



Fall/Winter **PROGRAM GUIDE** 2016

Enjoyable, affordable
educational
experiences
for people of all ages

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academy of Lifelong Learning

 EASTERN ILLINOIS UNIVERSITY

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*“You’re never going to learn
something as profoundly as when
it’s purely out of curiosity.”*

- Christopher Nolan

PURPOSE OF THE ACADEMY

The purpose of the Academy is to provide all community members informal opportunities for non-credit learning. We offer a wide variety of low-cost, high-quality short courses and events that enable participants to enjoy learning in a relaxed environment. Our goal is to encourage learning and dialogue to help individuals develop new abilities to cope with the continuous change that surrounds us today.

WHY PARTICIPATE IN 'PERSONAL' LEARNING?

Personal learning, best described as educational experiences chosen by the 'student', which is learner centric as opposed to course centric, is invaluable for brain health. Equally important are the intrinsic outcomes identified in research by Pew Research Center last fall.

74% of adults surveyed by Pew in October/November 2015 said they have participated in personal learning activities in the last year such as: reading a publication of personal interest (58%), attending a meeting to learn new information (35%), attending a conference (30%), and taking a course (25%).

Why Do People Want to be Learners?

87%

felt more capable

69%

are open to new perspectives

64%

made new friends

58%

felt connected to the community

43%

became more involved in volunteering

*Who are today's lifelong learners, and where do they learn? (2016). Education Advisory Board.
Retrieved from <https://www.eab.com/>*

REGISTRATION & REFUND POLICY

Registrations are confirmed by email. Payments of any course fees listed are required at the time of registration. We accept credit cards, cash, and checks. In the event a course is cancelled due to under-enrollment or other circumstance beyond the Academy's control, members will be notified by email or by phone (if same day as event). Refunds will automatically be issued. Refunds are not issued for non-attendance.

VOLUNTEER OPPORTUNITIES

There's a growing body of research showing that volunteering is associated with better physical and mental health outcomes," says Eric S. Kim, a research fellow at the Harvard T.H. Chan School of Public Health. The well-known advantages of greater social connectivity likely play a large role, says Kim. In fact, a 2016 report in Psychosomatic Medicine found that people with a high sense of purpose in life had a lower risk of having a heart attack or stroke and of dying from any cause, compared with people who had a lower sense of purpose.

Corliss, J., (2016, June 3). The many ways volunteering is good for your heart. In Harvard Health Publications. Retrieved from <http://www.health.harvard.edu/>

Care Choir

The Care Choir provides a soothing presence and comfort to Hospice patients and families with short, peaceful serenades of a cappella songs. Care Choir is dispatched to care facilities in the Charleston-Mattoon area at the request of patients or family members. Lincolnland Hospice of Sarah Bush Lincoln coordinates the visits. If you would like to participate in Care Choir, please contact the Academy of Lifelong Learning at Eastern Illinois University, 217-581-5114 or academy@eiu.edu.

The Douglas-Hart Nature Center

2204 Dewitt Ave. East, Mattoon – The Nature Center is home to over 70 acres of restored Illinois habitats, about 2 miles of hiking trails, and a visitor center housing live animals, toys, books, and displays. Our vital team of Weekend Host Volunteers staff the visitor center for three hours at-a-time on Saturdays and Sundays. Volunteers enjoy greeting visitors, answering the phone, and watching the birds & wildlife during their shift. If you are interested in becoming a Weekend Host, or would like to do a one-time trial shift to see what it is like, please contact the Nature Center at 217-235-4644.

The Habitat for Humanity ReStore

520 W. Lincoln— The ReStore sells donated items to support the mission of providing decent, affordable housing to qualified residents of Coles County. Volunteer help is needed for sorting, organizing, and cleaning. Academy members and friends are encouraged to help any time that suits your schedule. Contact the store at 217-348-7066 for additional information.

Tarble Arts Center

The Tarble Arts Center is a major cultural arts resource serving east central Illinois. Volunteers are needed to welcome, count, assist visitors, and help monitor the galleries for 2-hour shifts (10–noon; noon–2; 2–4) Tuesday through Friday. For more information, please contact Sally Bock at 217-581-2787 or email skbock@eiu.edu.

Where words fail,
music speaks.

—Hans Christian Andersen

Care Choir

Provide a
peaceful respite for
local hospice patients
and their families.

The objective of Care Choir is to provide a soothing presence and comfort to Hospice patients and families during a difficult time with short, peaceful serenades of familiar a cappella songs. Lincolnland Hospice of Sarah Bush Lincoln provides copies of music and coordinates the list of patients.

In addition, other residents of the long-term care facilities in Charleston and Mattoon gather in the common room to hear us sing hymns and golden oldies to them. We alternate between the two cities, singing twice per month. Attendance in the Choir is on a "come when you are able" basis.

If you find joy in music and/or feel called to provide comfort to hospice patients, please consider lending your voice to Care Choir.

Volunteers agree to:

- Half-day training required for working with Hospice
- Provide email address for communications regarding Care Choir events
- Healthcare Worker Fingerprint/Background Check, TB test, Hepatitis B and MMR vaccinations (all provided **at no cost** by Sarah Bush Lincoln Health Services)

If you would like to participate in Care Choir, please contact the **Academy of Lifelong Learning** at Eastern Illinois University, **217-581-5114** or **academy@eiu.edu**

Inspired by Threshold Choir thresholdsingers.org, a non-profit group.

academy of
**Lifelong
Learning**
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ADVISORY COUNCIL

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

Rick Addison
Joyce Allen
George Edwards
Diana Glosser
Jerry Herman
Mark Hillard
Kathy Hummel

John Inyart
Jana Johnson, Past Chair
Audrey Jorns
Janet Messenger
Marita Metzke, Coordinator
Cindy White, Chair

SUPPORTING STAFF

Special thanks to the following members of the School of Continuing Education who work diligently for the benefit of the Academy:

Marita Metzke, Coordinator
Debbie Meadows, Registration Coordinator
Peggy Hickox, Administrative Assistant
Kyle Stalla, Graphic Designer

*Twenty years from now you will be more
disappointed by the things that you didn't do
than by the ones you did do. So throw off the
bowlines. Sail away from the safe harbour.
Catch the trade winds in your sails.
Explore. Dream. Discover.*

- Mark Twain

EIU ACADEMY PASS

The Academy of Lifelong Learning offers its members the rare opportunity to take a traditional undergraduate course without tuition or tests through EIU Academy Pass.

This is an unparalleled opportunity to study subjects you choose, in-depth, over a full semester. Academy members may register for one audited college course per semester without paying tuition. Any fees, textbook mailing cost, or other incidental charges are the responsibility of the member. Our ability to place members in each course depends upon open seats, and EIU degree-seeking students naturally receive priority.

