

ENJOYABLE, AFFORDABLE, EDUCATIONAL EXPERIENCES FOR PEOPLE OF ALL AGES

# SPRING 2024 COMMUNITY PROGRAM GUIDE

## **TAI CHI & YOGA**

THE POPULAR WELLNESS  
PROGRAMS RETURN

PGS. 17 & 24

## **HOPS AND HARMONY**

AN EXTRAORDINARY EXPERIENCE WHERE  
CRAFT BEER AND LIVE MUSIC CONVERGE

P. 13

## **BEATS AND BOOTS**

STEP UP AND LEARN THE BASICS  
OF THE TREASURED AMERICAN  
ART FORM OF LINE DANCING

P. 21

[go.eiu.edu/academy](https://go.eiu.edu/academy)





# GRAB YOUR DANCING BOOTS!

Go to p. 21 to see how you can add country line dancing to your list of already impressive moves.





# WELCOME

---



Dearest Lifelong Learners,

As we bid adieu to the chilly embrace of winter, it is with great pleasure that we extend a warm welcome to the vibrant and transformative season of spring! It's a time of renewal and growth, where the cold of yesterday makes way for the warmth of tomorrow.

I am thrilled to share some exciting developments within our Academy of Lifelong Learning community. First and foremost, I am delighted to introduce Judy Brown as our new Advisory Council Chair. Her dedication and passion for lifelong learning will undoubtedly steer us towards new horizons of excellence. In addition, let us extend a warm welcome to our new Advisory Council members, Jamie Willis, Alice Shonk, and Roxanne Frey. Their expertise and fresh perspectives will enrich our collective journey.

I would like to express our deepest gratitude to our supportive community and Eastern Illinois University for their unwavering commitment to our mission. Your continued enthusiasm and involvement have been the guiding light in our transition from a membership model to a donor model, making it a resounding success. Your generosity and support have warmed our hearts and set the stage for a bright future.

I would also like to extend a warm welcome to President Jay Gatrell as he takes on his new role at EIU. Dr. Gatrell's involvement in the Hops and Harmonies program (p. 13) promises to be another exciting connection between our community and EIU.

The past years have seen us grow, learn, and build memorable moments together. Yet, we believe that the best is yet to come. We are excited about the rich tapestry of classes, events, and experiences that spring 2024 holds in store for us. So, join us as we journey into the warmth of this season, both in spirit and in the pursuit of knowledge.

Thank you for being the driving force behind our success and for making Lifelong Learning a thriving and inclusive community of learners. Here's to more fantastic times ahead, where the light of lifelong learning guides us through the changing seasons. Cheers!

With warm regards,

A handwritten signature in black ink that reads "Daniel A. Douglas". The signature is written in a cursive, flowing style.

Daniel Douglas, Program Coordinator for the Academy of Lifelong Learning  
dadouglas@eiu.edu | 217-581-7415



# WHAT IS THE ACADEMY OF LIFELONG LEARNING?

Situated in the School of Extended Learning at EIU, the Academy of Lifelong Learning offers diverse noncredit educational opportunities to Charleston, Mattoon, and neighboring communities. Prioritizing accessibility, our programs are supported by the gracious donations from the Friends of the Academy. We invite you to join us on this enriching educational adventure!

# OUR COMMITMENT TO ACCESSIBILITY AND INCLUSION

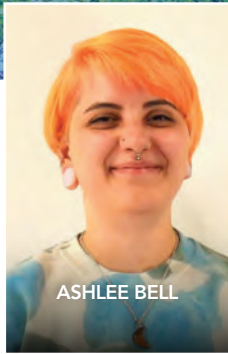
The Academy of Lifelong Learning is committed to making our programs more accessible to all members of the community. If you have suggestions to make our programs more inclusive and accessible, please relay them to Program Coordinator Daniel Douglas at dadouglas@eiu.edu or 217-581-7415. We will always do our best to accommodate the needs of the community.

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# MEET THE INSTRUCTORS



ASHLEE BELL



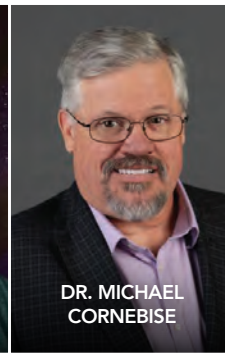
DEAN DOUG BOWER



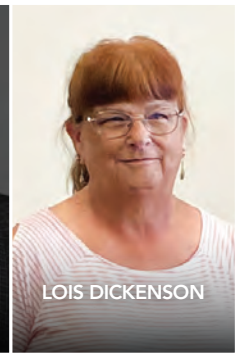
CHERI BURCHAM



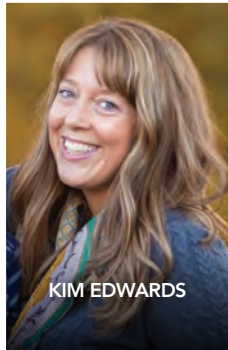
SUSAN COFFMAN



DR. MICHAEL CORNEBISE



LOIS DICKENSON



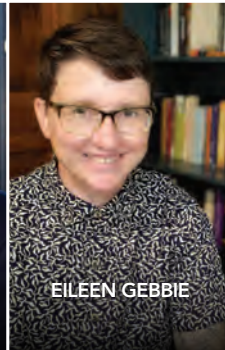
KIM EDWARDS



CHARLOTTE ENGLAND



PRESIDENT JAY GATRELL



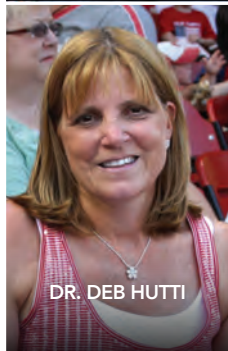
EILEEN GEBBIE



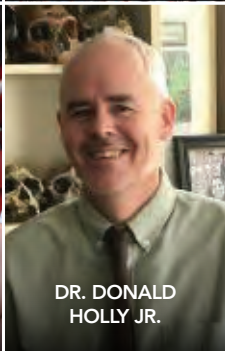
JANET GROVE



JUNE HAYDEN



DR. DEB HUTTI



DR. DONALD HOLLY JR.



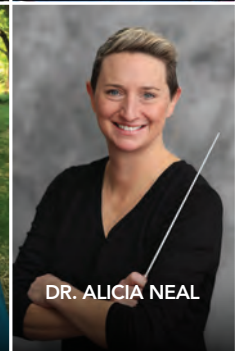
TINA JOHNSON



DAIVA MARKELIS



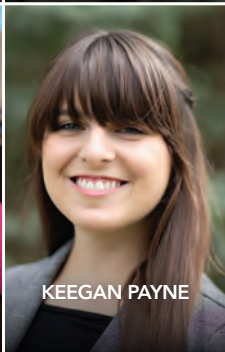
JESSICA MERTZ



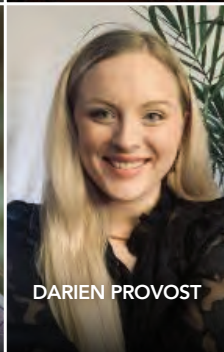
DR. ALICIA NEAL



KY NEWSOME



KEEGAN PAYNE



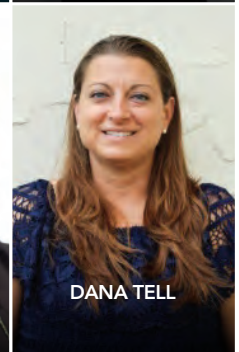
DARIEN PROVOST



DR. BOB SAMPSON



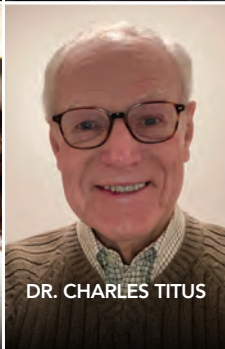
DR. LINDA SIMPSON



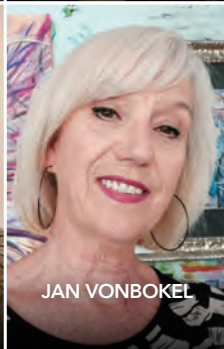
DANA TELL



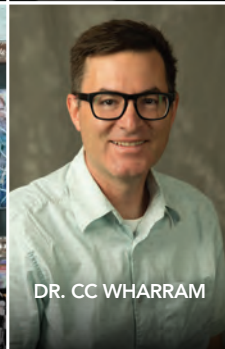
MARCIA THORSEN



DR. CHARLES TITUS



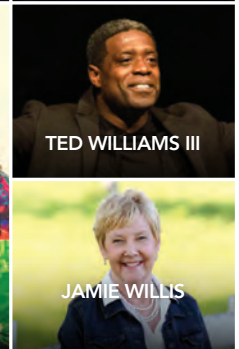
JAN VONBOKEL



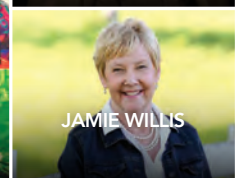
DR. CC WHARRAM



KIM WHITE



TED WILLIAMS III



JAMIE WILLIS



# BECOME A DONOR

The Academy of Lifelong Learning owes its existence and vitality to the unwavering support of the Friends of the Academy, our esteemed donors, who generously fund 100% of our programming and operational expenses.

Without their benevolence, the realization of our educational initiatives would be an unattainable feat. In a shift from the term **members** used from 2007 to 2022, we now proudly address our supporters as **FRIENDS OF THE ACADEMY**. This title reflects their camaraderie, shared commitment, and eligibility to deduct their contributions.

The **ENROLLEE** donation tier aligns with the perks of our former membership designation and stands as a testament to our dedication to fostering a mutually enriching relationship with our supporters.

MAKE YOUR DONATION TO  
THE ACADEMY TODAY.

[go.eiu.edu/donateacademy](https://go.eiu.edu/donateacademy)





# PICK YOUR DONOR TIER

Pick your tier and go online at [go.eiu.edu/donateacademy](http://go.eiu.edu/donateacademy) to make your donation, or complete and return the printed form on pgs. 45-46 in support of the EIU Academy of Lifelong Learning today.

