few minutes, or stay until the event ends!
No registration is necessary. We hope to see you there!

Special Thanks to Our Sponsors

We offer special thanks to the following local businesses who have generously provided financial support as sponsors of the Academy. We sincerely appreciate their assistance in providing learning opportunities for our area communities.

Dreamers

- Towne Square Jewelers

Go-Getters

- Clark's Hearing Aid Service, Gene & Joan Clark
- State Farm Insurance, Dick & Lucy Stark
- State Bank of Arthur
- Sutterfield Law Offices, David Sutterfield

These businesses have demonstrated their investment in the success of their community. Please consider returning the favor by frequenting these businesses and availing yourself of the products and services they offer.

You can learn more about sponsorship on pages 26-27 of this booklet, or by calling EIU Foundation (Christi Donsbach) at 581-3313 or Pamela Collins at 581-5114.

assist, support & enhance



EIU's Academy of Lifetime Learning

The mission of the Academy of Lifetime Learning is to provide all community members age 50 and older noncredit lifelong learning opportunities to attain their creative and educational goals. Through the Academy, EIU reaches out to our community, providing stimulating educational opportunities presented by experts in their field of study.

As a self-supporting program of EIU's School of Continuing Education, we rely on donor support to continue to develop quality programming that will serve area residents as they age, adding value to retirement in our community.

Your contribution to the Academy for Lifetime Learning at Eastern Illinois University is appreciated, and helps ensure the Academy's longevity and stability as a community resource. Your donation is tax-deductible and will be used by the Academy to increase programming, offset daily costs, and underwrite expenses for special events, lectures and courses.

Please consider becoming a sponsor of the Academy of Lifetime Learning. Your generosity will promote learning opportunities for lifelong learners in your community. Thank you for your support!

Campaign for EIU's Academy of Lifetime Learning

Name _____

Address _____

City _____ State _____ ZIP _____

Phone (Preferred) _____ (Cell) _____

Email _____

Total Donation Value: \$50 \$100 \$250 \$500
 \$1000 \$1500 OTHER \$ _____

Payment will be made in MONTHLY QUARTERLY
 installments beginning _____ / _____ / _____

A one-time payment of \$ _____
 will be made on _____ / _____ / _____
 (Please make checks payable to Eastern Illinois University Foundation)

Please indicate how you wish your name(s) to appear on our published list of donors: _____

I/We wish to remain anonymous.

Signature _____ Date _____

Please call the Office of Philanthropy at 217-581-3313 for additional information.

Make donation checks payable to the **EIU Foundation**, and indicate **Academy** on the memo line.

Detach this form, complete and mail with your donation to:

Academy of Lifetime Learning
Eastern Illinois University
600 Lincoln Avenue
Charleston, IL 61920-3099



Contributions to Eastern Illinois University Foundation are tax deductible as allowable by law.

My Academy Members,

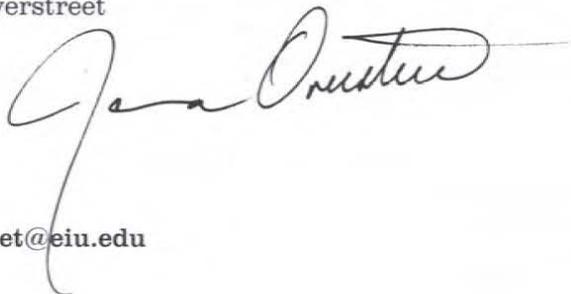
You know, I really do think of you in that way—*mine*. I consider the program as my baby, and all of you as my family of fellow learners. I have had a great time being your Academy leader. With your support and input, we have grown into a strong program of learners. We have raised our numbers of members, course and workshop participants, increased our participation in audit courses, and we are about to take our first field study trip! In light of such a short existence, you have clearly proven what a dedicated group of learners you are. You are living proof that people over age 50 in Coles County, Illinois, were hungry for a program like the Academy, an opportunity to learn at a University educational level without the pressure or cost of credit courses. I am proud to have been your Academy coordinator.

A new Academy coordinator will arrive in short order, as the University and the School of Continuing Education are committed to continue the lifelong learning movement we have begun. He/she will need your support and guidance in order to continue shaping the program into the Academy you want, a place of learning that could even have its own "place" here on campus someday.

