

Eastern Illinois University

The Keep

Program Catalogs

Academy of Lifelong Learning

Fall 2009

Fall 2009 Program Guide

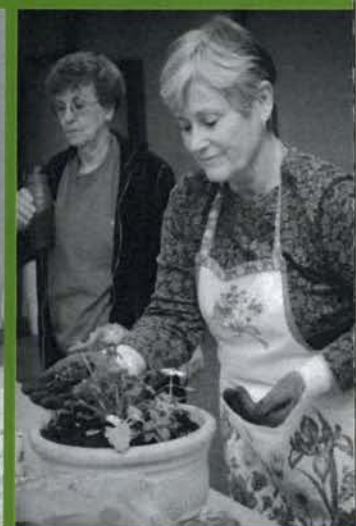
Academy of Lifelong Learning

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Enjoyable, affordable
educational experiences
for people 50 and older.

PROGRAM GUIDE

Fall 2009



academy of Lifetime Learning

EASTERN ILLINOIS UNIVERSITY

Phone: 217-581-5114

E-mail: all@eiu.edu

On the Web: www.eiu.edu/~adulted/current/lifetime_learn.php



EASTERN
ILLINOIS
UNIVERSITY

School of
Continuing Education

www.eiu.edu/~adulted

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The purpose of the Academy is to provide all community members age 50 and older 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. We are exercising our brains and staying healthy emotionally and intellectually, and we want you to join us. Through the Academy, Eastern is reaching out to our community by sharing the great riches of campus: faculty expertise, fine arts programs and wonderful accommodations.

Come be a part of EIU.
You are EIU!

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

- | | |
|----------------------------|-----------------------------------|
| Martha Brown, Ph.D., Chair | Dr. Gary Mikel |
| Ken Baker | Gene Scholes, Ph.D. |
| Dee Braden | Jeanne Snyder, Ph.D., Chair-Elect |
| Betty Coffrin | Mike Strader |
| John Daum | James Wallace, Ph.D. |
| Lillian Greathouse, Ph.D. | Don Yost |
| Sharon Kuhns | |

Program Coordinator: Janna Overstreet
 Phone: 217-581-5114 or 800-446-8918
 E-mail: all@eiu.edu or joverstreet@eiu.edu
 On the Web: www.eiu.edu/~adulded/current/lifetime_learn.php
 Mail: Academy of Lifetime Learning
 School of Continuing Education
 Office of Academic & Professional Development
 Eastern Illinois University
 600 Lincoln Avenue
 Charleston, IL 61920-3099

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.



Meditation in Motion

Date: Monday, Sept. 14, 2009
 Time: 2-3:30 p.m.
 Location: LifeSpan Center 217-639-5150
 11021 E. County Road 800N
 Charleston, IL 61920
 Presented by: Prof. Gustavo Albear
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Sept. 8

Participants will learn the principles of meditation in motion through the non-impact movement of Okinawa Karate's White Crane Forms of the Naha-te Schools. The forms taught will be Sanchin of Pan Gai Noon Karate, Tensho of Goju-Ryu karate and Happoren-of MingHe Quan (whooping crane) boxing. Correct breathing and posture as well as visual focus principles will be taught. The defensive applications of the forms will be discussed. Participants will also be taught the application and usage of the Tetsu Tama iron health balls. Please bring two golf balls with you to class. Wear loose clothing and gym shoes. *(limit 15 participants)*

Presentation Skills

Date: Thursday, Sept. 24, 2009
 Time: 2-3:30 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: W. Andrew Robinson, Ph.D. *warobinson*
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Sept. 17

This workshop enables participants to develop public-speaking skills. Do you support an organization or cause for which you might be called on to speak in public? If so, this may be just the workshop you need to give you the courage and skills to provide a great speech. *(limit 15 participants)*

Behind the Scenes — Doudna Fine Arts

Date: Monday, Sept. 28, 2009
 Time: 2-3:30 p.m.
 Location: Lobby, Doudna Fine Arts Center
 Presented by: Mark Rubel, Ph.D. *m.rubel*
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Sept. 21