TIER	COSTS	REWARDS
Enrollee	\$50+	(1) A complimentary parking pass to be used during on-campus Academy events, (2) Discounts on programming at Doudna Fine Arts Center, (3) 10% EIU bookstore discount, (4) a receipt for your tax-deductible donation
Undergraduate	\$100+	Above, plus recognition in our next Community Program Guide, including the online edition.
Associate	\$250+	Above, plus recognition on our Facebook page.
Baccalaureate	\$500+	Above, plus a sneak peek at upcoming Academy events before they are announced with a chance for input.
Master	\$1,000+	Above, plus recognition on a plaque in our new School of Extended Learning lobby, to be seen by visitors and guests of the Academy.
Doctorate	\$2,500+	Above, plus an exclusive markup copy of the Community Program Guide at least one week before it is released.
Postdoctorate	\$5,000+	Above, plus invitations to dine with special guests of the Academy.

YOU CAN OPT OUT OF BENEFITS TO RECEIVE A 100% TAX DEDUCTION.



# DIAL-A-RIDE INFORMATION

## SAFE, RELIABLE, AND AFFORDABLE TRANSPORTATION

Dial-A-Ride is Coles and Douglas counties' public transportation for people of all ages and abilities. Each bus comes equipped with a lift to better transport riders using a mobility device.

## OUR HOURS OF OPERATION

MONDAY - FRIDAY: 8 AM - 5 PM

DISPATCH OFFICE HOURS: 6:30 AM - 6 PM

## FARES

- **DONATION** Age 60+ traveling within the city limits in which you reside (\$1.50/each way suggested)
- **\$2 (ONE WAY)** Age 59 and under traveling within the city limits in which you reside
- **\$4 (ONE WAY)** Age 59 and under traveling outside the city limits in which you reside
- **\$7 (ONE WAY)** All ages traveling outside of Coles County

Monthly passes can be purchased from the office. Discounted passes available for veterans.



PLEASE MAKE YOUR RESERVATIONS TWO DAYS TO TWO WEEKS IN ADVANCE BY CALLING 1-800-500-5505.

[dialaridetransit.org](http://dialaridetransit.org)



# MESSAGE FROM THE CHAIR

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Greetings Friends of the Academy of Lifelong Learning,

I am thrilled to present the new 2024 Spring Community Program Guide, showcasing a diverse array of sessions, workshops, and events meticulously planned by our dedicated staff. Having actively participated in the program for several years, I've personally enjoyed many of the enriching programs offered by the Academy.

I'm delighted to observe the inclusion of substantial topics presented by knowledgeable experts, contributing to the depth and richness of our offerings. To further enhance our future programs, I encourage you to share this community guide with your friends, neighbors, and family, inviting them to join our vibrant community. The Academy of Lifelong Learning remains one of Charleston's best-kept secrets.

Excitement is building for the upcoming programs, which promise a compelling mix of artistic expression, skill development, and fact-based content. I, in particular, am eagerly anticipating sessions such as 1619: The Journey of a People (p. 12) and The Psychology of a Serial Killer (p. 14).

Get ready for an inspiring semester of lifelong learning with the Academy!

Best Regards,

*Judy Brown*

Judy Brown  
Advisory Council Chair  
Academy of Lifelong Learning

# DONOR RECOGNITION

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## YOUR SUPPORT IS GREATLY VALUED!

We wish to acknowledge the generous contributions made by donating at the Undergraduate level or higher.

- Brenda Crimmins
- Virginia Douglas
- Edrienne Ezell
- Alphonso Joyner
- Corrine Joyner
- Linda Keeler
- Carolyn Stevens
- Jamie Willis



# SPRING COMMUNITY OPEN HOUSE: ACADEMY OF LIFELONG LEARNING AND SCHOOL OF EXTENDED LEARNING

ACADEMY OF LIFELONG LEARNING AND SCHOOL OF EXTENDED LEARNING STAFF

FRIDAY, JANUARY 5, 2024  
12 - 4 PM

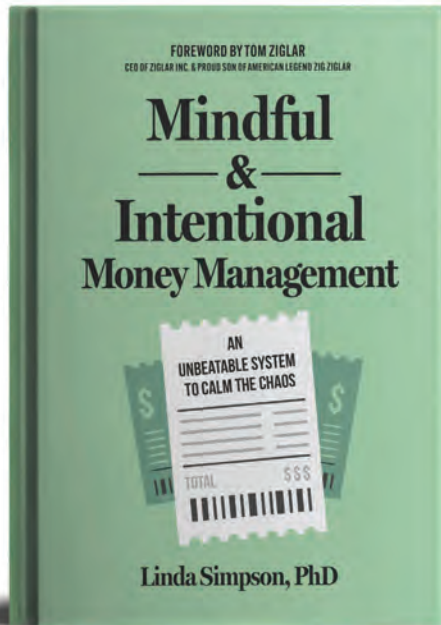
1320 - 1335 SUITE  
BUZZARD HALL  
CHARLESTON, IL 61920  
CORNER OF 9TH ST. AND HAYES AVE.

- ADULT/FAMILY
- FREE AND OPEN TO THE PUBLIC
- GUESTS ARE ASKED TO PLEASE SIGN THE GUEST BOOK

Come join us for this free, fun kickoff event to begin the spring semester for EIU's Academy of Lifelong Learning! This event will allow the community to tour the School of Extended Learning/Academy of Lifelong Learning office suite and enjoy some free hors d'oeuvres. Fellowship and visiting time will occur in the attached classroom.



[GO.EIU.EDU/24OPENHOUSE](https://go.eiu.edu/24OPENHOUSE)



## MASTERING MONEY: UNVEILING TRUTHS AND STRATEGIES FOR FINANCIAL SUCCESS

DR. LINDA SIMPSON

In this session, Dr. Linda Simpson, author of *Mindful & Intentional Money Management: An Unbeatable System to Calm the Chaos*, discusses the pervasive influence of money on various life aspects, dispels common financial misconceptions, reveals essential money management secrets, and provides practical guidance on curbing non-essential spending and building sustainable financial habits. This session is an empowering step in the journey towards financial well-being. This session will be followed by a short reception. Hors d'oeuvres will be served. During this portion of the event, Dr. Simpson will be signing copies of her book and answering your financial questions.



[GO.EIU.EDU/MONEY](https://go.eiu.edu/MONEY)

MONDAY, JANUARY 22, 2024  
5 - 6:30 PM

RECEPTION TO FOLLOW

BUZZARD AUDITORIUM  
BUZZARD HALL, ROOM 1501  
CHARLESTON, IL 61920  
CORNER OF 9TH ST. AND HAYES AVE

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY JANUARY 21



## INTRO TO NATURE JOURNALING SERIES

KEEGAN PAYNE

LAST MONDAY OF THE MONTH  
JANUARY 29 - APRIL 29, 2024  
2 - 3:30 PM

THE WHITESIDE GARDEN  
8422 N COUNTY RD 1820E  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- \$20
- REGISTER FOR EVENT SERIES BY JANUARY 22
- PARTICIPANTS SHOULD PLAN ON ATTENDING ALL SESSIONS
- LIMITED SEATING



[GO.EIU.EDU/INTRO](https://go.eiu.edu/intro)

In partnership with EIU's Academy of Lifelong Learning, the Douglas-Hart Foundation presents you with the opportunity to simply be present and create during our Intro to Nature Journaling Series. There will be time designated at the end of each session for light refreshments and reflection. Price includes all four sessions, a journal, and a sketching pencil.

### **BASICS OF NATURE JOURNALING (JAN. 29)**

During this session, you will receive your materials, go through different types of nature journaling, and begin practicing your skills.

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### **MULTI-MEDIA APPROACH (FEB. 26)**

Nature Journaling is much more than pencil and paper. Learn more techniques during this session!

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### **DEEPENING YOUR PRACTICE (MARCH 25)**

This creative outlet is a great way to learn about nature and yourself. Enjoy this prompted journaling session!

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### **BEYOND NATURE JOURNALING (APRIL 29)**

Learn other forms of journaling during this free for all style session.



## 1619: THE JOURNEY OF A PEOPLE

TED WILLIAMS III

THURSDAY, FEBRUARY 1, 2024  
5 - 6:30 PM

LUMPKIN AUDITORIUM  
LUMPKIN HALL, ROOM 2030  
(GROUND FLOOR)  
CHARLESTON, IL 61920  
SEE MAP ON P. 50

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY JANUARY 30



GO.EIU.EDU/1619



CELEBRATING 25 YEARS

**ROAD  
SCHOLARS**  
*at 25*



On August 20, 1619, 20 enslaved Africans arrived in Jamestown, Virginia. The 400-year journey that followed would change a nation and the world. Featuring Playwright, Professor, and Performer Ted Williams III, this show packs generations of history into an abridged performance. 1619: The Journey of a People commemorates the struggles, recognizes the heroes, and critically analyzes the American journey towards freedom and equality. From the beginning of American slavery to the Reconstruction, the Great Migration, the Civil Rights Era, and modern movements for justice, Williams uses history to explain America's current reality.

## THE MYSTERY OF THE U.S.S. MAINE

DR. CHARLIE TITUS

THURSDAY, FEBRUARY 15, 2024  
4 - 5:30 PM

ROTARY ROOM, CHARLESTON  
CARNEGIE PUBLIC LIBRARY  
CHARLESTON, IL 61920  
6TH ST AND VAN BUREN AVE

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY FEBRUARY 13



GO.EIU.EDU/MAINE

On February 15, 1898, the USS Maine exploded and sank in Havana Harbor. Although the Maine's destruction was a key reason for America's entry into the Spanish-American War, a conflict with far-reaching consequences for the nation, the cause of the ship's destruction remains uncertain even today, 126 years and four investigations later. Charles Titus traces the events around the Maine's destruction and outlines the investigations that have not yet determined the tragedy's cause.



## HOPS AND HARMONIES

THURSDAY, FEBRUARY 29, 2024  
6 - 8 PM

CHARLESTON COUNTRY CLUB  
8355 COUNTRY CLUB ROAD  
CHARLESTON, IL 62401

- ADULT (21+)
- \$25 PRE-REGISTRATION
- \$30 AT THE DOOR
- PRE-REGISTER BY FEBRUARY 28



[GO.EIU.EDU/HOPS](https://go.eiu.edu/hops)



Join us for an exclusive beer tasting fundraiser at Charleston Country Club, where faculty and administration from Eastern Illinois University will showcase five distinctive beer selections that span the spectrum of flavors. Each tasting will be accompanied by a carefully chosen piece of music, performed live by the students of the EIU Wind Symphony Chamber Ensembles, adding a harmonious dimension to your experience.

In addition to the showcased tastings, the Charleston Country Club's bar is open, and the dining menu is available for those who wish to savor dinner during the event.