Please know that I appreciate all your encouragement and guidance. You have made me a better person, and certainly a better leader for having known and listened to you. I honestly hope you will look me up if you plan to be in the Sarasota area. I will continue to be available via my EIU email address, as I will continue to teach technology-delivered Psychology courses for my alma mater, good ole EIU!!!

Best Wishes for 2013!

Respectfully,
Janna Overstreet



joverstreet@eiu.edu



i am
eiu

Are you still waiting for the right time to finish your bachelor's degree?

It may be easier than you think!

EIU offers two 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.

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

For more information, call 217-581-5114,
or e-mail offcampus@eiu.edu

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

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

Business Courses

- Certificate in Customer Service
- Media Buying Strategies
- Photoshop

eMarketing & Social Media for Business

- Google Analytics
- Video Marketing Certificate

Courses for K-12 Teachers

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

Leadership

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

To see the full array of courses and pricing, visit <http://www.yougotclass.org/catalog.cfm/EIU>

For further information, call 217-581-5114 or email learn@eiu.edu



Schedule of Events

Date	Workshop Name	Time	Event Type	Page
February				
8	Grace Kelly + Quintet	7:30 p.m.	Social Event	18
13	Alaska: Land & Sea	Noon-1:30 p.m.	Lunch & Learn	22
19	Kaleidoscopes...	4-5:30 p.m.	Workshop	8
26	Tour European WWII Sites	10-11:30 a.m.	Workshop	8
27	Embroidery Basics	5:30-7 p.m.	Workshop	9
28	...Hearth Cooking at the 5 Mile House	1-5 p.m.	Workshop	9
March				
5	The Life of the Civil War Soldier	10-11:30 a.m.	Workshop	10
5	Calligraphy...Elegance of Writing	4-5:30 p.m.	Multi-Meeting Course	4
6	Cast Pewter Jewelry	5:30-7 p.m.	Workshop	10
13	European River Cruising...	Noon-1:30 p.m.	Lunch & Learn	22
20	Meditation: A Tool Against...	5-6:30 p.m.	Multi-Meeting Course	5
21	iPad 101: Beginning Basics...	4-5:30 p.m.	Workshop	11
28	Severe Weather...Part II	3-4:30 p.m.	Workshop	11
28	<i>Love, Loss and What I Wore</i>	7:30 p.m.	Social Event	18
April				
2	Let's Learn Tai Chi	1:30-3 p.m.	Multi-Meeting Course	5
5	Luna Negra Dance Theater	7:30 p.m.	Social Event	19
6	<i>America's Music</i>	7 p.m.	Workshop	12
10	Hawaii 2012	Noon-1:30 p.m.	Lunch & Learn	22
16	19 th Century [and] Abraham Lincoln	4:30-6 p.m.	Multi-Meeting Course	6
17	...Illinois Civil War Soldier...	1-2:30 p.m.	Workshop	13
23	2013 Graduate Art Exhibition	1:30-3:30 p.m.	Social Event	19
25	...Gardening in Small Places	1-3 p.m.	Workshop	13
30	Expanding Your Tai Chi Skills	1:30-3 p.m.	Multi-Meeting Course	6
May				
9	...Learning How to Garden...	6-7:30 p.m.	Workshop	14
14	iPad Photos & Videos	4-5:30 p.m.	Workshop	14
15	Our Trip to Ireland	Noon-1:30 p.m.	Lunch & Learn	23
16	Doudna Fine Arts Center Tour	10-11:30 a.m.	Social Event	20
22	Grandparents...Raising Generation Y	10-11:30 a.m.	Workshop	15
June				
4	Renewable Energy Center Tour	10-11:30 a.m.	Workshop	15
4	Spanish for Travel	4-5:30 p.m.	Multi-Meeting Course	7
5	Wiggly, Squiggly Paper Weaving	4-6 p.m.	Workshop	16
12	The Pacific Coast Highway...	Noon-1:30 p.m.	Lunch & Learn	23
26	Master Class...	6-9 p.m.	Workshop	17
29	Lincoln's Trials & Tribulations	6 p.m.	Social Event	20
July				
10	Power, Poverty and Public Health	1-2:30 p.m.	Workshop	17
16	History...of Bookbinding...	1-2:30 p.m.	Multi-Meeting Course	7
17	Lincoln's Springfield...	Noon-1:30 p.m.	Lunch & Learn	23
25	Christmas in July Trivia Night	6 p.m.	Social Event	21

