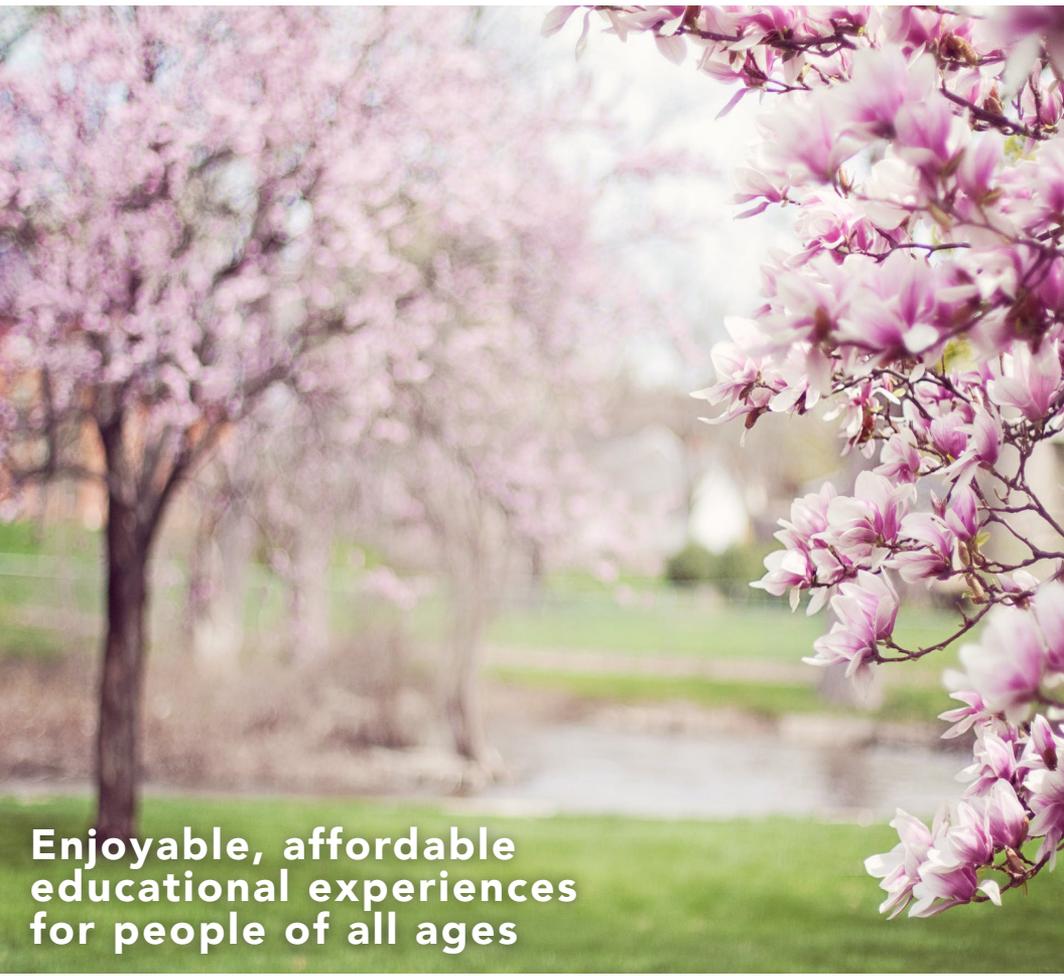


# SPRING PROGRAM GUIDE 2019



**Enjoyable, affordable  
educational experiences  
for people of all ages**

Academy of  
Lifelong Learning   
EASTERN ILLINOIS UNIVERSITY™

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“  
*Lifelong Learning programs are such an enjoyable part of my life. They are fun, interesting and informative. I have never been disappointed.*  
”  
-Mary-Nance Miller

## SUPPORTING STAFF

Employees of the School of Extended Learning who work diligently for the benefit of the Academy:

Dr. Doug Bower, Dean  
Marita Metzke, Director  
Debbie Meadows, Registration  
Coordinator

Peggy Hickox, Office Manager  
Stevie Roberson, Graphic Designer

# PURPOSE OF THE ACADEMY

As an outreach of Eastern Illinois University, the Academy of Lifelong Learning exists to promote self-directed learning for adults in east central Illinois. We actively seek participant input to provide quality educational events that are engaging, relaxed and relevant.