Key Points:

- Registration for the selected course occurs during the two weeks prior to each new semester and is based on seat availability. Assistance is provided by the Academy of Lifelong Learning staff.
- Individual instructors determine the level of involvement expected from students who are auditing a course.
- Member insights and observations are generally welcome, with the understanding that there is a diverse group of students in each course. Most members simply attend for the joy of learning.
- As Academy Pass students, members will have the benefit of an EIU email account and a complimentary parking pass for class times.
- Additionally, complimentary access to www.Lynda.com, an online learning resource that helps individuals learn software, photography and business skills will be yours (\$30 per month value).
- Requests for specific courses will be accepted throughout the year by emailing us at academy@eiu.edu.

For additional information or help with the Academy Pass, please contact our staff at 217-581-5114.

Why should society feel responsible only for the education of children, and not for the education of all adults of every age?

- Erich Fromm





CALENDAR OF EVENTS

AUGUST - DECEMBER





FOR ALL THE WORLD TO SEE

Image Credit: Ernest C. Withers, Sanitation Workers Assembling for a Solidarity March, Memphis, March 28, 1968, gelatin silver print, 8 1/2 x 14 3/4 in., National Museum of African American History and Culture, Smithsonian Institution, Museum Purchase.

AUGUST

☐ **BRAIN HEALTH** PG. 22

Tuesday, August 23, 2016
5:00 - 6:30 pm
Mattoon Train Depot
1718 Broadway Ave.
Mattoon, IL 61938

☐ **BIRD CLUB** PG. 18

Tuesdays - August 30, September 27,
October 25, November 29, December 27
6:00pm
Douglas-Hart Nature Center
2204 Dewitt Avenue
Mattoon, IL 61938

SEPTEMBER

☐ **UPDATE YOUR STATUS: FACEBOOK** PG. 19

Thursday, September 1, 2016
5:00 - 6:30pm
Buzzard Hall - Room 1430
1920 9th Street
Charleston IL, 61920

☐ **FRAUD WATCH AND SHRED EVENT** PG. 23

Thursday, September 8, 2016
10:00 - 11:00 am
Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

☐ **FOR ALL THE WORLD TO SEE: VISUAL CULTURE AND THE STRUGGLE FOR CIVIL RIGHTS** PG. 27

Thursday, September 8, 2016
7:00 PM
West Reading Room, Booth Library



LINCOLN TRIALS & TRIBULATIONS

Image Credit: Lincoln's Trial & Tribulations Project

SEPTEMBER (CONT'D)

☐ **A DARK MATTER** PG. 14

Friday, September 9, 2016
11:00 - 12:30pm
Tarble Arts Center
2010 9th St.
Charleston, IL 61920

☐ **SLEEP CENTER FOR SWEET DREAMS** PG. 23

Tuesday, September 13, 2016
2:00 - 3:00pm
Sarah Bush Lincoln Health Center
Education Wing
1000 Health Center Dr.
Mattoon, IL 61938

☐ **THUT GREENHOUSE & GARDEN TOUR** PG. 20

Monday, September 19, 2016
1:30pm
Thut Greenhouse - EIU Campus
1940 7th Street
Charleston, IL 61920

☐ **KHMER VILLAGE: PHARE CIRCUS** PG. 15

Monday, September 12, 2016
7:30pm
Doudna Fine Arts Center - The Theatre
1860 7th St.
Charleston, IL 61920

☐ **FIT-2-SERVE** PG. 29

Thursday, September 15, 2016
9:30 - 11:00am
1320 Lafayette Ave.
Mattoon, IL 61938

☐ **LINCOLN TRIALS & TRIBULATIONS** PG. 26

Saturday, September 24, 2016
6:00pm
Oakland Methodist Church
13 E. Washington St.
Oakland, IL 61943



HERENCIA DE TIMBIQUÉ

Image Credit: Roger Farhi

OCTOBER

☐ CHAI TEA OR TAI CHI? PG. 24

October 3, October 5, October 10,
October 12, October 17, October 19, 2016
4:45 - 6:00pm
Kiwanis Park Shelter (Rain or Shine)
Division & Jackson Streets
(entrance on Harrison)
Charleston, IL 61920

☐ HERENCIA DE TIMBIQUÉ PG. 15

Tuesday, October 4, 2016
7:30pm
Doudna Fine Arts Center - The Theatre
1860 7th St
Charleston, IL 61920

☐ DUDLEY HOUSE PG. 27

Saturday, October 8, 2016
10:00 - 11:30am
895 7th Street
Charleston, IL 61920

☐ FREEZE YOUR WINTER CAR WORRIES PG. 23

Tuesday, October 4, 2016
6:00 - 7:30pm
Inyart Tire & Auto - Mattoon
1300 Charleston Ave
Mattoon, IL 61938

☐ GREENWOOD SCHOOL PG. 28

Friday, October 7, 2016
Noon - 1:30pm
Greenwood School - EIU campus
800 Hayes Avenue
Charleston, IL 61920

☐ AGE OF CHAMPIONS PG. 28

Tuesday, October 11, 2016
5:30 - 8:30pm
Klehm Hall - Room 1418
2010 7th Street
Charleston IL, 61920



Image Credit: Joe Metzke

OCTOBER (CONT'D)

☐ **GOURD-EOUS** PG. 19

Friday, October 14, 2016
1:00 - 3:30pm
Douglas-Hart Nature Center
2204 Dewitt Ave.
Mattoon, IL 61938

☐ **ROCKY HORROR SHOW** PG. 16

Saturday, October 15, 2016
7:00pm
Mattoon Train Depot
1718 Broadway Ave.
Mattoon, IL 61938

☐ **PACIFICA QUARTET** PG. 16

Tuesday, October 18, 2016
7:30pm
Doudna Fine Arts Center - Recital Hall
1860 7th St.
Charleston, IL 61920

☐ **DESTINATION: ITALY** PG. 30

Wednesday, October 19, 2016
Noon - 1:30 pm
Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

☐ **A PATCHWORK OF MEMORIES** PG. 28

Sunday, October 23, 2016
1:30 - 3:30 pm
Charleston Carnegie Public Library
Rotary Rooms
712 6th St.
Charleston, IL 61920

☐ **PARADISE EQUESTRIAN** PG. 29

Thursday, October 27, 2016
4:30 - 5:30pm
Paradise Equestrian Therapy Center
18146 E. County Rd. 750 N.
Charleston, IL 61920



PLANT USAGE AND CIVILIZATION

Image Credit: Joe Metzke

NOVEMBER

☐ **PLANT USAGE AND CIVILIZATION** PG. 21

Wednesday, November 2, 2016
Noon - 1:30pm
Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

☐ **SAFE AT HOME: EXTINGUISH YOUR FEAR** PG. 24

Tuesday, November 15, 2016
9:30 - 11:00am
Station #1
404 10th St.
Charleston, IL 61920

☐ **EVENING OF SILENT FILM** PG. 17

Monday, November 28, 2016
7:30pm
Doudna Fine Arts Center - The Theatre
1860 7th St.
Charleston, IL 61920

☐ **LINKEDIN** PG. 19

Monday, November 7, 2016
5:00 - 6:30pm
1301 Human Services Center
EIU Campus
2086 7th Street
Charleston, IL 61920

☐ **JOE FENDER** PG. 29

Wednesday, November 16, 2016
Noon - 1:30pm
Bob's Bookstore
601 Monroe
Charleston, IL 61920

☐ **FLOODING: CAUSES AND CONSEQUENCES** PG. 21

Wednesday, November 30, 2016
4:30 - 6:00pm
MLK Union - Martinsville Room
EIU Campus
1720 7th Street
Charleston, IL 61920

INTRODUCING GENTLE YOGA PG. 24

December 6, December 8
5:15 - 6:15pm
Sarah Bush Lincoln Health Center
Education Wing
1000 Health Center Dr.
Mattoon, IL 61938

EIU RESOURCES FOR FUN AND LEARNING

EIU Booth Library

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

The Daily Eastern News

Find out about what is happening on campus and learn about upcoming events. To read the DEN online, go to www.dennews.com. For more information, call 581-2812.