This is a unique opportunity to appreciate the art of beer and music together. Don't miss this unforgettable evening.

### HOSTS

President Jay Gatrell  
Eastern Illinois  
University

Dr. CC Wharram  
EIU Center for the  
Humanities Director

Dr. Doug Bower  
Dean, College of  
Education

Dr. Michael Cornebise  
Associate Dean, College of  
Liberal Arts and Sciences

Dr. Donald Holly Jr.  
Sociology, Anthropology &  
Criminology Department Chair

Dr. Alicia Neal  
Director of Bands  
Professor of Music

*Musical selections facilitated and  
coordinated by Dr. Neal*



## MEDICARE VS. MEDICAID

KIM EDWARDS AND  
MARC HEINBAUGH

FRIDAY, MARCH 1  
1 - 2 PM

LIFESPAN CENTER  
11021 EAST COUNTY ROAD 800 N  
CHARLESTON, IL 61920

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY FEBRUARY 28



GO.EIU.EDU/MEDI



Learn more about Medicare and Medicaid programs, including the differences between the two and when someone may have to unexpectedly file for Medicaid.

## PSYCHOLOGY OF A SERIAL KILLER

MARCIA THORSEN

MONDAY, MARCH 4, 2024  
6:30 - 8:30 PM

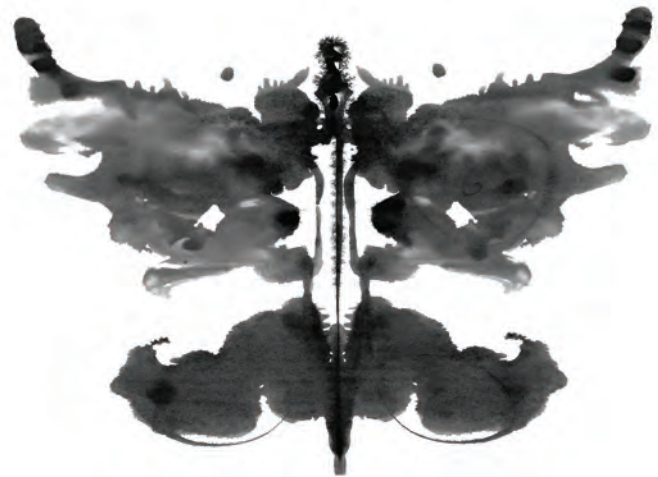
BUZZARD HALL  
ROOM 1121  
1920 9TH STREET  
CHARLESTON, IL 61920

OVERFLOW LOCATION: BUZZARD 1103

- ADULT
- \$20
- REGISTER BY FEBRUARY 29



GO.EIU.EDU/SERIAL



When someone does something horrifying or criminal, like murder, we find ourselves asking “why?” “how does someone become a murderer, much less a serial killer?” This session will explore our fascination with serial killers and explore the darker side of the human mind, exposing how one becomes a serial killer.

# IN THE STEPS OF YOUR ANCESTORS

LOIS DICKENSON

MARCH 5 - 7, 2024  
4 - 6:30 PM

BOOTH LIBRARY  
ROOM 4450 (E-CLASSROOM)  
600 LINCOLN AVENUE  
CHARLESTON, IL 61920  
SEE CAMPUS MAP ON P. 50

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY MARCH 4



GO.EIU.EDU/STEPS

We are a nation of wanderers, seekers of new lands and opportunities – all of which can present a fascinating picture of your ancestors through their travels, adventures, triumphs and woes. In this three-session class, we will use the free FamilySearch website to explore the lives and travels of your family, finding official records and other documents to follow their paths through time. Sessions one and two will teach the basics of record location and online genealogy. Session 3 will also include related topics such as DNA testing, privacy and safety, and locating offline source materials. Attendees will need a basic knowledge of computers and online searching. So come and join the millions of us researching our family tree. You may be surprised by what you find!

# SACIS: 40-HOUR CRISIS INTERVENTION TRAINING

WEDNESDAYS,  
MARCH 6 - APRIL 17, 2024  
9 AM - 1 PM

COLES COUNTY HEALTH DEPARTMENT  
825 18TH STREET  
CONFERENCE ROOM 1  
CHARLESTON, IL 61920

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER FOR TRAINING SESSIONS BY FEBRUARY 19
- PARTICIPANTS SHOULD PLAN ON ATTENDING ALL SESSIONS



GO.EIU.EDU/SACIS



Crisis intervention trainings at SACIS provides valuable information on various topics related to sexual assault (rape culture and oppression, the effects of trauma, and more). Trainings are perfect for human service professionals, students, and those in leadership positions. This 40-hour training is required to become advocacy volunteers.

## TRAINERS

Eileen Gebbie  
Executive Director

Darien Prevost  
Director of Prevention and  
Volunteer Services

Tina Johnson  
Community Prevention  
Educator

Ky Newsome  
Director of Advocacy  
Services

Kim White  
Advocate and Case  
Manager

Ashlee Bell  
Administration Specialist



## PROTECTING YOUR ASSETS

JANET GROVE

FRIDAY, MARCH 8, 2024  
1 - 2 PM

LIFESPAN CENTER  
11021 E COUNTY ROAD 800 N  
CHARLESTON, IL 61920

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY MARCH 6



GO.EIU.EDU/ASSETS



Learn how to legally safeguard and protect your assets, especially during unforeseen circumstances. Janet Grove, is representative of the Law Offices of Armstrong & Grove, LLC.



## SAVE A LIFE: NARCAN TRAINING

DANA TELL

TUESDAY, MARCH 19, 2024  
4:30 - 5:30 PM

BUZZARD HALL  
ROOM 1445  
1920 9TH STREET  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY MARCH 18



GO.EIU.EDU/NARCAN



It is very likely that you know at least one person who manages pain with opioid medications. In the event that they accidentally overdosed, what would you do? This course will teach individuals how to save lives when they encounter someone who is overdosing on opioids. Participants will receive free Narcan to help them assist others. Narcan can be picked up anytime in the SEL Office Suite in Buzzard Hall, Room 1320 - 1335.

# PRAIRIE FIRE: EARLY BASEBALL IN ILLINOIS, 1865-1870

DR. BOB SAMPSON

WEDNESDAY, MARCH 27, 2024  
4 - 5:30 PM

BUZZARD HALL  
ROOM 1445  
1920 9TH STREET  
CHARLESTON, IL 61920

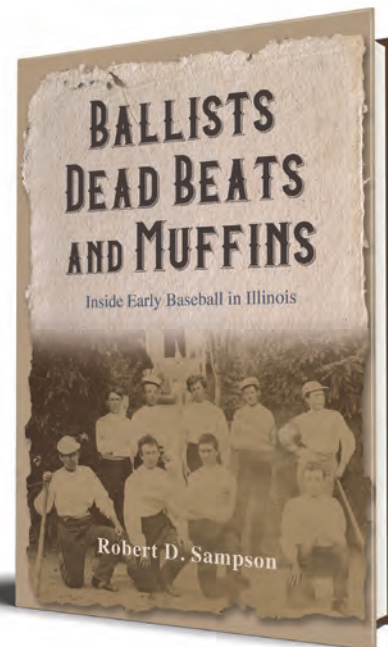
- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY MARCH 25



GO.EIU.EDU/BASEBALL

Between 1865 and 1870, baseball swept over Illinois like a prairie fire with more than 1,000 clubs arising during that time. Yet, by 1870, the initial enthusiasm, sometimes referred to as “baseball fever” and compared to a disease epidemic, had cooled. Only one adult team was still in the field and the remaining clubs were composed of juveniles. What happened?

Complicated events and pressures took the “fun” out of the game for many. Professionalism arose and gambling created challenges. The story of baseball is also the story of the Illinois that embraced it.



## TAI CHI

SUZI COFFMAN

MONDAYS & WEDNESDAYS,  
APRIL 1 - 24, 2024  
4:30 - 5:45 PM

MCAFEE GYMNASIUM  
ROOM 2125 (SMALL GYM)  
1611 4TH STREET  
CHARLESTON, IL, 61920

- ADULT
- \$20
- REGISTER BY MARCH 25



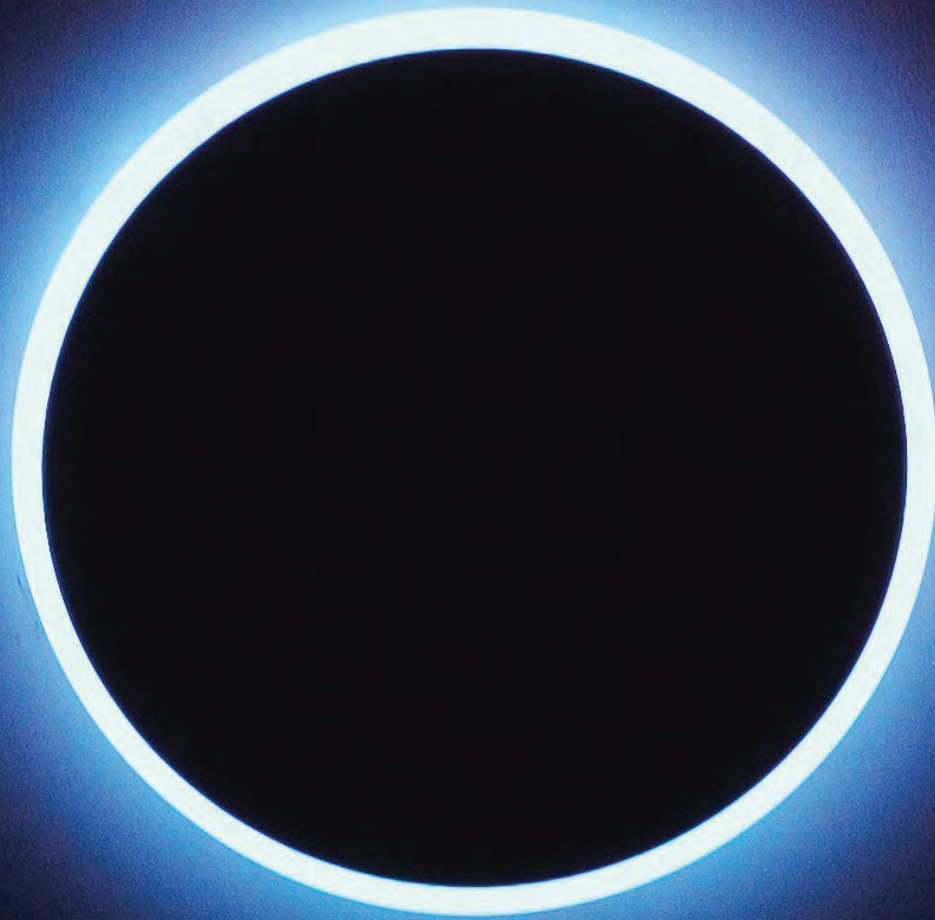
GO.EIU.EDU/TAICHI

Tai Chi aids in re-integrating the pillars of mind, body and spirit through slow, rhythmic movements, deep breathing, and visualization. It provides the same physical benefits of other forms of exercise such as improved balance, flexibility, and muscle tone. Plus it helps develop discipline, stress relief and self-awareness.