Most events are free and open to the public. The \$45 annual membership fee funds the creation of new programming and provides printed Program Guides, as this is a self-supporting program.

## YOU ASKED!

You will quickly find that this new Program Guide for spring 2019 has a simpler layout and design, thanks to member input.

- The “interest” categories have been discarded
- Doudna shows will be listed in their own separate section
- All of the events (as well as Doudna) are in date order
- Dates have been added to the list of events on pg. 28

## WHY DO I NEED TO REGISTER IF EVENTS ARE FREE?

Registrations are a courtesy to presenters, as seating and handouts are planned in advance. This also allows us to track the number of people attending each event, so we can plan forward in accordance with learner’s preferences.

## REGISTRATION & REFUND POLICY

Registrations and payments are confirmed by email. Payment is required at the time of registration by credit or debit card, cash, or check. In the event a course is cancelled due to low enrollment or circumstance beyond the Academy’s control, members will be notified by email or by phone (if same day as event). Refunds will be automatically issued. Refunds are not issued for non-attendance.

## ACADEMY ADVISORY COUNCIL

The Council is composed of community members who volunteer to offer advice and diverse perspectives to the Academy on strategic direction, quality improvement, and assessment of program effectiveness. We are grateful for their impact and service:

Kathy Black  
Bonnie Buckley  
Lois Dickenson  
Diana Glosser  
Past Chair  
Kathy Hummel

Jana Johnson  
Janet Messenger  
Chair  
Michael Murphy  
Deanna Smith  
Terry Smith

Carolyn Stephens  
Dr. Andrew White  
Cindy White  
Luz Whittenbarger

# VOLUNTEER OPPORTUNITIES

## 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](mailto:academy@eiu.edu).

## The Douglas-Hart Nature Center

2204 Dewitt Avenue 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.

## Whiteside Garden

In 1963, Dr. Wesley (Wes) Whiteside of the EIU Botany Department, began transforming 5 acres of former farmland into a diverse botanical garden. Wes nurtured and developed this garden, drawing many visitors to view his collections, which are unmatched in the region. His property has become a true treasure for east-central Illinois. Upon his passing, Dr. Whiteside's will was to make a gift of his garden as an educational resource and place of beauty for the community. With the garden currently in a transitional period, it relies on the support of volunteers to care for the amazing plant collections. Come and lend a hand to help with mulching, weeding, trimming, and more. Please wear closed toed shoes and long pants. Contact: Dakota Radford, 815-266-1472 or email: [whiteside.garden@gmail.com](mailto:whiteside.garden@gmail.com)

## The Habitat for Humanity ReStore

520 W. Lincoln Avenue, Charleston - 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.

## Standing Stone Community Center

375 N. 14th Street, Charleston - This non-profit resale ministry features food, clothing, books, toys, and furniture to fulfill unmet needs through their multi-faceted, Christ-centered outreach. Help is needed to sort donations, distribute food pantry items, organize inventory, and serve customers. The School of Extended Learning collects new hotel size soaps, shampoos, toothpaste, etc., throughout the year to offer Standing Stone beneficiaries because these items are not available through SNAP. Call 217-549-3378 for details.

## Table Arts Center Docents

Join our docent core as we explore techniques for facilitating art-based conversations. This workshop will meet once a month as a group to explore ways to talk about art through an inquiry-based format where questions lead the conversation and create room for authentic discoveries. We will also have monthly opportunities to facilitate conversations in the galleries throughout the semester. No experience with art is needed; background or experience talking in groups is helpful. We will practice and learn ways to foster welcoming spaces for conversations. Once-a-month meetings & ONE gallery experience (minimum), per semester commitment. **First meeting: 1/14/2019 2:30 - 3:30 pm.** Contact Tim Abel: [table@eiu.edu](mailto:table@eiu.edu) or 217-581-2787.