Doudna Fine Arts Center

Academy members receive discounted tickets on many shows. Find out what is happening at the Doudna Fine Arts Center at www.eiu.edu/doudna. For more information, contact the Doudna Box Office at 581-3110 or doudnatix@eiu.edu.

Tarble Arts Center

A gem of a gallery right here in central Illinois. For exhibit or event information, contact Tarble Arts at 581-2787 or tarble@eiu.edu.



KHMER VILLAGE: PHARE CIRCUS

THE ARTS

A DARK MATTER

Friday, September 9, 2016
11:00 - 12:30pm

Location:

Tarble Arts Center
2010 9th St.
Charleston, IL 61920

Instructor(s): N/A

This event is FREE and open to the public!

Register by 9/8/16

This fall, the Tarble Arts Center seeks to engender a conversation about violence, economics and power in America. Using works by contemporary artists as a vehicle, the Tarble Arts Center will explore the intersection of American violence and commerce, while also investigating how these power dynamics influence current American actions and attitudes. A Dark Matter... is an exhibition that not only seeks to examine murky and tumultuous terrain, but to also create dialogue about how we might forge ahead together, despite a dark history.

KHMER VILLAGE: PHARE CIRCUS

Monday, September 12, 2016
7:30pm

Location:

Doudna Fine Arts Center
The Theatre
1860 7th St.
Charleston, IL 61920

Instructor(s): N/A

Academy Member: \$8

Non-Member: \$15

Register by 9/2/16

Uniquely Cambodian. Daringly Modern. More than just a circus, Phare, the Cambodian Circus performers use theater, music, dance and modern circus arts to tell uniquely Cambodian stories; historical, folk and modern. The young circus artists will astonish you with their energy, emotion, enthusiasm and talent. The storyline, music and acts of "Khmer Metal" were created in a unique collaborative process between international choreographers and Cambodian performers. The show presents a realistic, gritty, yet still upbeat view of present-day Cambodian life and the cast features nine Cambodian artists six acrobats and three musicians. It is an opportunity for American audiences to see something completely different, a truly spectacular, rousing, energizing, and sometimes surprising performance by a group of highly trained, talented artists.

*Khmer Village is meant for ages 17+

HERENCIA DE TIMBIQUÉ

Tuesday, October 4, 2016
7:30pm

Location:

Doudna Fine Arts Center
The Theatre
1860 7th St.
Charleston, IL 61920

Instructor(s): N/A

Academy Member: \$8

Non-Member: \$15

Register by 9/23/16

While Colombia is often synonymous with Cumbia, the music from the Pacific Coast, like that of Herencia de Timbiqué, remains largely unexplored. Herencia de Timbiqué works to preserve the ancestral roots of the marimba de chonta, and traditional instruments such as the bombo, cununos and the guas and combines them with a powerful band, including energetic vocals, brass, keyboards, and guitar. The currulao ensemble features exceptional hand percussion on drums that resemble West African djembes, beautifully honoring traditional regional music styles. The Afro-descendant Herencia de Timbiqué caught the attention of USAID, and featured the group in a 2014 documentary highlighting not only what the artists represent to the Colombian music scene, but also the social challenges faced on the Colombian Pacific coast where the town of Timbiqué is located. Herencia brings together exceptional artistry and a strong commitment to social issues, offering workshops and outreach to benefit underserved populations in Colombia. In cooperation with the EIU Latin American Heritage Month activities.

ROCKY HORROR SHOW

Saturday, October 15
7:00pm

Location:

Mattoon Train Depot
1718 Broadway Ave.
Mattoon, IL 61938

Instructor(s): N/A

Academy Member: \$13

Non-Member: \$15

*Registration and payments
are through Charleston Alley
Theatre*

The Charleston Alley Theatre presents The Rocky Horror Show, a musical with music, lyrics and book by Richard O'Brien. It's a humorous tribute to the science fiction and horror B movies of the late 1940s through the early 1970s. The audience will delight in the misadventures of a newly engaged couple. They have an auto breakdown in an isolated area and find themselves inside a strange mansion that they come across on - what else? - a dark and rainy night. Rocky is an offbeat, interactive production that brings the audience into the show and invites them to play a part themselves. Lines from the show can be shouted back or replied to by the audience. Feel free to dress up as any characters from the play and enjoy "acting up" with the cast.

***For reservations, call Charleston Alley Theatre Box office at 1-217-345-2287. In order to ensure seating in the reserved block, identify yourself as an Academy member for discounted price.*

PACIFICA QUARTET

Tuesday, October 18
7:30pm

Location:

Doudna Fine Arts Center
Recital Hall
1860 7th St
Charleston, IL 61920

Instructor(s): N/A

Academy Member: \$8

Non-Member: \$15

Register by 10/7/16

Recognized for its virtuosity, exuberant performance style, and often-daring repertory choices, over the past two decades the Pacifica Quartet has gained international stature as one of the finest chamber ensembles performing today. The Pacifica tours extensively throughout the United States, Europe, Asia, and Australia, performing regularly in the world's major concert halls.

EVENING OF SILENT FILM

Monday, November 28
7:30pm

Location:

Doudna Fine Arts Center
The Theatre
1860 7th St.
Charleston, IL 61920

Instructor(s): N/A

Academy Member: \$8

Non-Member: \$15

Register by 11/18/16

The evening will bring a variety of silent films from Charlie Chaplin, Buster Keaton, Harold Lloyd, and The Great Train Robbery from the Thomas Edison laboratory - considered to be the first Western on film. Soundtracks for the films are presented live on stage following the original scores and performed by the Paragon Ragtime Orchestra. The Paragon Ragtime Orchestra is the world's only year-round, professional ensemble re-creating "America's Original Music" the syncopated sounds of early musical theater, silent cinema, and vintage dance.



BIRDCLUB

ENRICHMENT

BIRDCLUB

**Tuesday, August 30,
September 27, October 25,
November 29, December 27
6:00pm**

Location:

Douglas-Hart Nature Center,
2204 Dewitt Avenue
Mattoon, IL 61938

Facilitator: N/A

This event is FREE and open to
the public!