The Chinese word for “form” in Tai Chi can refer to individual movements or the entire dance of continuous, choreographed movements. This class will introduce you to both.

This class (8 sessions) is for beginning students and those who wish to perfect or expand their skills.





## GUIDED SOLAR ECLIPSE

EIU PHYSICS FACULTY/STAFF

**MONDAY, APRIL 8, 2024**  
**12 - 4:30 PM**

**PHYSICS OBSERVATORY**  
**600 LINCOLN AVENUE**  
**CHARLESTON, IL 61920**

OFF OF FOURTH STREET, SEE MAP ON P. 50

- **ADULT/YOUNG ADULT**
- **FREE AND OPEN TO THE PUBLIC**
- **REGISTER BY APRIL 4**



[GO.EIU.EDU/SOLAR](https://go.eiu.edu/solar)

Prepare to be awed as the heavens align and the universe unveils its stunning celestial spectacle! Join us for food, drinks, craft activities, and solar eclipse viewing. EIU Physics faculty will guide you through the eclipse with provided solar goggles, ensuring a safe and fascinating viewing experience.

Learn more about astronomy and eclipses through pre-event presentations in the days leading up to the solar eclipse. Presentation details will be made available at [Facebook.com/EIUPhysics](https://Facebook.com/EIUPhysics).



## PINOT AND PAINT: AN AFTERNOON OF CREATIVITY

JAN VONBOKEL

**SUNDAY, APRIL 14, 2024**  
**3 - 5 PM**

**WARREN JAMES WINERY**  
**5600 LERNA ROAD**  
**MATTOON, IL 61938**

- **ADULT**
- **\$45/PERSON**
- **REGISTER BY APRIL 11**



[GO.EIU.EDU/PAINT](https://go.eiu.edu/paint)

Join us for a memorable afternoon of creativity and indulgence at the Warren James Winery. Local artist and art instructor Jan VonBokel, will guide you as you create your masterpiece.

You'll have the chance to express your creativity while sipping on a selection of Warren James' wines (not just the pinots). Admission includes everything you need to create your art, a Warren James wine glass, and one glass of wine or soda. Additional beverages as well as a variety of culinary delights may be purchased from the bar.







## NAVIGATING CHANGE AS YOU AGE

CHERI BURCHAM

WEDNESDAY, APRIL 17, 2024  
3 - 4 PM

CHARLESTON CARNEGIE  
PUBLIC LIBRARY  
6TH ST & VAN BUREN AVE  
CHARLESTON, IL 61920

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 15



GO.EIU.EDU/NAVIGATING

Everyone is aging, and there are many changes that happen along the way – physically, mentally, and financially – in about every aspect of our lives. This lesson will examine some of those changes and how to adopt a mindset that is more accepting of change that will result in improved well-being and possibly new opportunities!



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## NESTING BOX MONITORING

KEEGAN PAYNE

MONDAY, APRIL 22, 2024  
9 - 10:30 AM

DOUGLAS-HART NATURE CENTER  
2204 DEWITT AVENUE EAST  
MATTOON, IL 61938

- ADULT/FAMILY
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 19



GO.EIU.EDU/NESTING



Celebrate Earth Day by learning about nesting boxes and nest monitoring for different bird species. Participants will enjoy a short presentation inside, and then go on the trails for a demonstration on nest monitoring – excellent for those interested in volunteering for this role at our site. Please dress to be indoors and outdoors. Closed toed shoes and a reusable water bottle encouraged.

# HOW TO MAKE HYPERTUFA PLANTERS

DARLA CHOUINARD  
MASTER GARDENER

SATURDAY, APRIL 27, 2024  
10 - 11:30 AM

COLES COUNTY FAIRGROUND  
4-H BUILDING  
603 WEST MADISON AVENUE  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- \$20
- REGISTER BY APRIL 20



GO.EIU.EDU/PLANTERS



## Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Hypertufa planters are lightweight pots made from a mix of Portland cement, water, perlite, and sphagnum moss or vermiculite. These planters are incredibly versatile, and you can grow a wide range of plants in them. All materials and handouts included in costs.

Enter fairgrounds from E Street and go straight past the barns. The 4-H building is located at the Y-intersection. Look for the 4-H sign on the building.

# INTRODUCTION TO LINE DANCING

MONDAY, APRIL 29, 2024  
4 - 5 PM

MCAFEE GYMNASIUM  
ROOM 2125 (MAIN GYM)  
1611 4TH STREET  
CHARLESTON, IL, 61920

- ADULT/FAMILY
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 25



GO.EIU.EDU/DANCING



Join us for a fun-filled evening of line dancing, perfect for beginners. Our welcoming event is open to all community members. Get ready to kick up your heels and learn some fantastic moves in a friendly and supportive environment!

**THE BOOT  
SCOOTIN'  
BARN**



## LEARN TO PLAY PICKLEBALL

DEB HUTTI

TUESDAY, APRIL 30  
2 - 3:30 PM

PICKLEBALL COURTS  
SISTER CITY PARK  
2650 18TH STREET  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 26



GO.EIU.EDU/PICKLEBALL



Join us to learn about one of the fastest-growing sports in America. Pickleball is loved by many because it is fun, social, and friendly. The rules are simple, and the game is easy for beginners to learn but can develop into a fast-paced, competitive game. Join Deb to learn the basics of the game and jump-start your journey to learn more about this amazing game!

## LIFESPAN CENTER TOUR

KIM EDWARDS  
EXECUTIVE DIRECTOR

WEDNESDAY, MAY 1, 2024  
4 - 5 PM

LIFESPAN CENTER  
11021 E COUNTY ROAD 800 N  
CHARLESTON, IL 61920

- ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 30



GO.EIU.EDU/LIFESPAN

Take a tour of the LifeSpan Center building and learn about all the amenities and services the Coles County Council on Aging has to offer. From the movie theater to the tech room, you will see all the spaces offered for programs, services and rental opportunities.

Located directly behind the Sarah Bush Lincoln Health Center main campus.



# LIFESPAN CENTER SERVICES



## SENIOR INFORMATION SERVICES (SIS)

SIS provides services to older adults and individuals with disabilities, including:

- Homestead Exemption
- Long term support
- Assistance or completion of forms and applications
- Referrals to services provided by other agencies
- Benefits and options counseling

## CAREGIVER ADVISORY SERVICES AND GRANDPARENTS OR RELATIVES RAISING GRANDCHILDREN

Services provided to caregivers of those living with chronic and debilitating diseases, including:

- Information resource assistance
- Counseling
- Support groups
- Training
- Respite and referrals for services provided by other agencies

## LIFESPAN VOLUNTEER PROGRAM (LSVP)

LSVP provides a variety of opportunities through meaningful volunteer roles:

- Family Theater Attendant
- Event Hosts/Servers
- LifeSpan Welcome Desk
- Senior Health Insurance Program
- Volunteer Income Tax Assistant Program
- Operation Gratitude Pen Pal Program

If you have a passion for giving back, we would love to have you as part of our team!

## DIAL-A-RIDE PUBLIC TRANSPORTATION

Public transportation in Coles and Douglas counties to everyone regardless of age or ability! See p. 8 for more details.

THE COLES COUNTY COUNCIL ON AGING BELIEVES OLDER ADULTS SHOULD FEEL PHYSICALLY SECURE, FINANCIALLY STABLE, SOCIALLY ENGAGED, EMOTIONALLY CONTENT, AND INTELLECTUALLY GRATIFIED.

[lifespancenter.org](https://lifespancenter.org)



# IN A NATURAL LIGHT I: BEGINNER'S WORKSHOP IN OUTDOOR WATERCOLOR PAINTING

JESSICA MERTZ

TUESDAY, MAY 7, 2024  
6 - 8:30 PM

DOUDNA FINE ARTS CENTER  
ROOM 2980  
1860 7TH STREET  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- \$15.00
- REGISTER BY APRIL 29



GO.EIU.EDU/LIGHT1

This class covers basic techniques for using watercolors outdoors and is suitable for beginners or those who have not ventured to bring their paint boxes outside. Supplies will be provided. This is an excellent preparation for our Plein Air Gathering at the Warbler Woods Conservation Area.



## MAKING CONNECTIONS: NATURE AND YOGA

JAMIE WILLIS

FRIDAY, MAY 10, 2024  
9:30 - 11 AM

FRIDAY, MAY 17, 2024  
9:30 - 11 AM

FRIDAY, MAY 24, 2024  
9:30 - 11 AM

WARBLER RIDGE  
CONSERVATION AREA  
RED SHACK  
17161 DAILEYVILLE ROAD  
CHARLESTON, IL 61920

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER ONE DAY BEFORE SESSION
- ATTEND ALL SESSIONS, OR ANY THAT YOU CHOOSE



GO.EIU.EDU/YOGA



Discover the perfect blend of outdoor serenity and yoga, set amidst the picturesque Warbler Ridge Conservation Area. Designed for all skill levels, this event offers an easy outdoor yoga experience that includes meditation, gentle stretches, and basic yoga postures. If you prefer a more relaxed approach, feel free to bring a lawn chair for chair yoga. Rainy days won't dampen your spirits, as we have an indoor area for your comfort and a portable restroom for your convenience. Plus, the last half-hour of each event allows for optional socializing and hiking, creating an all-encompassing nature and yoga experience.