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

# Care Choir

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*“Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.”*

*–Kahlil Gibran*

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, flu vaccine, 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 by email at [academy@eiu.edu](mailto:academy@eiu.edu)

# EIU ACADEMY PASS

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

This is your perfect opportunity to study most any subject you choose over a full semester. Academy members may register for one audited college course per semester without tuition or campus fees. Our ability to place members in each course depends upon open seats, and EIU degree seeking students naturally come first.

## Key Points:

- Registration is managed by Academy staff during the two weeks prior to each new semester and is based on seat availability.
- Individual instructors determine the level of involvement expected from students who are auditing a course.
- Your insights and observations are generally welcome, understanding there is a diverse group of students in each course.
- As an Academy Pass student, you will have the benefit of an EIU email account.
- Complimentary access to [www.Lynda.com](http://www.Lynda.com), an online learning resource that offers business, software, technology and creative skills classes is included. \$300 value.
- Your requests for specific courses will be accepted throughout the year by emailing us at: [academy@eiu.edu](mailto:academy@eiu.edu) and we will make every effort to accommodate your wishes.

***Education is not preparation for life;  
education is life itself.***  
-John Dewey



FAREWELL ANGELINA

# DOUDNA FINE ARTS CENTER

## FAREWELL ANGELINA

**Tuesday - January 22, 2019**  
**7:30 pm**

**Location:**

Doudna Fine Arts Center  
Dvorak Concert Hall  
1860 7th Street  
Charleston, IL

**Academy Member: \$9**

**Non-Member: \$17**

Register by **1/8/19**

Named after a haunting Bob Dylan song, Farewell Angelina is an all-female country group with four powerhouse vocalists, and dynamic songwriters. Their stellar blend of heart-stopping harmonies over blazing double violins and guitars has earned soaring praise across the board.



THE OK FACTOR

## LIONS IN WINTER

**Saturday - January 26, 2019**  
**9:00 AM - 6:00 PM**

**Location:**

Doudna Fine Arts Center  
1860 7th Street  
Charleston, IL

This full day literary festival includes author readings, craft talks by fiction, poetry and creative nonfiction writers, an editors panel and book fair. Featured authors include Barrie Jean Borich, Lynnell Edwards, and Ron Amilcar Scott. Registration includes continental breakfast and lunch. Readings are free and open to the public. All craft talks with authors require registration. See website for registration:

<https://castle.eiu.edu/lionsinwinter/>

## 60TH ANNUAL JAZZ FESTIVAL CONCERT

**Friday - February 8, 2019**  
**7:30 pm**

**Location:**

Doudna Fine Arts Center  
The Theatre  
1860 7th Street  
Charleston, IL

**Academy Member: \$9**  
**Non-Member: \$17**

A glimpse of EIU Jazz: Past, Present, and Future. Special guests and EIU jazz alumni Josh Marcus, Aaron Eckert, and Tim Stanley will join the EIU Jazz Ensemble. The program will include music from the Jazz Festival's first year, 1960, along with timeless classics and contemporary favorites. The concert will be an exciting and vibrant beginning to one of Illinois' preeminent collegiate jazz events and one of EIU's oldest traditions.

Register by **1/25/19**

## STEP AFRIKA!

**Saturday - February 23, 2019**  
**7:30 pm**

**Location:**

Doudna Fine Arts Center  
 Dvorak Concert Hall  
 1860 7th Street  
 Charleston, IL

**Academy Member:** \$25

**Non-Member:** \$25

Register by **2/8/19**

Step Afrika! pays homage to the African American step show, introduces audiences to Zulu and South African Gumboot Dance, shares the step tradition of audience participation and closes with a complex, polyrhythmic percussive symphony that brings audiences to their feet. Step Afrika! Now ranks as one of the top ten African-American dance companies in the United States. Sponsored as part of African American History Month.