On the last Tuesday of each month, 6pm, local birdwatchers and bird enthusiasts convene to celebrate their shared passion and the learn from one another. The Bird Club – a member-led group – holds the monthly meetings at the Douglas-Hart Nature Center. Members are highly varied, from those with a budding interest in birds at their feeders, to those with an arsenal of knowledge and experience. Each meeting features a new presentation by a member or guest speaker, and provides an opportunity for each member to share their recent sightings and bird questions. Field trips and group bird-watching opportunities arise throughout the year. Anyone is welcome to join this flock, and more information can be found at www.dhnature.org/bird-club or by calling the Douglas-Hart Nature Center at 217-235-4644.

UPDATE YOUR STATUS: FACEBOOK

Thursday, September 1
5:00 - 6:30pm

Location:

Buzzard Hall - Room 1430
1920 9th Street
Charleston IL, 61920

Instructor(s): Jana Johnson

This event is FREE and open to the public!

Register by 8/29/16

Having trouble adapting to the Facebook world? Come out and learn how to:

- Create and set-up your profile
- Connect with contacts through your timeline
- Communicate with friends
- Access privacy settings and controls

GOURD-EOUS

Friday, October 14
1:00 - 3:30pm

Location:

Douglas-Hart Nature Center
2204 Dewitt Ave.
Mattoon, IL 61938

Instructor(s):

Christina Keniley-Browning

Academy Member: \$21

Non-Member: \$24

Register by 10/7/16

Autumn is the time of year for fall leaves, pumpkins and gourds! In this Nature in the Arts class, instructor Christina Keniley-Browning of Artsy Chic Studio & Boutique will guide us in transforming garden gourds into beautiful painted works of art. Christina will guide participants through the art process think fall, winter, or even spring! You can even turn yours into a bird house. All materials will be provided.

LINKEDIN

Monday, November 7
5:00 - 6:30pm

Location:

1301 Human Services Center
2086 7th Street
Charleston, IL 61920

Instructor(s):

Career Services

This event is FREE and open to the public!

Register by 11/1/16

Are you interested in social networking with your business community? Career Services is offering an opportunity to learn how to create a LinkedIn profile and how to establish professional connections with old and new contacts.

*Highly recommended that participants bring their own devices (ie. tablet, laptop, etc.)



THUT GREENHOUSE & GARDEN TOUR

ENVIRONMENT & SCIENCE

THUT GREENHOUSE & GARDEN TOUR

Monday, September 19
1:30pm

Location:

Thut Greenhouse - EIU Campus
1940 7th Street
Charleston, IL 61920

Instructor(s):

Steven Malehorn
The Secret Gardener

This event is FREE and open to
the public!

Register by 9/15/16

The H.F. Thut (pronounced "toot") Greenhouse is used by the EIU Biology Department to maintain specimen plants for classes and labs. It also provides rooms for faculty and student research. The greenhouse's outdoor garden, informally called "The Secret Garden", has a large variety of native and cultivated plants growing in environments ranging from full shade to full sun. Greenhouse and garden tours provide visitors with an introduction to some of the more interesting plants in our collection.

PLANT USAGE AND CIVILIZATION

Wednesday, November 2
Noon - 1:30 pm

Location:

Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

Instructor(s): Dr. Gordon Tucker

This event is FREE and open to the public!

Register by 10/28/16

Dr. Gordon Tucker has taught at EIU for 20 years in the Biology Department. His courses include Biology, Woody Plants, and Medicinal Plants. He has led study abroad classes to China, and carries out research on tropical plants, as well as the Illinois flora. In this session, he will describe the uses of plants for foods, medicines, cosmetics, and other unusual applications.

FLOODING: CAUSES AND CONSEQUENCES

Wednesday, November 30
4:30 - 6:00 pm

Location:

MLK Union - Martinsville Room
1720 7th Street
Charleston, IL 61920

Instructor(s): James Riley

This event is FREE and open to the public!

Register by 11/24/16

Perhaps no other natural hazard reflects the consequences of human decisions, from patterns of development to disaster mitigation, better than flooding. This session examines the physical properties of floods and human responses to them. The natural causes of this type of hazard, human risk and vulnerability, and challenges of disaster preparation and response are explored.



HEALTH, SAFETY & WELLNESS

BRAIN HEALTH

Tuesday, August 23
5:00 - 6:30 pm

Location:

Mattoon Train Depot
1718 Broadway Ave.
Mattoon, IL 61938

Instructor(s):

Julie Vahling
AARP Illinois
Associate State Director

This event is FREE and open to the public!

Register by 8/22/16

Learn the latest on enhancing brain health and get tips on memory improvement and stress management. We will discuss lifestyle impacts, exercises for your mind and new therapy approaches. Live smart and stay sharp at any age.

AARP[®]
Real Possibilities

FRAUD WATCH AND SHRED EVENT

Thursday, September 8
10:00 - 11:00 am

Location:

Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

Instructor(s):

Julie Vahling
AARP Illinois
Associate State Director

This event is FREE and open to the public!

Register by 9/7/16

Fraud Watch and Shred Event: Fight back against identity theft and fraud. Sign up for alerts, and learn how to spot and avoid scams so you can protect yourself and your family. Bring your personal documents to have them shredded on site by a certified shredding company. Light refreshments will be served.

Truck Available
11am - 1pm



SLEEP CENTER FOR SWEET DREAMS

Tuesday, September 13
2:00 - 3:00pm

Location:

Sarah Bush Lincoln Health
Center - Education Wing
1000 Health Center Dr.
Mattoon, IL 61938

Instructor(s):

Rachel Hendrickson

This event is FREE and open to the public!

Register by 9/12/16

Learn more about the importance of sleep and the consequences of sleep deprivation. Sleep deprivation can result from undiagnosed insomnia or sleep disorders such as sleep apnea, restless leg syndrome, and narcolepsy. Many of these problems can be treated, however, they often go undiagnosed, causing millions of Americans to suffer from unnecessary sleep loss at night and its repercussions during the day. This talk will be followed by a tour of the Sarah Bush Lincoln Sleep Disorders Center. For more information regarding sleep studies contact the SBL Sleep Disorders Center at 217-238-4908.

FREEZE YOUR WINTER CAR WORRIES

Tuesday, October 4
6:00 - 7:30 pm

Location:

Inyart Tire & Auto Mattoon
1300 Charleston Ave
Mattoon, IL 61938

Instructor(s): John Inyart

This event is FREE and open to the public!

Register by 10/3/16

Car Care 101

- Basic vehicle maintenance - the things you can monitor yourself
- Warning lights and gauges - what do they mean
- Tires - How their condition can affect your safety
- Tips for safer travel in the winter

SAFE AT HOME: EXTINGUISH YOUR FEAR

Tuesday, November 15
9:30 - 11:00am

Location:

Station #1
 404 10th St.
 Charleston, IL 61920

Instructor(s): Captain Calvert

This event is FREE and open to the public!

Register by 11/14/16

Do you experience distress about remaining safe during an emergency? Come meet your local firefighters and paramedics and see the equipment used to keep us safe. View the emergency equipment and tour where our firefighters prepare their meals, write reports, exercise and rest while not tending to an emergency call. The staff will answer any questions you may have!

CHAI TEA OR TAI CHI?