Doudna Fine Arts Center's various performance spaces utilize an amazing array of technologies, dedicated to supporting musical artistry and education. Mark Rubel, audio director from the Department of Music, will lead workshop participants on a guided tour of the facilities, demonstrating and explaining in simple terms the technical state of the musical art. *(limit 15 participants)*

Fitness Goals for the Older Adult

Date: Monday, Oct. 5, 2009
 Time: 9-10:30 a.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Jon Oliver, Ph.D. and Calvin Smith, Ph.D.
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Sept. 28

Physical activity in the form of jogging/running is an excellent method for "seasoned" adults to maintain a healthy lifestyle, achieve fitness goals, and maybe even do the "unthinkable"—participate and compete in a community running event. Research, anecdotal evidence and personal experience will be shared on the benefits of fitness for the mature adult. A strategic plan for how to safely train for an upcoming event will be presented. *(limit 15 participants)*

Beginning Square Dance

Date: Thursday, Oct. 22, 2009
 Time: 2-3:30 p.m.
 Location: LifeSpan Center 217-639-5150
 11021 E. County Road 800N
 Charleston, IL 61920
 Presented by: Joe Landeck, MS Ed.
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Oct. 15

Have fun! Stay in shape! Learn how to square dance with some basic moves. *(limit 32 participants)*

Aging With Grace Mini-Conference

Date: Friday, Oct. 23, 2009
 Time: 1-5:30 p.m.
 Location: EIU MLK Jr. University Union, University Ballroom
 Presented by: David Snowden, Ph.D.; William Hine, Ph.D.;
 Jeffrey Lynch, MA, James Painter, Ph.D.;
 William Kirk, Ph.D.
 Cost: Academy Member: free; Non-member: free
 Register by: Oct. 16

Academy of Lifetime Learning Open House and Celebration of the Master of Gerontology Degree Program. Keynote presentation by David Snowden, Ph.D., author of "Aging With Grace" (Nun Study on Alzheimer's symptoms), with workshops by William Hine, Ph.D. (Third Age Learning), William Kirk, Ph.D. (Spiritual Resiliency and Aging), James Painter, Ph.D. (Portion Size and Aging) and Jeffrey Lynch, MA (The Classics and the Mature Reader). Lectures will be followed by a book-signing and reception. *(limit 250 participants)*

Supported by:

Gowin Parc
 Sarah Bush Lincoln Health Systems
 Booth Library
 Graduate School and International Studies

College of Arts and Humanities
 College of Sciences
 College of Education and
 Professional Studies

Developing Critical Thinking Skills

Date: Tuesday, Nov. 3, 2009
 Time: 3-4:30 p.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Renee Nelms King, Ph.D.
 Cost: Academy Member: \$15; Non-member: \$35
 Register by: Oct. 27

Session participants will learn various critical-thinking techniques. They will also learn about filters that cause them to respond to decisions in different ways. Participants will experience at least four critical thinking exercises that will help them evaluate how they think. *(limit 15 participants)*

Using a Global Positioning System for Fun

Date: Monday, Nov. 16, 2009
 Time: 10-11:30 a.m.
 Location: EIU Blair Hall, Room 2116
 Presented by: Sam Guccione, Ph.D.
 Cost: Academy Member: \$25; Non-member: \$45
 Register by: Nov. 9

Learn about the GPS satellite system that is available to everyone. GPS can be used to find your way to a new place, or just for fun. A popular pastime is to find a hidden treasure, called a geocache, using GPS capabilities. GPS can also assist in finding historic markers. Get some hands-on experience using a GPS. *(limit 10 participants)*

Age is compulsory, wisdom is optional.
 —anonymous

Identifying Pattern Glass

Date:	Thursday, Dec. 3, 2009
Time:	10:30 a.m.-noon
Location:	EIU Blair Hall, Room 2116
Presented by:	Charles Eberly, Ph.D.
Cost:	Academy Member: \$15; Non-member: \$35
Register by:	Nov. 23

This workshop is designed to help participants appreciate and identify Early American Pattern Glass of the type that was common on American tables from 1850-1915. At that time, U.S. glassmakers were among the best in the world, and more than 3,000 different patterns were produced. The glass-making process will be explained and representative patterns displayed. Participants are welcome to bring pieces from their families or collections for identification. *(limit 15 participants)*

Anyone who stops learning is old,
whether at 20 or 80.