## THE OK FACTOR

**Thursday - March 28, 2019**  
**7:30 pm**

**Location:**

Doudna Fine Arts Center  
 The Recital Hall  
 1860 7th Street  
 Charleston, IL

**Academy Member:** \$9

**Non-Member:** \$17

Register by **3/14/19**

Playful and unexpected, The OK Factor writes and performs folk-inspired music influenced by Americana and Irish fiddle styles, with an artistry that reveals their classical training. Cellist Olivia Diercks and violinists Karla Colahan find great joy in defying expectations and delivering an experience of what audiences anticipated from a cello and violin combo.

## THE HUNTS

**Thursday - April 4, 2019**  
**7:30 pm**

**Location:**

Doudna Fine Arts Center  
The Recital Hall  
1860 7th Street  
Charleston, IL

**Academy Member: \$9**

**Non-Member: \$17**

Register by **3/21/19**

Known for their harmony-laced take on alt-folk, The Hunts are a Chesapeake, Virginia based band of seven siblings, ranging in age from 28 to 19, who've been playing music together almost their entire lives. The Hunts started experimenting with songwriting and have honed their sound, crafting positive songs that move audiences. Their songs are full of joy, powerful uplifting themes, and are great to sing along to whether you're seeing them live or road trippin' with the music blaring and windows rolled down.





JOHN F KENNEDY

# LEARNING OPPORTUNITIES

## JANUARY

### THE KENNEDY ASSASSINATION

**Thursdays - January 10, January 17,  
January 24, January 31**  
12:00 - 1:15 PM

**Location:**  
Eastern Illinois University  
2116 Blair Hall  
Charleston, IL

**Instructor:**  
Roger Whitlow

Event is **FREE** and **OPEN** to the public!  
Register by **1/7/19**

Since the 1980's, Dr. Roger Whitlow has sifted through many thousands of pages of "evidence" on the death of President Kennedy, nearly all of which is based on hasty supposition or simplistic theories. He has waited to allow time and technology to provide additional confirmed double or triple-verified evidence—and it certainly has. He will clearly provide the conclusions contained in his book, and will answer any questions that guests may have.

“I always look forward to reading it (Program Guide) and seeing what is in store for us.”

Jana Johnson

## LITERARY DIVAS

**Tuesday - January 15, 2019**  
**4:00 - 5:30 PM**

**Location:**  
County Market  
551 W Lincoln Ave  
Charleston, IL

**Instructor:**  
Marita Metzke

Event is **FREE** and **OPEN** to the public!  
Register by **1/8/19**

Our group discusses books selected by the readers in a variety of categories and styles. One book per session is chosen in advance, followed by discourse relating to characters, themes, motivations, life lessons and parallels. We are starting with *Killers of the Flower Moon* by David Grann. Meetings are alternate Tuesdays 1/15/19 through 5/21/19. Seating is limited to 12 - call for availability if interested.

## ICELAND

**Wednesday - January 23, 2019**  
**11:00 AM - Noon**

**Location:**  
Charleston Public Library  
712 Sixth St  
Charleston, IL

**Instructor:**  
Phil and Diana Glosser

Event is **FREE** and **OPEN** to the public!  
Register by **1/22/19**

Join the Senior Social Group to share the Glosser's trip to Iceland. From black sand beaches to waterfalls, there is so much to experience on this volcanically and geologically active island of Iceland. Come and enjoy photos and tales of churches, continental shelves, glaciers, northern lights, Icelandic horses, and the geothermal life. Of course there'll be a bit about cuisine and farming in a place where only lichen, moss and scrub grass grow; and always, at the periphery of one's vision - Icelandic fairies.