Monday & Wednesday,
October 3, October 5,
October 10, October 12,
October 17, October 19
4:45 - 6:00pm

Location:

Kiwanis Park Shelter
 Division & Jackson Streets
 (entrance on Harrison)
 Charleston, IL 61920

Instructor(s): Suzi Coffman

Academy Member: \$39

Non-Member: \$49

Register by 9/23/16

Originating around 1820, Tai Chi is described as "soft style" martial arts that provides restorative benefits. Learn to move with the world, literally and mentally, like the ancient Taoists did. You will adopt steady breathing, supple posture, and smooth movements to benefit you 24/7. Then, please enjoy your tea.

*This event will go on whether it is rain or shine.
 Please be prepared for the day's weather.*

INTRODUCING GENTLE YOGA

Tuesday, Thursday,
December 6, December 8
5:15 - 6:15pm

Location:

Sarah Bush Lincoln Health
 Center - Education Wing
 1000 Health Center Dr.
 Mattoon, IL 61938

Instructor(s): Karen Reed

This event is FREE and open to the public!

Register by 12/1/16

This class will introduce students to gentle stretches and breathing techniques that can be done at home to help increase general flexibility in the body and relieve stress of body and mind. Wear comfortable clothing that allows freedom of movement and bring a bottle of water. While these stretches are not particularly strenuous, proper hydration will be discussed as one of the keys to living well.



“

*Calm mind brings inner strength
and self-confidence, so that's very
important for good health.*

- Dalai Lama

”



LINCOLN TRIALS & TRIBULATIONS

LOCAL INTEREST, HISTORY & CULTURE

LINCOLN TRIALS & TRIBULATIONS

Saturday, September 24
6:00pm

Location:

Oakland Methodist Church
13 E. Washington St.
Oakland, IL 61943

Instructor(s): N/A

Academy Member: \$30
Non-Member: \$30

Register by 9/8/16

Learn more at:
www.matsontrial1847.org

Did Abraham Lincoln, the Great Emancipator, argue in court to keep a woman and four children enslaved? It is true. In October 1847, the Coles County Circuit Court heard the case of Matson vs Bryant. The trial is one of the top five trials in Coles County and one of Lincoln's top 10. This unique dinner theater tells the story of the trial from the viewpoints of all the participants: the enslaved Bryant family; Oakland abolitionists who aided them; slave owner Robert Matson, and Mr. Lincoln. Not only do you discover the intriguing facts of the case, but you will hear a love story, find humor, and feel compassion for a family being torn apart. The evening begins with an 1847 meal and concludes with the performance. The event is part of Link-on to Lincoln, a weekend-long celebration of Lincoln and his ties to Coles County.

FOR ALL THE WORLD TO SEE: VISUAL CULTURE AND THE STRUGGLE FOR CIVIL RIGHTS

**Thursday, September 8
7:00pm**

Location:

West Reading Room
Booth Library

Instructor(s):

Dr. Janice Collins

This event is FREE and open to the public!

Register by 9/6/16

Exhibit on display from:
9/1/16 - 10/20/16

For All the World to See examines the role that visual culture played in shaping and transforming the struggle for racial equality in America from the late 1940s to the mid-1970s. Through a compelling assortment of photographs, television clips, art posters, and historic artifacts, the exhibit traces how images and media transformed the modern civil rights movement and jolted Americans, both black and white, out of a state of denial or complacency. This is an exploration of the vast number of potent images that influenced how Americans perceived race and the struggle for equality. "Mirror, Mirror on the Wall: Race, Relations and Reflection" will be presented by Dr. Janice Collins in the opening program. During the struggle for civil and human rights, the power of visual culture through media gave voice to the voiceless, centered stories and people from the margins, and redesigned the "race" for equality. This resulted in Americans being forced to address their own beliefs and identity construction through one-way and two-way reflection.

DUDLEY HOUSE

**Saturday, October 8
10:00 - 11:30am**

Location:

895 Seventh Street
Charleston, IL 61920

Instructor(s): Debra Reid

Donations of \$3-\$5 per person requested.

Register by 10/6/16

Dudley House is a Queen Anne-style home, constructed in the 1890s, midway between the Coles County courthouse and the newly established teacher's college (now Eastern Illinois University). The tour will include an overview of architectural features including original woodwork, and some highlights of life in a doctor's family during the 1910s through 1930s. It will also discuss the efforts of the Coles County Historical Society to reinvigorate the home as a location for community conversations about the local past.

AGE OF CHAMPIONS

Tuesday, October 11
6:00 - 8:00pm

Location:

Klehm Hall - Room 1418
2010 7th Street
Charleston IL, 61920

Facilitator: Jennifer Brown

This event is FREE and open to the public!

Register by 10/6/16

The "Age of Champions" is a documentary surrounding strength, determination, and bravery. The film follows four categories of athletes: a 100 year old tennis champion; The Tigerettes, a 65 and older five-time women's basketball team; an 86 year old pole vaulter; and a set of swimmers, brothers ages 88 and 90, who are all set out to win the gold medal for their category in the Senior Olympics. The courageous efforts of this group of athletes demonstrates that age should never be a deterrent in striving to reach one's optimal potential. A post-screening discussion will allow the opportunity for the audience to discuss active aging and how physical activity can positively influence the aging process.

A PATCHWORK OF MEMORIES

Sunday, October 23
1:30 - 3:30pm

Location:

Charleston Carnegie Public Library
Rotary Rooms
712 6th St.
Charleston, IL 61920

Instructor(s): N/A

This event is FREE and open to the public!

Register by 10/21/16

Come join us for a trip down memory lane. Writers from the Past-Forward Memoir Group have gathered some of their favorite writings about past experiences, signs of the times, growing up back when, adventures, mishaps, family and pets, to mention a few. Relax, sit back and listen as the writers read their work. There will be an opportunity to visit with our members, ask questions, receive helpful writing tips and enjoy some light refreshments.

GREENWOOD SCHOOL

Friday, October 7
Noon - 1:30pm

Location:

Greenwood School
800 Hayes Avenue
EIU Campus

Instructor(s): Kathy Hummel

This event is FREE and open to the public!

Register by 10/3/16

The Greenwood Schoolhouse Museum is a one-room country school house built in 1894, originally located in eastern Coles County. It was moved to EIU in 1975 via helicopter! You will learn about the locations and history of one-room schools in Coles County. Those who attended one-room schools will be welcome to share their experiences.

FIT-2-SERVE

Thursday, September 15
9:30 - 11am

Location:
1320 Lafayette Ave
Mattoon, IL 61938

Instructor(s): Bill Duey

This event is FREE and open to the public!

Register by 9/14/16

Come for coffee and learn about Fit-2-Serve's mission to equip people for works of service. Our primary "lab" is community and school gardens and we are adding an industrial kitchen as we promote our farm to table programming. We take an asset based community development approach in all we do and would love to share with all and hear feedback on our goal of creating a sustainable food center by 2020.

PARADISE EQUESTRIAN

Thursday, October 27
4:30 - 5:30pm

Location:
Paradise Equestrian Therapy
Center 18146 E. County Rd. 750
Charleston, IL

Instructor(s): Carol Galey

This event is FREE and open to the public!