Membership/Course Registration Form

	# to attend	Event Name	Member \$	Non-Member \$	
Multi-Meeting Courses	<input type="checkbox"/>	Calligraphy...Elegance of Writing	\$50	\$100	
	<input type="checkbox"/>	Meditation: A Tool Against...	\$40	\$80	
	<input type="checkbox"/>	Let's Learn Tai Chi	\$40	\$80	
	<input type="checkbox"/>	...19 th Century [and] Abraham Lincoln	\$40	\$80	
	<input type="checkbox"/>	Expanding Your Tai Chi Skills	\$40	\$80	
	<input type="checkbox"/>	Spanish for Travel	\$40	\$80	
	<input type="checkbox"/>	History...of Bookbinding Restoration	\$80	\$160	
	<input type="checkbox"/>	Kaleidoscopes...	\$45	\$90	
	<input type="checkbox"/>	Tour European WWII Sites	\$20	\$40	
	<input type="checkbox"/>	Embroidery Basics	\$20	\$40	
Workshops	<input type="checkbox"/>	...Hearth Cooking at the 5 Mile House	\$25	\$50	
	<input type="checkbox"/>	The Life of the Civil War Soldier	\$20	\$40	
	<input type="checkbox"/>	Cast Pewter Jewelry	\$65	\$130	
	<input type="checkbox"/>	iPad 101: ...Beginning Basics...	\$20	\$40	
	<input type="checkbox"/>	Severe Weather and the Restless Atmosphere II	\$20	\$40	
	<input type="checkbox"/>	<i>America's Music</i>	FREE		
	<input type="checkbox"/>	Experiences of the Illinois Civil War Soldier...	FREE		
	<input type="checkbox"/>	Vegetable Gardening in Small Places	\$30	\$60	
	<input type="checkbox"/>	Intergenerational Gardening...	FREE		
	<input type="checkbox"/>	iPad Photos & Videos	\$20	\$40	
	<input type="checkbox"/>	Grandparents...Raising Generation Y	\$20	\$40	
	<input type="checkbox"/>	Renewable Energy Center Tour	FREE		
	<input type="checkbox"/>	Wiggly, Squiggly Paper Weaving	\$20	\$40	
	<input type="checkbox"/>	Master Class...Living Longer, Stronger, & Happier	FREE		
	<input type="checkbox"/>	Power, Poverty and Public Health...	\$20	\$40	
	Member-Only Social Events	<input type="checkbox"/>	Grace Kelly + Quintet	\$5	
		<input type="checkbox"/>	<i>Love, Loss and What I Wore</i>	\$5	
		<input type="checkbox"/>	Luna Negra Dance Theater	\$7	
<input type="checkbox"/>		2013 Graduate Art Exhibition	FREE		
<input type="checkbox"/>		Doudna Fine Arts Center Tour	FREE		
<input type="checkbox"/>		Lincoln's Trials & Tribulations	\$20		
<input type="checkbox"/>		Christmas in July Trivia Night	\$9		

Please complete both sides of this form.

Membership/Course Registration Form

Please complete both sides of this form.

Name _____

Home Mailing Address _____

City _____ State _____ ZIP _____

Home Phone _____ E-mail Address _____

Emergency Contact Name _____ Phone _____

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

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

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

Additional attendees (spouse, guest, child, etc.)

Record your selections on the Reminder List, page 33.

CANCELLATION POLICY

To cancel a registration, call 217-581-5114. Cancellations received prior to the published registration deadline for an event will be eligible for a full refund of registration fees paid for the event.

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.