## IN A NATURAL LIGHT II: ARTIST'S PLEIN AIR GATHERING

CHARLOTTE ENGLAND

SATURDAY, MAY 11, 2024  
9 AM - 1 PM

WARBLER RIDGE  
CONSERVATION AREA  
RED SHACK  
17161 DAILEYVILLE ROAD  
CHARLESTON IL 61920

- ADULT/YOUNG ADULT
- FREE AND OPEN TO THE PUBLIC
- REGISTER BY APRIL 20



[GO.EIU.EDU/LIGHT2](https://go.eiu.edu/light2)



Artists of all skill levels (painting, writing, sketching, photographing etc.) are invited to celebrate spring and share inspirations at a plein air gathering. Please bring your own supplies and snacks. We'll have chairs you can borrow. Morning work will be independent with a chance to share around noon.

(Rain Date: Saturday, May 18th, 2024)



## LITERARY DIVAS

ALTERNATE TUESDAYS  
3:30 - 5 PM

BUZZARD HALL, ROOM 1330  
1920 9TH STREET  
CHARLESTON, IL 61920

IN SCHOOL OF EXTENDED LEARNING SUITE,  
BUZZARD HALL, ROOM 1320 - 1335

- FREE AND OPEN TO THE PUBLIC
- REGISTER BY AUGUST 15, 2023
- PARTICIPANT LIMIT: 10



GO.EIU.EDU/DIVAS



Good vs. evil? Revenge? Hubris? Justice? Survival? Whodunit mysteries? What book themes are most compelling to you? Our informal group suggests the books for reading and discussion. We meet on alternate Tuesdays, discussing one book each meeting. Please call 217-581-7415 if you are interested in joining us.

## BOARD GAME CLUB

THIRD MONDAY OF EACH MONTH  
4 - 5 PM

BUZZARD HALL, ROOM 1302  
1920 9TH STREET  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC
- REGISTER ONE WEEK PRIOR



GO.EIU.EDU/BOARDGAME



Looking for someone to play a round of chess with? Or maybe you prefer a game of Guess Who? Let us be your game partner matchmaker. A new board game will be featured and provided to play each month.

# PAST/FORWARD MEMOIR WRITING GROUP

JUNE HAYDEN

DAY GROUP: LAST FRIDAY  
OF EACH MONTH  
1 - 3 PM

CHARLESTON CARNEGIE  
PUBLIC LIBRARY ROTARY ROOM  
6TH ST & VAN BUREN AVE  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC



GO.EIU.EDU/DAYMEMOIR

DAIVA MARKELIS

EVENING GROUP: SECOND  
TUESDAYS OF EACH MONTH  
6 - 8 PM

WESLEY UNITED  
METHODIST CHURCH  
2206 4TH ST  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC



GO.EIU.EDU/EVENINGMEMOIR



Memoirs are memories written in story form. They may be events from childhood, things you learned from a job or a mentor, or an experience that strikes you as thought provoking. This group welcomes new members who have an interest in writing and developing their skills.

# COLES COUNTY SUSTAINABILITY COMMITTEE

SECOND WEDNESDAY  
OF EACH MONTH  
2 - 3 PM

BUZZARD HALL, ROOM 1302  
1920 9TH STREET  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC



GO.EIU.EDU/SUSTAIN



We'll explore ways to make Charleston, Mattoon, and the surrounding communities a better place to live. Topics will include bringing recycling to Charleston/Mattoon, living more sustainably, composting/gardening, cutting emissions, sustainable pesticides/fertilizers, and much more!



THE LIVE LED ZEPPELIN TRIBUTE SHOW



## KASHMIR: THE LIVE LED ZEPPELIN TRIBUTE SHOW

FRIDAY, JANUARY 19, 2024  
7:30 PM

THE THEATRE  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY JANUARY 12



[GO.EIU.EDU/KASHMIR](https://go.eiu.edu/kashmir)



Kashmir, the nation's #1 Led Zeppelin tribute show, is the most authentic representation of Led Zeppelin on the modern national touring scene. Each of the 4 band members assumes their individual role with pinpoint accuracy. Kashmir possesses the live stage show, sound, and likeness to bring audiences and fans back to the days when the mighty Led Zeppelin ruled the musical landscape.



## FRED HERSCH: 64TH ANNUAL JAZZ FESTIVAL

FRIDAY, FEBRUARY 2, 2024  
7:30 PM

RECITAL HALL  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY JANUARY 26



[GO.EIU.EDU/JAZZ](https://go.eiu.edu/jazz)

A fifteen-time Grammy nominee, Fred Hersch is a pervasively influential creative force who has shaped the music's course over more than three decades as an improviser, composer, educator, bandleader, collaborator and recording artist. He has been proclaimed "the most arrestingly innovative pianist in jazz over the last decade" by Vanity Fair, "an elegant force of musical invention" by The LA Times, and "a living legend" by The New Yorker.



## CHICAGO DANCE TAP: UNLEASH THE BEATS

SATURDAY, FEBRUARY 17, 2024

THE THEATRE  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY FEBRUARY 9

A celebration of tap dance and live music from the 1920s to the future! Chicago Tap Theatre presents this celebration of the best in tap dance, from historical pieces from the past to the innovative and compelling original work for which the company is known. High production values and dynamic performances are the hallmark of this family-friendly, accessible show.



[GO.EIU.EDU/DANCETAP](https://go.eiu.edu/dancetap)

## MARIELLE KRAFT

SATURDAY, MARCH 2, 2024  
7:30 PM

THE THEATRE  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY FEBRUARY 23

When you hear Marielle Kraft's music or experience her candid live shows, you feel as though you already know her. The indie pop singer/songwriter, now based in Nashville, displays craftsmanship beyond her years, following suit to artists like Shawn Mendes, Maisie Peters, and Taylor Swift.



[GO.EIU.EDU/MARIELLE](https://go.eiu.edu/marielle)

## WINDSYNC

THURSDAY, MARCH 28, 2024  
7:30 PM

RECITAL HALL  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY MARCH 21

WindSync has established itself as a vibrant chamber ensemble performing wind quintet masterworks, adapting beloved music to their instrumentation, and championing new works by today's composers. This personal performance style, combined with the ensemble's three-pronged mission of artistry, education, and community-building, lends WindSync its reputation as "a group of virtuosos who are also wonderful people" (Alison Young, Classical MPR).

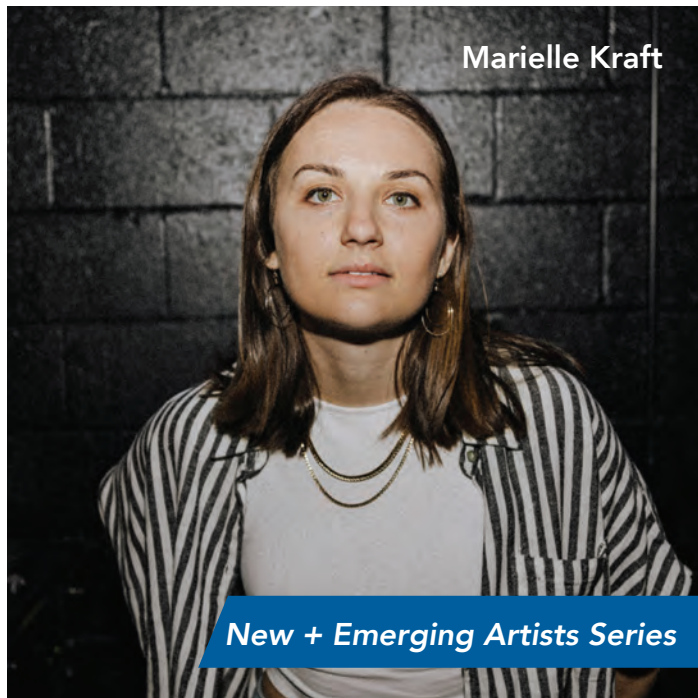


[GO.EIU.EDU/WINDSYNC](https://go.eiu.edu/windsync)

Chicago Dance Tap



Marielle Kraft



New + Emerging Artists Series

WindSync



Classical Music Artists Series





## RED HOT CHILLI PIPERS

SATURDAY, APRIL 6, 2024  
7:30 PM

RECITAL HALL  
DOUDNA FINE ARTS CENTER  
1860 7TH STREET  
CHARLESTON, IL 61920

- DONOR: \$15
- NON-DONOR: \$25
- SENIOR: \$20
- REGISTER BY MARCH 29



GO.EIU.EDU/PIPERS

AC/DC meets the poet Robert Burns where rock anthems sit comfortably alongside the great tunes from the glens and the mountains of Scotland.

The Red Hot Chilli Pipers (not the Peppers!) are a 9-piece ensemble consisting of pipers, guitarists, keyboards, and drummers. They have been rocking the world from New York to Beijing to Melbourne and everywhere in between.



# GRAND PRAIRIE FRIENDS

More details at [grandprairiefriends.org](http://grandprairiefriends.org) and [facebook.com/grandprairiefriends](https://facebook.com/grandprairiefriends)



## WARBLE RIDGE STEWARDSHIP SATURDAYS

FIRST SATURDAY OF THE MONTH  
9 AM – 11 AM

WARBLER RIDGE CONSERVATION AREA  
RED SHACK  
17161 DAILEYVILLE ROAD  
CHARLESTON, IL 61920

Join us to steward and enjoy Warbler Ridge Conservation Area to:

- Collect or spread seeds
- Remove invasive plants
- Maintain the hiking trails
- Maintain the shack area

If you arrive late, a map to where we are working will be posted on the Red Shack door.

More details will be shared online as we approach each stewardship day.

Wear appropriate clothing – long pants and shirt, work shoes, and gloves. Bug spray and suntan lotion are recommended based on the season. Tools and instruction will be provided. Newbies welcome! Every workday concludes with drinks, snacks, and the fellowship of good friends!

Cancellations due to weather will be updated on the Grand Prairie Friends website and Facebook page. Contact Diane Wilhite ([volunteer@grandprairiefriends.org](mailto:volunteer@grandprairiefriends.org)) or Sarah Zoppa (740-294-8718) to RSVP and to be notified of any changes.



# Tarble Arts Center

ALL EVENTS, UNLESS OTHERWISE NOTED, WILL BE HELD AT:

TARBLE ARTS CENTER  
2010 9TH STREET  
CHARLESTON, IL 61920

More details at [TarbleArtsCenter.org](http://TarbleArtsCenter.org)

## NOONTIME TALKS

JANUARY 12 - 26, 2024  
MONDAY, NOVEMBER 13, 2023  
12 - 1 PM

- FREE AND OPEN TO THE PUBLIC

Stop by every Friday at noon during the fall exhibition cycle to hear Tarble staff members give short, conversational talks about the works displayed in the galleries.

