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### 06/12/1984 - Elderhostel Program

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EASTERN ILLINOIS UNIVERSITY  
Charleston, Illinois

news

June 12, 1984

L/A 170

HARRY READ, Director of Information and Publications (217) 581-2820

FOR IMMEDIATE RELEASE

CHARLESTON, IL--Elderhostel is a program designed for persons aged 60 and older who are interested in expanding their horizons and making new friends, according to Dr. Joyce Crouse, Coordinator of the program at Eastern Illinois University.

Two weeks of classes will be offered by Eastern faculty, giving participants a taste of campus life and a variety of extracurricular activities. These non-credit classes have no exams and no homework and are designed so that no formal education is necessary.

Participants register nationally with Elderhostel, but can also be taken as walk-on students, Crouse said. Fee for the week's stay in one of the University's dormitories, all meals and instruction is \$180.

Commuters who do not wish to stay in a dormitory may select to pay \$75 to cover instruction and one Sunday evening meal, or \$100 to cover instruction and all meals excluding breakfasts.

The first week's classes, running from July 22 to 28, include: Physical Fitness for Older Adults. This course is designed to provide a learning experience in healthy lifestyle modification and will include a supervised exercise program.

Food, Facts and Fads. The focus will be on current nutrition, related fads and fallacies. Included will be an evaluation of products and advertisements.

Introduction to Microcomputers. Microcomputer terminology, word processing, graphics and keying in special BASIC programs will be taught on the TRS-80 microcomputer.

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The second week's classes, running from July 29 to Aug. 4 will be: Physical Fitness for Older Adults. This course is identical to the fitness program offered during the first week.

Being Your Own Therapist: A Guide to Self Control. Application of various psychological techniques to managing stress, anxiety, loneliness and depression will be the emphasis of this class.

Piano Study for Enjoyment. Playing the piano for personal satisfaction will be the theme of this course, which includes instruction in music reading and improvisation techniques. Solo and group playing will also be included.

Elderhostel is offered in all 50 states, Canada and several European countries. About 600 colleges and universities will offer the program to over 70,000 older adults this summer.

One participant from a recent Elderhostel program at Eastern said, "I feel grateful for Elderhostel. It adds anticipation to my life; I look forward to my summers. It is something enjoyable, constructive, horizon-stretching that I can do on my own--not being dependent on my family...In addition to this it is a taste treat. It offers a chance to explore new subjects which I can pursue further if I wish at a later date. Absolutely great!"

For further information on registration contact Dr. Joyce Crouse, School of Home Economics, Eastern Illinois University, Charleston, Ill. 61920.