Anyone who keeps learning
stays young.

—Henry Ford

Dear Members,

What a wonderful fall and spring we have had here at the Academy of Lifetime Learning. Our membership has grown by over 75 percent, and I believe even better things are on the horizon. With your support, membership has grown dramatically, and we are becoming a recognized entity in Coles County. Thank you for all you do to support me and the Academy. Your efforts are noticed and appreciated.

This fall's schedule has some new ideas, some old favorites, and one huge event. Thanks to the support of Eastern's faculty, we have some interesting workshops to offer this semester. Workshop topics range from identifying pressed glass patterns to finding treasure with a GPS. We will be returning to Pantera and to Doudna for fall and winter events. Finally, in partnership with the Master of Arts in Gerontology program, we will co-sponsor the Aging With Grace mini-conference. This event, scheduled for Oct. 23, 2009, will include an Open House for the Academy. The event is free and open to the public, and will showcase Academy-type workshops and a world-renowned keynote speaker. The Open House will help to introduce the Academy to a large group of area residents who will be able to see the fun and interesting topics we explore, and will hopefully join us as Academy members.

We are working diligently toward a membership goal of at least 300 members by next summer. This increase in membership makes us eligible to apply for a large foundation grant which would ensure long-term funding for development of programming and a community presence. I need your help as members to make certain we stay on course as our membership grows. This year, we will develop a curriculum committee and a membership committee. The curriculum committee will be charged with soliciting, reviewing and recommending workshops, courses and events. The membership committee will assist with promotional events such as senior expos, Academy open house events, and preparing packets for new members. More information will be made available at our Sept. 10 luncheon meeting.

I hope you are as excited as I am for Fall 2009. I think that between the great schedule we have for the fall, the Open House, the holidays, and my one-year anniversary at the Academy, there is much to happily anticipate. Thank you for making my year wonderful. I hope I have made yours a little better as well!

Respectfully,
Janna

Tarble Event

Date: September 2009 (TBA)
 Location: Tarble Arts Center

Tarble's fall schedule is not yet available; however, they always have a wonderful exhibit, especially in the fall semester. We will plan a tour of the Tarble Arts Center exhibit in September.

Pantera Dinner

Date: October 2009 (TBA)
 Time: 5:45 p.m.
 Location: Klehm Hall

Dinner, anyone? Pantera is a full-service restaurant run by students of commercial food production classes. Pantera offers an enjoyable four- or five-course meal for \$10, while providing students an opportunity to learn. A full schedule of Pantera events will be posted online when it is available at www.eiu.edu/~famsci/pantera.php.

Play

Date: November 2009 (TBA)
 Location: Doudna Fine Arts Center

The Schedule for the Doudna Fine Arts Center is not yet available, but we will plan to attend both theatrical and musical performances during the months of November and December.

Christmas Concert

Date: December 2009 (TBA)
 Location: Doudna Fine Arts Center

Academy Update

Date: Thursday, Sept. 10, 2009
 Time: Noon
 Location: Charleston Public Library, Rotary Room B
 Presented by: Janna Overstreet

Come and enjoy an update on the Academy, including committee development, membership plans, funding goals and the final preparations for the **Aging with Grace** Open House and Conference, slated for October.

Volunteer Coordinator Panel Presentation

Date: Thursday, Oct. 8, 2009
 Time: Noon
 Location: Charleston Public Library, Rotary Room B
 Presented by: Marilyn Strangeman, RSVP, Area Agency on Aging; Colleen Stoner, SBLHS Volunteer Services; and Glenna Birch, Petersen Health Care

Have you wondered how you can make a difference in your community?

Change the world you live in by doing something you enjoy for someone else. This panel of volunteer coordinators will provide you the information you need to choose good volunteer opportunities based on sound information and your own interests.