## TARBLE WELLNESS: NEW MOON YOGA

THURSDAY, JANUARY 11, 2024  
9 - 10AM

FRIDAY, FEBRUARY 9, 2024  
9 - 10AM

SATURDAY, MARCH 9, 2024  
12 - 1PM

MONDAY, APRIL 8, 2024  
9 - 10AM

TUESDAY, MAY 7, 2024  
9 - 10AM

TARBLE ARTS CENTER  
2010 9TH STREET  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC

Join us at the Tarble on mornings following a new moon for a gentle yoga practice led by a certified yoga instructor. No experience is required, but you will need to bring your own yoga mat, rug, or towel. You may wish to bring an extra towel and a closed water bottle.

You are invited to arrive between 9 - 9:05 AM to get settled. The class will begin promptly at 9:05 AM (or 12:05 PM on Saturday sessions) and last for approximately 55 minutes.

## TARBLE WELLNESS: FULL MOON SOUND BATH

THURSDAY, JANUARY 25, 2024  
5 - 6 PM

FRIDAY, FEBRUARY 23, 2024  
12 - 1 PM

TUESDAY, APRIL 23, 2023  
5 - 6 PM

- FREE AND OPEN TO THE PUBLIC

Join us to experience a sound bath, scheduled to coincide with the full moon and support collective stillness, gratitude, and reflection. The Tarble will provide a limited number of meditation cushions and chairs on a first-come, first-served basis. You may bring your own yoga mat or cushion to sit on if you choose. The Tarble maintains a temperature-controlled environment, so you may want to bring a sweater or wrap for warmth.

You are invited to arrive between 5 - 5:15 PM to get settled. When the sound bath begins promptly at 5:15 PM, doors will be locked during the meditation, which will last for approximately 45 minutes. No prior experience is necessary, all are welcome, but space is limited.

## EXHIBITION: WHO SPEAKS FOR THE OCEANS?

THROUGH JANUARY 26, 2024

- FREE AND OPEN TO THE PUBLIC

**Who Speaks for the Oceans?** proposes new and challenging ways to shift our understandings of and relationships to whales and other nonhuman animals. Through interdisciplinary artworks in video, installation, painting, tapestry, music, performance, and more, the exhibition analyzes epistemological and historical knowledge built around what we think we know about life in the ocean through the charismatic “whale song.”

The exhibition is curated by Alaina Claire Feldman, Director and Curator of Miskin Gallery, Baruch College; David Gruber, Distinguished Professor of Biology and Environmental Sciences, Baruch College; and Jennifer Seas, Director and Chief Curator of the Tarble Arts Center, Eastern Illinois University.

## WHO SPEAKS FOR THE OCEANS? CLOSING RECEPTION AND LIVE PERFORMANCE

FRIDAY, JANUARY 26, 2024  
5 - 7 PM

TARBLE ARTS CENTER  
2010 9TH STREET  
CHARLESTON, IL 61920

- FREE AND OPEN TO THE PUBLIC

Join us for a closing reception to celebrate the exhibition **Who Speaks for the Oceans?** with a live performance of a commissioned composition by musicians Brad Decker and Jamie V. Ryan in response to Jenny Kendler and Andrew Bearnot’s Whale Bells.

Brad Decker is a composer, educator, and performer of contemporary concert music. He currently teaches music composition and electronic music at EIU.

Percussionist Jamie V. Ryan thrives on playing and teaching many types of music. He is an Associate Professor of Percussion at EIU.

## EXHIBITION: WATERSHED

THROUGH MARCH 15, 2024

- FREE AND OPEN TO THE PUBLIC

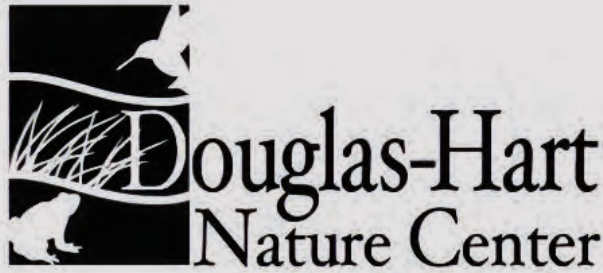
**Watershed** is a work of land art that proposes to repurpose approximately 8,000 square feet of pedestrian walk on the Tarble’s grounds that have become degraded over the past forty years by the growth of intricate bald cypress root systems. The proposal would see these hardscapes demolished and processed into new concrete for a reimagined configuration. Reflecting the original design of the museum’s architecture in playful ways, this artwork will create more area for the Tarble’s cypress trees to flourish while supporting native plants and pollinators, as well as create a platform for people to visit, rest, read, play, exercise, and participate in future Tarble programs.

While this large-scale project continues to develop, the Tarble has installed a nineteen-by-four-foot model of the proposed artwork in our galleries to help visitors imagine the new landscape it will introduce. Young visitors and their caretakers are invited to play gently with the model in this gallery along with special edition toys and books by the Italian modernist designer Enzo Mari.

## TARBLE MEMBERSHIP

Membership is an invaluable way to show support and stay informed of Tarble programming. Go to [TarbleArtsCenter.org](https://TarbleArtsCenter.org) to give a one-time gift, or read more about becoming or renewing your Tarble membership and its benefits.





ALL EVENTS, UNLESS OTHERWISE NOTED, WILL BE HELD AT:

DOUGLAS-HART NATURE CENTER  
2204 DEWITT AVE E  
MATTOON, IL

More details at [dhnature.org](http://dhnature.org) and  
[facebook.com/douglashartnc](https://facebook.com/douglashartnc)

### **BUDDING NATURALIST**

FIRST FRIDAY OF EVERY MONTH  
10 AM

- FAMILY
- FREE AND OPEN TO THE PUBLIC
- DONATIONS APPRECIATED

Sing and dance, craft and play – learn about living things every day! Great for ages 2-4, but all are welcome. Children must be accompanied by an adult.

### **C.A.R.E. CLUB (CARING FOR ANIMALS WITH RESPECT & EDUCATION)**

THIRD THURSDAY OF EVERY MONTH  
4 - 6 PM

- YOUTH (AGES 12-18)
- FREE AND OPEN TO THE PUBLIC

Club members will learn and handle an array of animals and learn about their diet and habitat. New members are always welcome!

### **LIVE TO LEARN**

SECOND SATURDAY OF EVERY MONTH  
9 AM

- ADULT
- FREE AND OPEN TO THE PUBLIC
- DONATIONS APPRECIATED

Live to learn, and you will really learn to live. Enjoy this monthly speaker series that welcomes guests to share their environmental-related work, hobbies, passions, and more. Topics and speakers are posted on our website and Facebook page.

### **BIRD CLUB**

LAST TUESDAY OF EVERY MONTH  
6 PM

- ADULT
- FREE AND OPEN TO THE PUBLIC

Calling all birders, novices, and experienced! We invite you to join our club for local birders to learn and share with each other.

### **NATURE IN THE ARTS**

SECOND WEDNESDAY OF THE MONTH  
(JANUARY - APRIL), 6 - 8 PM

- ADULT
- \$15 PER CLASS – DHNC MEMBER RATE
- \$20 PER CLASS – DHNC NON-MEMBER RATE

The possibilities are endless when nature is the inspiration for these monthly craft classes. Monthly projects will be announced in our Nuthatch Newsletter, as well as on our website and Facebook page.

Registration for programs through the Douglas-Hart Foundation can be found at [dhnature.org](http://dhnature.org). Feel free to email [programs@dhnature.org](mailto:programs@dhnature.org) or call 217-235-4644 for assistance.



# Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## WINTER SEED SOWING WORKSHOP

SATURDAY, JANUARY 13, 2024  
10 AM - NOON

SARAH BUSH LINCOLN HOSPITAL  
EDUCATION CENTER, OLSON ROOM

SARAH BUSH LINCOLN  
1000 HEALTH CENTER DRIVE  
MATTOON, IL 61938

- FAMILY
- \$12 (INCLUDES MATERIALS)

Learn (from master gardeners) how to create your own mini-greenhouses from milk jugs to later transfer to pots or your garden. Register at [go.illinois.edu/WSS](http://go.illinois.edu/WSS) or call 217-345-7034.

## SPRING INTO GARDENING CONFERENCE

SATURDAY, MARCH 2, 2024  
8 AM - 12:30 PM

WESLEY UNITED METHODIST CHURCH  
2206 4TH STREET  
CHARLESTON, IL 61920

- \$25 PRE-REGISTRATION FEE
- \$30 AT THE DOOR

Join master gardeners for a fun morning filled with engaging speakers, door prizes, a silent auction, and tasty refreshments.

### Keynote: Wildflowers for the Home Garden

Illinois Botanizer Chris Benda

### Pollinator/Flower Gardening

Extension Specialist Brodie Dunn

### Raised Bed Gardening

Master Gardener Chelsea Schmid

Register at [go.illinois.edu/SPRIG2024](http://go.illinois.edu/SPRIG2024).

## MASTER GARDENER PLANT SALE

SATURDAY, MAY 11, 2024  
9 AM - 12 PM

LYTLE PARK  
3320 WESTERN AVE.  
MATTOON, IL 61938

Garden plants, herbs, house plants, and hanging baskets for your home garden or this year's Mother's Day gift.







ALL EVENTS, UNLESS OTHERWISE NOTED,  
WILL BE HELD AT:

CHARLESTON CARNEGIE PUBLIC LIBRARY  
6TH ST & VAN BUREN AVE  
CHARLESTON, IL 61920

More details at [charlestonlibrary.org](http://charlestonlibrary.org)

## ILLINOIS LIBRARIES PRESENT

- FREE AND OPEN TO THE PUBLIC
- VIRTUAL PROGRAM (HOSTED ONLINE)

We are excited to partner with Illinois Libraries Present to offer a variety of engaging virtual programs! Register at [charlestonlibrary.org](http://charlestonlibrary.org).

**THURSDAY, JANUARY 11, 2024**  
7 PM

Speculating our AI Future Panel with Corry Doctorow, Ken Liu, and Martha Wells

**TUE, FEBRUARY 6, 2024**  
7 PM

A Conversation with Jerry Craft: From Mama's Boyz to New Kid and Beyond

**TUE, FEBRUARY 20, 2024**  
*TBA (Time Released Online)*

#1 New York Times bestselling author Julia Quinn helps with a discussion about Bridgerton and all things romance.

