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06/12/1985 - Elderhostel Programs

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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

June 12, 1985

Local/Area

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

FOR IMMEDIATE RELEASE

CHARLESTON, IL-- Eastern Illinois University again this summer will participate in Elderhostel programs designed "to bring intellectual stimulation and challenge to thousands of older adults in the U.S. and Canada."

Two different sessions are scheduled: July 14-20 and July 21-27. Persons enrolling will either live in a residence hall or commute. Eligible to attend are persons 60 or older or the spouse or companion of an age-eligible participant.

Three courses will be taught in the first session: physical fitness for the mature adult, food facts and fads, and introduction to micro computers.

Also included will be a field trip to the Amish country near Arcola in the first session and to historic New Harmony, Ind., during the second. A visit to Lincoln Log Cabin State Park is planned and participants may attend regular campus activities scheduled during the period.

The physical fitness course will be repeated in the second session. Two new courses are current public policy issues and family life styles--past and present.

Additional activities will include a lecture/slide presentation by Vice President Glenn Williams about his trip to China and a presentation by Dr. Ruth Dow about food practices and problems in Peru.

Last summer 54 persons attended. Complete information may be obtained by contacting Dr. Joyce Crouse, 581-6076 (217).

Elderhostel is sponsored at Eastern by the M.A. In Gerontology Program.