Register by 10/21/16

Paradise Equestrian Therapy Center (P.E.T.) is a nonprofit organization that provides equine-assisted activities and therapy for individuals with special needs. Our program builds independence and self-confidence through activities that enhance physical, mental and emotional skills. P.E.T. offers volunteer opportunities for Eastern Illinois University, Lake Land College and local community members. We also provide the opportunity for our riders and volunteers to experience the joy of being around horses. We invite everyone to visit the P.E.T. facility to see first-hand the unique benefits that our program has to offer.

JOE FENDER

Wednesday, November 16
Noon - 1:30pm

Location:
Bob's Bookstore
601 Monroe
Charleston, IL 61920

Instructor(s): Dick Hummel

This event is FREE and open to the public!

Register by 11/15/16

Local charmer, Joe Fender, lived in Clark and Coles counties from 1897 to 1973. Family farming was his early education about work and industry. The Greenwood School, Westfield College, and EIU contributed to his interest in teaching, horse and buggy transportation and documenting his life and experiences in multiple self published books. He was later known for his business ventures in Charleston. Learn about another interesting "character" from this area.

DESTINATION: ITALY

Wednesday, October 19
Noon - 1:30pm

Location:

Charleston Carnegie Public Library
712 6th St.
Charleston, IL 61920

Instructor(s):

Joe & Marita Metzke

This event is FREE and open to the public!

Register by 10/18/16

Italy is a prime European destination for hundreds of good reasons. Share our trip and experience what we learned about the Italian culture, fashion, food and drinks, sculpture, shopping and gardens. Trip preparation, our expectations, and surprises along the way will be explored.

ADVANTAGE 50 TRAVEL OPPORTUNITIES

MILLION DOLLAR QUARTET

Thursday, August 4th
Destination: Covington, IN

See Page 34 for more details!

ART, ARCHITECTURE, AND AMAZEMENT

Wednesday, September 14th
Destination: Chicago, IL

See Page 35 for more details!

AUTUMN SPLENDOR IN BROWN COUNTY

Thursday, October 6th
Destination: Nashville, IN

See Page 36 for more details!

HO! HO! HOLIDAY TOUR

Saturday, December 3rd
Destination: Plainfield, IN

See Page 37 for more details!

Gift Memberships

*An investment in
knowledge pays the
best interest.* -Benjamin Franklin

A one-year membership for \$45 includes these benefits:

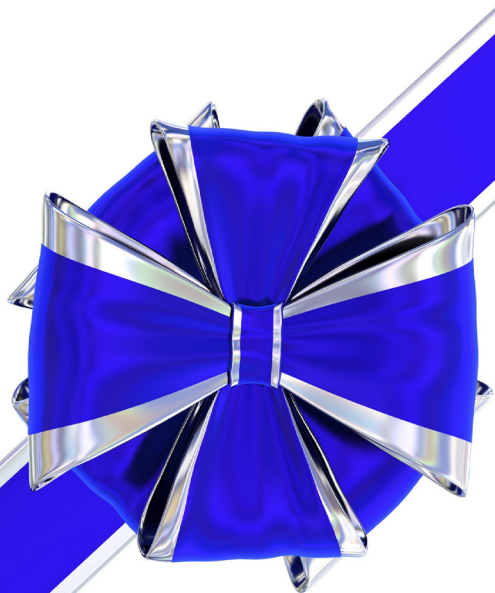
- Lunchtime lectures
- Discounted pricing for Academy events at the EIU Doudna Fine Arts Center
- Reduced registration fees for workshops, courses and tours
- 10% discount at the EIU University Bookstore (excluding technology purchases) and a gift for new members!
- Complimentary tuition to audit one EIU credit course per semester
- Discounts and perks at supporting area businesses

For more information, visit us online at www.eiu.edu/adulted/all.php, contact the School of Continuing Education at 217-581-5114 or email academy@eiu.edu



**School of
Continuing Education**

www.eiu.edu/adulted



BECOME A MEMBER

The Academy is a learning community sponsored by the School of Continuing Education at Eastern Illinois University.

The Academy is open to any adult learner.

2016-2017 ACADEMY MEMBERSHIP PRICES

1 YEAR MEMBERSHIP	\$45
2 YEAR MEMBERSHIP	\$80
3 YEAR MEMBERSHIP	BEST VALUE! \$105

INCLUDED BENEFITS

- Travel Opportunities
- Monthly Lunch & Learn presentations
- Field Trips
- Complimentary Academy Pass
- Complimentary campus parking pass on request for Academy events

Please frequent these businesses with your membership card to enjoy the following discounts and perks:

- Ambero Antiques & Decorative Arts on the Square: 10% discount to academy members
- Bike & Hike of Charleston: 10% discount to Academy members
www.bikeandhikeweb.com/
- Charleston Alley Theatre: \$2 off ticket price (718 Monroe Ave, Charleston, IL)
www.charlestonalleytheatre.com
- EIU Bookstore: 10% discount (non-technology purchases)
www.eiubookstore.com
- Pensee's Bookshop on the Square: 10% discount to Academy members
<http://penseesbookshop.blogspot.com>

The Academy's mission is to serve the non-credit educational needs of community members. We value your membership and welcome ideas for future programming.

Add your membership when you're registering for classes, or simply join the Academy. Become eligible for the great member pricing for all our events, and enjoy all the additional benefits listed above. Welcome to the Academy of Lifelong Learning!

CONTINUING EDUCATION OPPORTUNITIES

Know someone who is waiting to finish their bachelor's degree?

Tell them how easy it can be through the School of Continuing Education.

EIU offers three degree completion programs specifically designed for busy adults that can be completed in online or face-to-face classes.

The Bachelor of Arts in General Studies [BGS] helps meet the educational goals of mature adults, who can develop a portfolio for the assessment of college-level knowledge earned outside the traditional classroom.

The Bachelor of Science in Organizational & Professional Development [OPD] provides a broader conceptual and theoretical framework for understanding organizations, individual professional development and the interaction between the two.

The Registered Nurse to Bachelor of Science in Nursing [RN-BSN] prepares students to communicate clearly to enhance professional interactions, collaboration, coordination and management of care, and development of leadership roles in an evolving health care system.



Don't wait any longer to
get that diploma!

See if one of our degree programs
is right for you.

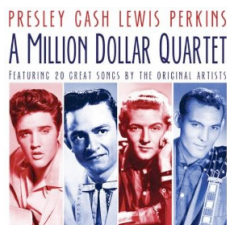
For more information,
call 217-581-5114,
or e-mail offcampus@eiu.edu

i am
eiu

Travel with AdvantAge 50



Million Dollar Quartet



Covington, IN

**Thursday
August 4**

**FEATURES
Million Dollar Quartet
Buffet Lunch at Beef House**



MILLION DOLLAR QUARTET!! Rock and Roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins met at Sun Studio on December 4, 1956. These four young musicians gathered in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including “Blue Suede Shoes”, “Fever”, “That’s” All Right”, “Sixteen Tons”, “Great Balls of Fire”, “Whole Lotta Shakin’ Goin’ On”, “Who Do You Love?”, “Matchbox”, “Folsom Prison Blues”, “Hound Dog” and more. Of course, a delicious buffet lunch will be served prior to the show. So be sure to join us and wear your Blue Suede Shoes.