**WED, MARCH 20, 2024**  
*TBA (Time Released Online)*

Academy Award winning costume designer Ruth E. Carter explores her pieces spanning Spike Lee costume design to Wakanda.

**WED, APRIL 3, 2024**  
*TBA (Time Released Online)*

Dr. Temple Grandin shares on the gifts of neurodiversity.

**TUE, MAY 7, 2024**  
*TBA (Time Released Online)*

Writer, producer, former White House staff member Kal Penn closes season 3.

## WINTER READ

**FEBRUARY 1 - 28, 2024**

- ADULT (AGES 18+)

We're thrilled to invite our adult community to participate in this reading/task oriented program with chances to win some great prizes! Complete as many titles/tasks as you can to earn chances to win our grand prizes! More details at [charlestonlibrary.org](http://charlestonlibrary.org).

## LIBRARY BOOK SALES

**FRIDAY, FEBRUARY 9, 2024**  
10AM - 5:30 PM

**SATURDAY, FEBRUARY 10, 2024**  
10 AM - 1:30 PM

**FRIDAY, MAY 3, 2024**  
10 AM - 5:30 PM

**SATURDAY, MAY, 2024**  
10 AM - 1:30 PM

Stop by the Charleston Carnegie Public Library during one of our Spring Book Sales and find some treasures with prices starting at 25 cents!

## LITERATURE & LIBATIONS

**SATURDAY, APRIL 13, 2024**

**MORE DETAILS, INCLUDING THE LOCATION, AVAILABLE AT [CHARLESTONLIBRARY.ORG](http://CHARLESTONLIBRARY.ORG)**

We're excited to host our annual fundraiser. Join us for a fun night of delectable cuisine, delightful music, refreshing beverages, and exceptional company. We hope to see you there!



# SBL PEACE MEAL

## SENIOR NUTRITION AND CARE

Peace Meal's mission is to provide quality meals for healthier lives. We help seniors improve their nutrition, sustain their independence and enhance the quality of their life by providing meals, fellowship and connections to other needed services.

Anyone age 60 or older, with spouse regardless of age, is eligible to join us for lunch at any of our sixteen locations throughout our seven county region of Clark, Coles, Cumberland, Douglas, Edgar, Moultrie and Shelby Counties.

The fresh meal served contains one-third of the recommended nutrients for older adults. Careful consideration is given to sodium, cholesterol and sugar content. Menus are approved by a registered dietitian. We prepare the meals at our own central kitchens with recipes developed to maximize taste, as well as nutrition.

Clients have opportunity to share a meal with other members of their community. To many this is even more important than the meal they have each day. It is a chance to meet new people or catch up with old friends.

Meals are available to those who are unable to attend a nutrition site as well. An assessment is made by a qualified staff person. Meals are available on a temporary or long-term basis. Not only will clients receive a meal, but they will also have daily contact with a driver, in addition to nutrition risk screening, needs assessment, nutrition education and outreach to other needed services.

Peace Meal requests a donation of \$3.50 per meal. Participants are encouraged to contribute as they are able but no one will be turned away based on an inability to donate.

Call 217-345-1800 or visit our website at [sarahbush.org/peacemeal](http://sarahbush.org/peacemeal) for more information on locations and reservations.





# BACHELOR OF ARTS INTERDISCIPLINARY STUDIES



## FINISH WHAT YOU STARTED

Since 1973, the Interdisciplinary Studies degree program (formerly B.A. in General Studies) at EIU has served adult learners in Illinois, helping them meet their goal of earning a bachelor's degree. Technology has allowed us to expand beyond Illinois, by offering this adult focused degree-completion program completely online.

### TRANSFER FLEXIBILITY

The Interdisciplinary Studies degree program can accept up to 100 semester hours in transfer from regionally accredited colleges and universities, including as many as 80 hours earned at a community college, as well as credits earned through military and other professional training. These hours will be applied to meeting graduation criteria where appropriate.

The flexibility doesn't end with your undergraduate studies, either; more than 40 percent of our graduates continue their education by enrolling in graduate programs at EIU and other universities.

### COURSE FLEXIBILITY

We know everybody, including you, has a unique set of circumstances under which they're trying to earn a degree. With the many methods we have at your disposal, you'll find a way to tailor your studies to your busy life.

Classes are offered online and on-campus. Because adults learn a great deal outside the traditional classroom, we offer the opportunity to earn credit for on-the-job-training and other experiences.

### B.A. IN INTERDISCIPLINARY STUDIES

1407 BUZZARD HALL  
600 LINCOLN AVENUE  
CHARLESTON, IL 61920  
(217) 581-5618



IT'S ALL ABOUT YOU. APPLY TODAY.

[go.eiu.edu/ids](https://go.eiu.edu/ids)

# SO YOU WANT TO TEACH A CLASS?

---

Are you passionate about a particular subject or skill? Eager to share your expertise and make a meaningful impact in your community? The Academy of Lifelong Learning wants you to take the lead!

We're on the lookout for enthusiastic individuals like you to spearhead classes, workshops, clubs, and other exciting events. Whether you're an expert in art, science, cooking, or any other field, your knowledge is a valuable asset. Join us in shaping the future of lifelong learning and inspire others with your wisdom. Don't keep your talents a secret – share them with us using the link below and become a leader in our thriving community!

---



Keegan Payne from the Douglas-Hart Nature Center presented Birds and You to great success in 2023.

## THINK ABOUT THE FOLLOWING BEFORE SIGNING UP

- + A title for the session
- + Time and date of session
- + Instructors' e-mails, phone numbers, headshots
  - Only headshots and names will be published.
- + Location
  - Programs can be booked at EIU, or at a location of your choice.
- + Description
  - We can write this for you. You'll need to provide a list of important details that you would like to be included.
- + Logos of any affiliated organizations
- + Registration deadline
  - While this is typically a few days before the session, you may need more time for sessions requiring a payment or fee.
- + Course minimum/maximum
  - What will it take to say that we are going to proceed at the point we reach the deadline? What will be the threshold for the top amount of people?
- + Instructor needs/accommodations
  - Podium, dry erase board, physical accessibility needs, etc.
- + Student needs/accommodations
  - Notebooks, pens, physical accessibility needs, etc.

**SIGN UP TODAY!** | [go.eiu.edu/teachothers](https://go.eiu.edu/teachothers)





# ADVISORY COUNCIL MEMBERS



Judy Brown  
Chair



Dr. Rich Wandling  
Chair Elect



Brenda Crimmins



Shelly Crouch



Roxanne Frey



Chris Houchens



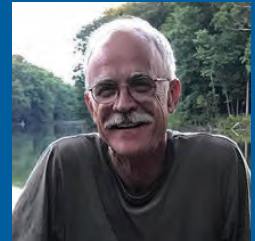
Al Joyner



Michael Murphy



Alice Shonk



Terry Smith



Ann Spear



Carolyn Stephens



Jamie Willis

Your feedback is very important to us. Please contact us at [Academy@eiu.edu](mailto:Academy@eiu.edu) if you are interested in becoming a board member for the Fall 2024 Semester.

## SPECIAL THANKS

A heartfelt thank you goes out to all who have helped with this semester, and all of the advisory council members, members of the Academy, and donors/sponsors of the Academy of Lifelong Learning.

Marita Metzke  
Former Director, Academy  
of Lifelong Learning

Aaron White  
Director of the School of  
Extended Learning

Dean Laretta Henderson  
College of Education

Chad Franks  
Graphic Designer

Jeane Breiland  
Graduate Student

Emily Strawn  
Office Manager

Joy Rainey  
Office Manager

Judy Brown  
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Michael Murphy  
Former Chair

Dr. Richard Wandling  
Chair-Elect

Friends and Supporters  
of The Academy

## SPONSOR THE PROGRAM GUIDE

If you own a business or organization and would be interested in buying an underwritten spot to help sponsor the printing of future community program guides, please contact us at 217-581-7415.



## GAME RELATED PROGRAMMING

- Prairie Fire: Early Baseball in Illinois, p. 17
- Learn to Play Pickleball, p. 22



## CLUBS & ORGANIZATIONS

Meet new people with similar interests at one our fantastic groups like the Board Game Club. Get more details on pgs. 26-27. We hope to see you there!



# INTRO TO NATURE JOURNALING SERIES

Be present and create. Find out more about this popular program on p. 11 before you fill out your registration form.

## ARTS & CRAFTS RELATED PROGRAMMING

- In a Natural Light I & II, pgs. 24-25
- Noontime Talks, p. 34
- Nature in the Arts, p. 36

# BECOME A FRIEND OF THE ACADEMY

## YOUR SUPPORT IS AN INVESTMENT

Lifelong learning is important in healthy communities because it enhances citizens' engagement with knowledge and networks, creating a more stable and stimulating culture. The Academy of Lifelong Learning needs your support. We are most grateful to those that have invested in lifelong learning in the past, and we are optimistic that you will continue to do so. See p. 7 for a description of the benefits provided with each tier. Your donations are tax deductible. You can opt out of benefits to receive 100% tax deduction.

I wish to make a donation in support of the EIU Academy of Lifelong Learning.

Name \_\_\_\_\_

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

City \_\_\_\_\_

State \_\_\_\_\_

ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

## I WISH TO MAKE A DONATION TO THE ACADEMY OF LIFELONG LEARNING

- Enrollee** \$50 +                       **Baccalaureate** \$500 +                       **Postdoctorate** \$5,000 +  
 **Undergraduate Student** \$100 +                       **Master** \$1,000 +  
 **Associate** \$250 +                       **Doctorate** \$2,500 +

**TOTAL ENCLOSED** \_\_\_\_\_

- I wish to opt out of benefits to receive a 100% tax deduction.  
See Pgs. 6 - 7 for a complete list of donation benefits.

## PAYMENT INFORMATION

**CHECK:** Mail in your completed donation form with a check made payable to the EIU Foundation. Send to ACADEMY OF LIFELONG LEARNING, 600 LINCOLN AVENUE, CHARLESTON, IL 61920.

**ONLINE:** Go to [go.eiu.edu/donateacademy](http://go.eiu.edu/donateacademy) to complete your donation online.

**PHONE:** Complete your donation over the phone by calling (217) 581-5114.





# PARKING ON CAMPUS

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A parking pass is required to park on the Eastern Illinois University campus before 5 PM. Visitors without parking passes are encouraged to use the parking meters at the MLK Jr. Student Union or use the visitor parking lot to the east of Blair Hall on Seventh Street, which requires a \$1.50 parking pass from the University Police Department. Go to [eiu.edu/police](http://eiu.edu/police) for more information.