Man's mind, once stretched by
 a new idea, never regains its
 original dimensions.
 —Oliver Wendell Holmes

Members-Only Luncheon Lectures

How to Make A Tote From Plastic Bags

Date: Thursday, Nov. 12, 2009
Time: Noon
Location: Charleston Public Library, Rotary Room B
Presented by: Kathy Hummel

You may have seen Academy member Kathy Hummel carrying a beautiful tote she made from plastic bags. Kathy is willing to show us how to do the same. Bring your extra plastic bags in colors you like, a pair of crochet needles and a friend, as this lecture is open to friends and library patrons.

Potluck For the Holiday!

Date: Thursday, Dec. 3, 2009
Time: Noon
Location: EIU Blair Hall, Room 3108
RSVP by: Nov. 30

Bring your favorite main dish, vegetable, fruit, dessert or bread, and we will have ourselves an old-fashioned potluck to celebrate the holidays! A potluck dinner is the best way I know of to have a great meal. Make one dish and enjoy 20!

Learning is like rowing upstream:
not to advance is to drop back.
—Chinese Proverb

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

Nurture their curiosity.

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

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For more information, contact the
School of Continuing Education at
217-581-5114 or e-mail all@eiu.edu.

Friday, October 23, 2009

Eastern Illinois University
University Ballroom, Martin Luther King Jr. University Union

1-5:30 p.m.

Aging With Grace: Discover ways to improve your personal aging process!

FREE Registration and Parking!

1:00 pm	Opening Remarks	
1:30 pm	Mini Workshops:	
	Here Come the Boomers: Ready or Not!	William Hine, Ph.D.
	Physical and Psychological Health Through Spirituality: Hmm, Or Is It the Other Way Around?	William Kirk, Ph.D.
	Living Literature: The Classics and the Mature Reader	Jeffrey Lynch, MA
	Health and Longevity Through Food Portions	James Painter, Ph.D.
3:30 pm	Keynote Presentation: Aging With Grace	David Snowden, Ph.D.
4:30 pm	Reception and Book Signing	

Sponsored by:

EIU School of Continuing Education, Academy of Lifetime Learning
Lumpkin School of Business and Applied Sciences, Master of Arts in Gerontology

Supported by:

Gowin Parc	College of Arts and Humanities
Sarah Bush Lincoln Health Systems	College of Sciences
Booth Library	College of Education and Professional Studies
Graduate School and International Studies	

To register, call 217-581-5114 or e-mail all@eiu.edu,
or use the registration form on Page 17 of this booklet.

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 further information, contact Julie Benedict: 581-8415 or 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.

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.

Doudna Fine Arts Center

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

Workshop Name	Date	Time	Location
<input type="checkbox"/> Meditation in Motion	9/14	2 p.m.	LifeSpan Center
<input type="checkbox"/> Presentation Skills	9/24	2 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Behind the Scenes . . .	9/28	2 p.m.	EIU Doudna, Lobby
<input type="checkbox"/> Fitness Goals . . . Adult	10/5	9 a.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Beginning Square Dance	10/22	2 p.m.	LifeSpan Center
<input type="checkbox"/> Aging With Grace	10/23	1 p.m.	EIU MLK Jr. University Union, University Ballroom
<input type="checkbox"/> Critical Thinking Skills	11/3	3 p.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Using GPS for Fun	11/16	10 a.m.	EIU Blair Hall, Room 2116
<input type="checkbox"/> Pattern Glass	12/3	10:30 a.m.	EIU Blair Hall, Room 2116

Learning never exhausts the mind.
—Leonardo da Vinci

Academy of Lifetime Learning — 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"/> Meditation in Motion	\$15	\$35
<input type="checkbox"/> Presentation Skills	\$15	\$35
<input type="checkbox"/> Behind the Scenes . . .	\$15	\$35
<input type="checkbox"/> Fitness Goals . . . Adult	\$15	\$35
<input type="checkbox"/> Beginning Square Dance	\$15	\$35
<input type="checkbox"/> Aging With Grace	free	free
<input type="checkbox"/> Critical Thinking Skills	\$15	\$35
<input type="checkbox"/> Using GPS for Fun	\$25	\$45
<input type="checkbox"/> Identifying Pattern Glass	\$15	\$35

Total Cost for My Workshop Choices: _____

Payment Information:

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.



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