Price: \$118 per person

Price includes round trip transportation aboard a deluxe motor coach from Mattoon, IL, to Covington, IN, buffet lunch at the Beef House and reserved seating for Million Dollar Quartet plus applicable group tax and gratuity on above inclusions.

Board at Cross County Mall, Mattoon, IL, at 9:30 a.m. We expect to return to Mattoon around 4:00 p.m.

A \$25 deposit per person will reserve your seat on this trip.

Make checks payable to:
AdvantAge 50
1000 Health Center Dr.
Mattoon, IL 61938

Reservations are taken on first come, first served basis. Seating is limited.
Refund if replacement passenger is available.

Travel with AdvantAge 50



Art, Architecture & Amazement

Chicago, IL

**Wednesday
September 14**

FEATURES

**Chicago Field Museum
Cyrus Tang Hall of China
Exhibit
Architectural Cruise
Navy Pier**



Travel with us to Chicago for an enjoyable day in the Windy City. We will start our day with a tour of the Field Museum. We will have admission to the Cyrus Tang Hall of China. Explore a culture of deep tradition and dynamic change through textiles, rubbings, bronzes, ceramics and sculpture as you travel across thousands of years of history of one of the world's most influential civilizations. There will be time to explore the other exhibits at the Field Museum. Lunch will be on your own at Navy Pier, with some additional time for shopping. We will spend the afternoon with an Architecture Cruise on the scenic Chicago River. We will learn about the architecture and design of over 50 famous buildings as described by guides from the Chicago Architecture Foundation. Dinner is included en route home.

Price: \$165 per person

Price includes round trip transportation aboard a deluxe motor coach from Mattoon, IL to Chicago, IL. Tour of the Field Museum with admission to the Cyrus Tang Hall of China exhibit and an architectural cruise on the Chicago River. Dinner in route home and applicable group tax and gratuity on above inclusions.

Boarding at Cross County Mall, Mattoon, IL at 6:30 a.m. We expect to return to Mattoon around 7:30 p.m.

A \$25 deposit per person will reserve your seat on this trip.

Make checks payable to:
AdvantAge 50
1000 Health Center Dr.
Mattoon IL 61938

Reservations are on a first come, first served basis. Seating is limited.
Refund if replacement passenger available.

Travel with AdvantAge 50



Autumn Splendor in Brown County Nashville, IN



Thursday
October 6



FEATURES

Shopping
Covered Bridge Dinner
Fall Foliage

BEAUTIFUL BROWN COUNTY IN THE FALL! Come enjoy a beautiful fall day in Nashville, IN. There will be shopping opportunities galore. There is always something for everyone in the unique shops and stores. Be sure to check out the candy counters, look for some fresh peanuts just out of the roaster and maybe even some homemade ice cream. After our shopping experiences, we will enjoy a delicious catered dinner in a Covered Bridge at Cataract Falls. It is a special and fun way to end our day.

Price: \$105 per person

Price includes round trip transportation aboard a deluxe motor coach from Mattoon, IL, to Nashville, IN, free time in Nashville, IN and dinner at the Cataract Falls Covered Bridge plus applicable group tax and gratuity on above inclusions.

Board at Cross County Mall, Mattoon, IL, at 7:30 a.m. We expect to return to Mattoon around 7:00 p.m.

A \$25 deposit per person will reserve your seat on this trip.

Make checks payable to:
AdvantAge 50
1000 Health Center Dr.
Mattoon IL 61938

Reservations taken on a first come, first served basis. Seating is limited.
Refund if replacement passenger available.

Travel with AdvantAge 50



HO! HO! HOLIDAY TOUR

Plainfield, IN



**Saturday
December 3**



FEATURES

**Gingerbread Christmas Show
Frazee Gardens
Christmas at Beasley's Orchard
Oasis Diner**

IT'S TIME TO GET IN THE HOLIDAY SPIRIT. Join us for a day of Holiday Fun & Shopping. We will start our day at the Gingerbread Christmas Show with over 120 booths of original works of art by master artisans. Master artists and crafters from many states will be showcasing a wide variety of creativity and original works of art at this juried show. Lunch is included at the Oasis Diner, originally opened in 1954 in New Jersey, it was recently restored and relocated to the Historic National Road. Then it is on to Frazee Gardens for shopping and a hands-on workshop where you can make a holiday keepsake of your own. Christmas at Beasley's Orchard will allow us to step back in time and walk through a nostalgic 150-year old Civil War-era barn market that will be decorated with boughs of greenery and twinkling lights. While at Beasley's we will enjoy Hot Apple Pie Ala-mode and Hot Cocoa or Cider. Then be on our way home warmed by a fun day and sweet treats.

Price: \$102 per person

Price includes round trip transportation aboard a deluxe motor coach from Mattoon, IL, to Plainfield, IN, shopping at the Gingerbread Christmas Show and Frazee Gardens, workshop at Frazee Gardens with shopping at Beasley's Orchard and apple pie ala-mode and hot cocoa or cider plus applicable group tax and gratuity on above inclusions.

Board at Cross County Mall, Mattoon, IL, at 7:30 a.m. We expect to return to Mattoon around 6:30 p.m.

A \$25 deposit per person will reserve your seat.

Make checks payable to:
AdvantAge 50
1000 Health Center Dr.
Mattoon IL 61938

Reservations taken on a first come, first served basis. Seating is limited.

Refund if replacement passenger available.

DONATIONS

"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

Consider A Donation

In Support of the Academy

The Academy of Lifelong Learning functions for the provision of non-credit learning and growth for adults who wish to remain active in a wide range of brain healthy ways. The EIU Foundation exists, in part, to enhance the educational activities of Eastern Illinois University students and employees by participating in and supporting academic and artistic programming through scholarships and grants.

Your tax-deductible donation, large or small, will help us continue to offer this popular and inventive programming. One of the best reasons to give is knowing that your gift will impact the local community.



Academy of Lifelong Learning · EIU Foundation Donation Form

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

Name _____

Home Mailing Address _____

City _____

State _____

ZIP _____

Home Phone _____

E-mail Address _____

I wish to make a donation in the amount of:

☐ \$25

☐ \$50

☐ \$100

☐ Other \$ _____

Please apply my donation toward:

☐ Designated purpose _____

☐ Sponsorship for financial need

☐ General fund in support of Academy programming

My payment is enclosed:

☐ Check (payable to EIU Foundation)

ck# _____

☐ M/C

☐ Discover

Card # _____

☐ Visa

☐ AMEX

Exp. Date _____

Total Charges _____

I authorize
Eastern Illinois University
to charge my credit card:

Cardholder Signature

MEMBERSHIP/COURSE REGISTRATION FORM

Please complete both sides of this form if printed.