## PAST-FORWARD MEMOIR WRITERS

### Day Group:

Fridays - January 25, February 22, March 29, April 26, May 31, Jun 28, July 26, August 23\*, September 27, October 25, November 22\*, December TBA\*

**1:00 - 3:00 pm**

### Day Group Location:

Charleston Carnegie Public Library  
712 6th Street  
Charleston, IL

### Evening Group:

Tuesdays - January 8, February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

**6:00 - 8:00 pm**

### Evening Group Location:

Wesley United Methodist Church Parlor  
2206 4th Street  
Charleston, IL

Events **FREE** and **OPEN** to the public!  
No registration required

New writers welcome. Meetings are open to the public, free of charge. To receive notices of meetings & other activities contact Janet and/or Daiva to be placed on the e-mail list.

### Day Group Instructor:

Janet Messenger  
jmess1@consolidated.net

### Evening Group Instructor

Daiva Markelis  
dmmarkelis@eiu.edu

## Past~Forward Memoir Writers



***Writing is an exploration. You start from  
nothing and learn as you go.***

*E.L. Doctrow*

# FEBRUARY



## GRANDMA DIDN'T TELL ME...

**Mondays - February 4, February 11,  
February 18, 2019  
4:00 - 6:00 PM**

**Location:**

4450 Booth Library  
Charleston, IL

**Instructor:**

Lois Dickenson

Event is **FREE** and **OPEN** to the public!  
Register by **2/1/19**

Every family has its stories; some are shared openly, some are definitely not. Using free internet sources, learn to find and read the records of your ancestors' lives, following them as they followed their dreams. See how your ancestors fit into the American experience, whether they were new immigrants, westward pioneers, or old settled colonists. This is an easy entry into the world of genealogy for the interested beginner.

## INTERGENERATIONAL LEARNING AND THE HEALTH BENEFITS OF VOLUNTEERING

**Tuesday - February 5, 2019  
10:00 - 11:00 AM**

**Location:**

Fit-2-Serve  
1320 Lafayette  
Mattoon, IL

**Instructor:**

William "Bill" J. Duey, Director  
JoEllen Hickenbottom, Volunteer Coordinator

Event is **FREE** and **OPEN** to the public!  
Register by **2/4/19**

You may know that intergenerational learning promotes positive experiences, but do you know the community benefits when planned effectively? Join us for coffee and conversation about an expanding local group that supports and furthers this concept. Highlights will include:

- Intergenerational Learning
- Health Benefits of Volunteerism
- Opportunities to Volunteer in Coles County

## GETTING TWIGGY WITH IT!

**Friday - February 8, 2019**  
**12:30 - 3:00 PM**

**Location:**  
Douglas Hart Nature Center  
2204 DeWitt Ave. E  
Mattoon, IL

**Instructor:**  
Jennifer Tariq

**Academy Member: \$10**  
**Non-Member: \$13**

Register by **2/1/19**



Mother Nature is a wonderful resource for DIY projects; spring into the season by making your own Twig Door Wreath! All materials will be provided for making a beautiful spring inspired wreath for your home. Options for decorating include variety of twig shapes and sizes, burlap, raffia, ribbons, silk flowers or leaves, and more! No special skill set is needed other than an open mind to create!

## EIU UNDERGRADUATE STUDENT ART SHOW

**Sunday - February 10, 2019**  
**2:00 - 4:00 PM**

**Location:**  
Tarble Arts Center  
2010 9th Street  
Charleston, IL

Event is **FREE** and **OPEN** to the public!

Open to EIU undergraduates that have taken courses in the past year in the Art and Design Department, this competitive exhibition features a diverse array of media: painting, printmaking, drawing, sculpture, graphic design, digital art, computer animation, metals, and ceramics. Each year, a panel of area-college and university Art faculty and art professionals selects the participants. This program is co-organized by the EIU Art and Design Department and the Tarble Arts Center.

“The programs include many choices from many different subject areas... I like the arts and travel programs especially.”