# COMPLIMENTARY PARKING PASSES

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Those donating \$50 or more will receive a complimentary EIU parking pass for academy events that start before 5 PM. The following details are needed to procure your parking passes:

Vehicle Make _____	Model _____	Color _____
License Plate Number _____	License Plate State _____	

# TELL US ABOUT YOUR GUESTS

---

We're happy to see you've invited your friends to an event. Please let us know their names, contact information (email, phone, and mailing address), and what events they'll be attending.

Guest Names _____	Contact _____	Event _____
_____	_____	_____
Guest Names _____	Contact _____	Event _____
_____	_____	_____
Guest Names _____	Contact _____	Event _____
_____	_____	_____
Guest Names _____	Contact _____	Event _____
_____	_____	_____
Guest Names _____	Contact _____	Event _____
_____	_____	_____

Need more room? You're quite the social butterfly! Just write it down on a separate sheet of paper and mail it in along with your donation and registration forms.



# SPRING 2024 OPPORTUNITIES AND PRICES

+ Event consists of multiple session dates. See event descriptions.

# DONORS ATTENDING	# GUESTS ATTENDING	DATE	ACADEMY EVENTS	RATE
		01/05/24	Spring Community Open House	
		01/22/24	Mastering Money	
		01/29/24 +	Intro to Nature Journaling Series	\$20
		02/01/24	1619: The Journey of a People	
		02/15/24	The Mystery of the U.S.S. Maine	
		02/29/24	Hops and Harmonies	\$25
		03/01/24	Medicare vs. Medicaid	
		03/04/24	Psychology of a Serial Killer	\$20
		03/05/24 +	In The Steps of Your Ancestors	
		03/06/24 +	SACIS: 40-Hour Crisis Intervention Training	
		03/08/24	Protecting Your Assets	
		03/19/24	Save a Life: Narcan Training	
		03/27/24	Prairie Fire: Early Baseball in Illinois	
		04/01/24 +	Tai Chi	\$20
		04/08/24	Guided Solar Eclipse	
		04/14/24	Pinot and Paint: An Afternoon of Creativity	\$45
		04/17/24	Navigating Change as You Age	
		04/22/24	Nesting Box Monitoring	
		04/27/24	How to Make Hypertufa Planters	\$20
		04/30/24	Learn to Play Pickleball	
		05/01/24	LifeSpan Center Tour	
		05/07/24	In a Natural Light I	\$15

Registration form continued on next page.



# SPRING 2024 OPPORTUNITIES & PRICES

Registration form continued from previous page.

# DONORS ATTENDING	# GUESTS ATTENDING	DATE	ACADEMY EVENTS	RATE
		05/10/24	Making Connections: Nature and Yoga	
		05/11/24	In A Natural Light II	
		05/17/24	Making Connections: Nature and Yoga	
		05/24/24	Making Connections: Nature and Yoga	

# DONORS ATTENDING	# GUESTS ATTENDING	DATE	PREMIER DOUDNA EVENTS	DONOR DISCOUNT RATE	NON-DONOR RATE	SENIOR RATE
		01/19/24	Kashmir	\$15	\$25	\$20
		02/02/24	Fred Hersch	\$15	\$25	\$20
		02/17/24	Chicago Dance Tap	\$15	\$25	\$20
		03/02/24	Marielle Kraft	\$15	\$25	\$20
		03/28/24	WindSync	\$15	\$25	\$20
		04/06/24	Red Hot Chilli Pipers	\$15	\$25	\$20

Mail in your completed registration form with a check made payable to the Academy of Lifelong Learning to:

ACADEMY OF LIFELONG LEARNING  
600 LINCOLN AVENUE  
CHARLESTON, IL 61920

You may also go to [go.eiu.edu/ProgramGuide](http://go.eiu.edu/ProgramGuide) or call 217-581-5114 to complete your registration.

<b>ACADEMY EVENTS</b>	\$ _____
<b>DOUDNA EVENTS</b>	\$ _____
<b>TAX DEDUCTIBLE DONATION</b>	\$ _____
<b>GRAND TOTAL</b>	\$ _____

Event registration details for Grand Prairie Friends (p. 33), Tarble Arts Center (pgs. 34-35), Douglas Hart Nature Center (p. 36), U of I Extension Office (p. 37), and the Charleston Carnegie Public Library (p. 38) are available on the provided event description pages.







# PAST PROGRAM REFLECTIONS

## LOOKING BACK AT SOME OF OUR PAST PROGRAMS

Eastern Illinois University's Academy of Lifelong Learning has been proudly serving the community since 2007. Pictured below are a few event photos from this past semester. Head over to Facebook.com/EIUAcademy to see what we have been up to. You may even spot a few people you know.



PHOTO CREDIT: GREG COOPER  
EIU PHOTOJOURNALISM

INTERDISCIPLINARY CANNABIS SYMPOSIUM  
NOVEMBER 6, 2023



PHOTO CREDIT: ALLI HAUSMAN

NO FEAR: INTUITIVE PAPER COLLAGES  
SEPTEMBER 7, 2023



PHOTO CREDIT: DANIEL DOUGLAS

BOARD GAME CLUB  
SEPTEMBER 8, 2023



PHOTO CREDIT: ALYSSA OSTERDAY

THE TRAVELING SKETCHBOOK PROJECT  
SEPTEMBER 29, 2023



PHOTO CREDIT: GREG COOPER  
EIU PHOTOJOURNALISM

YOU ARE A STORY: WHAT WE CAN LEARN FROM RAY BRADBURY  
OCTOBER 9, 2023

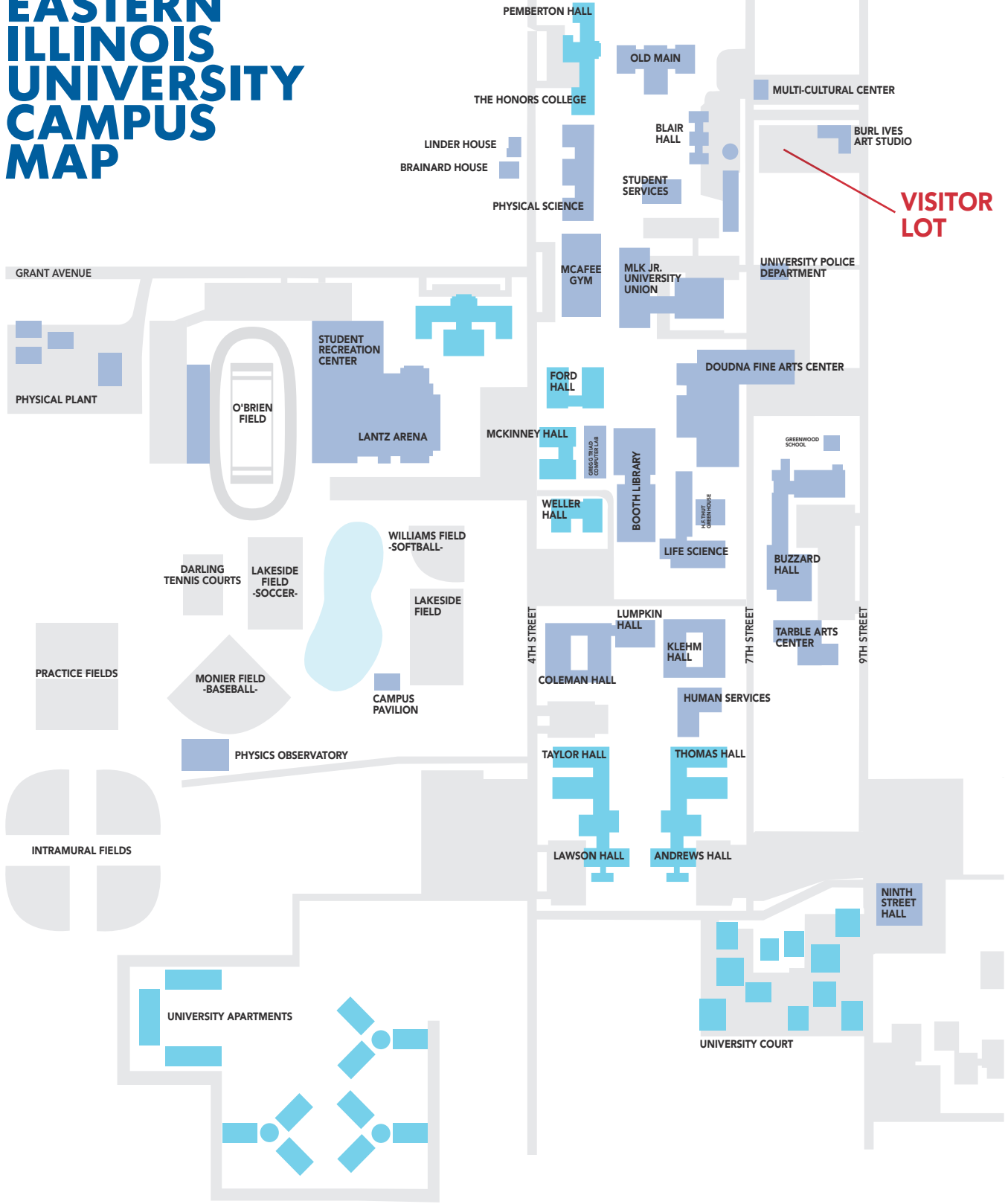


PHOTO CREDIT: JAY GRABIEC

DON'T MAKE A MIS-STEAK  
NOVEMBER 13, 2023

# EASTERN ILLINOIS UNIVERSITY CAMPUS MAP

ILLINOIS ROUTE 16  
LINCOLN AVENUE



**VISITOR LOT**

**N**

- Parking/Streets
- Residential
- Academic/Instructional

Detailed campus maps are available for print or web viewing at [eiu.edu/map](http://eiu.edu/map).





PHOTO CREDIT: GREG COOPER  
EIU PHOTOJOURNALISM

## VOLUNTEER YOUR SKILLS

Randy and Joy Turner from Larkfield Glass put on a glassblowing demonstration this past Fall. Find out how you can volunteer to present a program on p. 41.





**ACADEMY OF  
LIFELONG LEARNING**

600 LINCOLN AVENUE  
CHARLESTON, IL 61920  
ACADEMY@EIU.EDU  
217-581-5114



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**[go.eiu.edu/academy](https://go.eiu.edu/academy)**