Name

Home Mailing Address

City

State

ZIP

Home Phone

E-mail Address

Emergency Contact Name

Phone

Membership Dues (non-refundable)

Memberships run from Sept. 1 through Aug. 31.

☐ 1 Year - \$45

☐ 2 Year - \$80

☐ 3 Year - \$105

Please make your workshop selections using the checklist on the reverse of this form. **When registering multiple persons**, add the number of attendees for each event you've selected and list their names below:

Additional attendees

Guest #1 Name: _____

Guest #2 Name: _____

CANCELLATION POLICY, see p. 1

Payment Information: Total Cost for My Workshop Choices:

☐ Cash

☐ M/C

☐ Visa

☐ Discover

☐ Check (*payable to EIU*)

Card # _____

Exp. Date _____ Total Charges _____

I authorize Eastern Illinois University to charge my credit card:

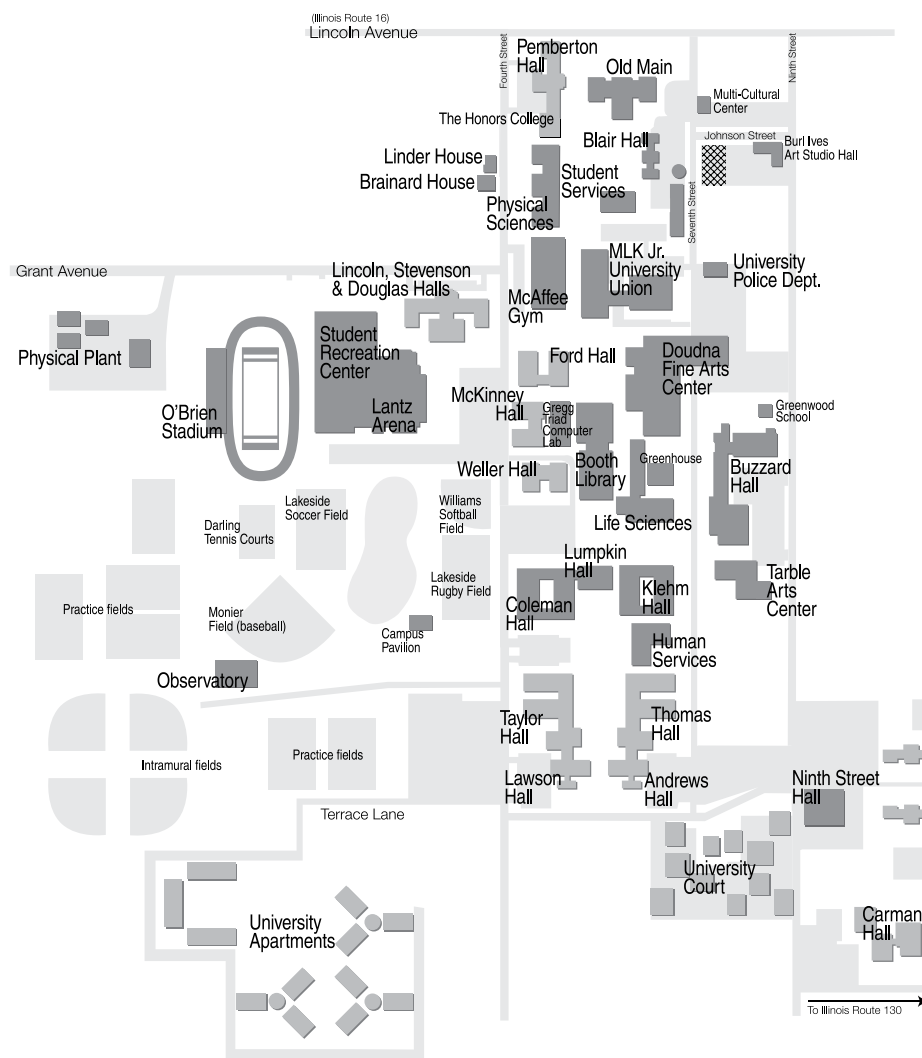
Cardholder Signature

 Please mail your completed registration form with payment to the return address on the back cover.

FALL 2016 LEARNING OPPORTUNITIES

Category	# to attend	Event Name	Member	Non-Member
THE ARTS	<input type="checkbox"/> __	A Dark Matter	Free!	Free!
	<input type="checkbox"/> __	Khmer Village: Phare Circus	\$8	\$15
	<input type="checkbox"/> __	Herencia de Timbiquê	\$8	\$15
	<input type="checkbox"/> __	Rocky Horror Picture Show	See Pg. 16	See Pg. 16
	<input type="checkbox"/> __	Pacifica Quartet	\$8	\$15
	<input type="checkbox"/> __	Evening of Silent Film	\$8	\$15
ENRICHMENT	<input type="checkbox"/> __	Update your Status: Facebook	Free!	Free!
	<input type="checkbox"/> __	Gourd-eous	\$21	\$24
	<input type="checkbox"/> __	LinkedIn	Free!	Free!
	<input type="checkbox"/> __	Bird Club	Free!	Free!
ENVIRONMENT & SCIENCE	<input type="checkbox"/> __	Thut Greenhouse & Garden Tour	Free!	Free!
	<input type="checkbox"/> __	Plant Usage and Civilization	Free!	Free!
	<input type="checkbox"/> __	Flooding: Causes and Consequences	Free!	Free!
HEALTH, SAFETY & WELLNESS	<input type="checkbox"/> __	Brain Health	Free!	Free!
	<input type="checkbox"/> __	Fraud Watch and Shred Event	Free!	Free!
	<input type="checkbox"/> __	Freeze Your Winter Car Worries	Free!	Free!
	<input type="checkbox"/> __	Safe at Home: Extinguish your Fear	Free!	Free!
	<input type="checkbox"/> __	Chai Tea or Tai Chi?	\$39	\$49
	<input type="checkbox"/> __	Introducing Gentle Yoga	Free!	Free!
	<input type="checkbox"/> __	Sleep Center for Sweet Dreams	Free!	Free!
LOCAL INTEREST, HISTORY & CULTURE	<input type="checkbox"/> __	Visual Culture and the Struggle for Civil Rights	Free!	Free!
	<input type="checkbox"/> __	Lincoln Trials & Tribulations	\$30	\$30
	<input type="checkbox"/> __	Dudley House	\$3-5/person donation	\$3-5/person donation
	<input type="checkbox"/> __	Age of Champions	Free!	Free!
	<input type="checkbox"/> __	A Patchwork of Memories	Free!	Free!
	<input type="checkbox"/> __	Greenwood School	Free!	Free!
	<input type="checkbox"/> __	Fit-2-Serve	Free!	Free!
	<input type="checkbox"/> __	Paradise Equestrian	Free!	Free!
	<input type="checkbox"/> __	Joe Fender	Free!	Free!
	<input type="checkbox"/> __	Destination: Italy	Free!	Free!
TOTAL COST FOR MY WORKSHOP CHOICES:				
TAX DEDUCTIBLE DONATION:				
GRAND TOTAL				

EIU CAMPUS MAP



- Residential
- Academic/Instructional

Detailed campus maps are available for print or web viewing at **www.eiu.edu/map**