Reminder List: What I Registered For

Workshop Name	Date	Time	Location
<input type="checkbox"/> Grace Kelly + Quintet	Feb. 8	7:30 p.m.	EIU Doudna Fine Arts Center, Dvorak Hall
<input type="checkbox"/> Kaleidoscopes...	Feb. 19	4-5:30 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Tour European WWII Sites	Feb. 26	10-11:30 a.m.	EIU Blair Hall, Room 3180
<input type="checkbox"/> Embroidery Basics	Feb. 27	5:30-7 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Hearth Cooking/5 Mile House	Feb. 28	1-5 p.m.	5 Mile House, Charleston
<input type="checkbox"/> Life...Civil War Soldier	Mar. 5	10-11:30 a.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Calligraphy...	Mar. 5, 12, 19 &	264-5:30 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Cast Pewter Jewelry	Mar. 6	5:30-7 p.m.	EIU Doudna Fine Arts Center, Room 1920
<input type="checkbox"/> Meditation...	Mar. 20, 27, Apr. 3, 10 & 17	5:30-6 p.m.	SBLHS Education Center (See p. 5 for location specifics)
<input type="checkbox"/> iPad 101: Beginning Basics	Mar. 21	4-5:30 PM	EIU Booth Library, Room 4450
<input type="checkbox"/> Severe Weather...	Mar. 28	3-4:30 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Love, Loss and What I Wore	Mar. 28	7:30 p.m.	EIU Tarble Arts Center, Atrium
<input type="checkbox"/> Let's Learn Tai Chi	Apr. 2, 4, 9, 11, 16 & 18	1:30-3 p.m.	SBLHS Education Center (See p. 5 for location specifics)
<input type="checkbox"/> Luna Negra DanceTheater	Apr. 5	7:30 p.m.	EIU Doudna Fine Arts Center, The Theatre
<input type="checkbox"/> America's Music	Apr. 6	7 p.m.	EIU Doudna Fine Arts Center, Dvorak Concert Hall
<input type="checkbox"/> 19 th Century...Lincoln	Apr. 16, 18, 23 & 25	4:30-6 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> ...IL Civil War Soldier...	Apr. 17	1-2:30 p.m.	EIU Tarble Arts Center, Atrium
<input type="checkbox"/> 2013 Grad Art Exhibition	Apr. 23	1:30-3:30 p.m.	EIU Tarble Arts Center, Main Galleries
<input type="checkbox"/> Gardening...Small Places	Apr. 25	1-3 p.m.	4-H Center, Charleston
<input type="checkbox"/> Expanding Your Tai Chi...	Apr. 30, May 2, 7, 9, 21 & 23	1:30-3 p.m.	SBLHS Education Center (See p. 6 for location specifics)
<input type="checkbox"/> ...How to Garden...	May 9	6-7:30 p.m.	SBLHC Greenhouse, Mattoon
<input type="checkbox"/> iPad Photos/Videos	May 14	4-5:30 p.m.	EIU Booth Library, Room 4450
<input type="checkbox"/> Doudna Fine Arts...Tour	May 16	10-11:30 a.m.	EIU Doudna Fine Arts Center, Concourse next to Ticket Office
<input type="checkbox"/> ...Raising Gen Y	May 22	10-11:30 a.m.	EIU Booth Library, Room 4450
<input type="checkbox"/> Renewable Energy...Tour	Jun. 4	10-11:30 a.m.	EIU Renewable Energy Plant
<input type="checkbox"/> Spanish for Travel	Jun. 4, 6, 11 & 13	4-5:30 p.m.	EIU Blair Hall, Room 3108
<input type="checkbox"/> ...Paper Weaving	Jun. 5	4-6 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Master Class...	Jun. 26	6-9 p.m.	SBLHS Education Center, Lincoln/Adams/Wash. Rooms
<input type="checkbox"/> Lincoln's Trials...	Jun. 29	6 p.m.	Independence Pioneer Village, North of Oakland
<input type="checkbox"/> Power...Public Health...	Jul. 10	1-2:30 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> History...Bookbinding...	Jul. 16, 18, 23 & 25	1-2:30 p.m.	SBLHS Education Center, (See p. 7 for location specifics)
<input type="checkbox"/> Christmas in July Trivia	Jul. 25	6 p.m.	Carnegie Public Library, Charleston



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