Long time member



## URBAN BUTTERFLY INITIATIVE

**Sunday - February 10, 2019**  
**2:00 - 3:00 PM**

**Location:**  
Douglas Hart Nature Center  
2204 DeWitt Ave. E  
Mattoon, IL

**Instructor:**  
Paul Switzer

Event is **FREE** and **OPEN** to the public!

Register by **2/8/19**

The Urban Butterfly Initiative is a community service project that helps beautify urban areas and make urban green spaces more ecologically-functional by integrating butterfly habitats throughout cities. UBI hopes to connect people with nature so they can better understand and appreciate its importance, and help make cities part of the solution for biodiversity loss.

This presentation will focus on the goals of the initiative, details for some of the specific projects happening locally, and how you can help!



## CATCH THE BUZZZZZZZZ...

**Wednesday - February 13, 2019**  
**12:00 - 1:30 PM**

**Location:**  
Charleston Public Library  
712 Sixth St  
Charleston, IL

**Instructor:**  
Rick and Nelda Campbell  
Bee My Honey Essentials

Event is **FREE** and **OPEN** to the public!

Register by **2/11/19**

As spring is approaching and flowers will be blooming, it's time to learn more about how bees are part of our everyday lives. We will be discussing the lifecycle of bees, the role of the bee in the hive, different types of bees, and about the beehive itself. You will also learn about pollinator plants and what we as humans do to help and harm bees. You will be in for a delightful educational workshop and will be amazed how important this small animal is to our survival.

## PATIENT ADVOCACY

**Friday - February 22, 2019**  
**1:00 - 2:00 PM**

**Location:**  
Lifespan Center Auditorium  
11021 E. CR 800 N  
Charleston, IL

**Instructor:**  
Carle Mattoon Outreach

Event is **FREE** and **OPEN** to the public!

Register by **2/20/19**

What is a patient advocate and when would I need one? Advocates assist patients and families with various resources needed for health care. Join us in identifying different types of advocates in the Coles County area, learn how to access them, and discuss the barriers and challenges to serving in this role.

*Course was enjoyable, well delivered  
and I learned a lot.*

*New participant*

## THE STIGMA OF MENTAL ILLNESS

**Thursday - February 28, 2019**  
**10:00 - 11:30 AM**

**Location:**  
LifeLinks  
750 Broadway Avenue East  
Mattoon, Illinois

**Instructor:**  
Lynette Ashmore

Event is **FREE** and **OPEN** to the public!

Register by **2/26/19**

Depression is a character flaw and people should just “snap out of it”. Have you ever heard this comment? Is this fact or fiction? Join this session to learn about the popular myths of mental illness, how they are perpetuated in society and what can be done to help fight the stigma of mental illness.

*The Academy does excellent work!*

Former Academy Council Member

## MARCH

### HEALTHY LIVING FOR BRAIN & BODY: THE LATEST RESEARCH

**Wednesday - March 6, 2019**  
**12:00 - 1:30 PM**

**Location:**  
Charleston Public Library  
712 Sixth St  
Charleston, IL

**Instructor:**  
Elizabeth Hagemann,  
Manager of Alzheimers Association

Event is **FREE** and **OPEN** to the public!

Register by **3/4/19**

For centuries, we've known that the health of the brain and the body are connected. Now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

alzheimer's  association®

## THE VAULT ART GALLERY

**Saturday - March 16, 2019**  
**1:00 - 3:00 PM**

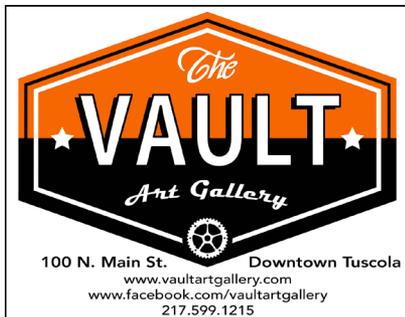
**Location:**  
 100 N. Main  
 Tuscola, IL

**Instructor:**  
 Kirby Pringle & Cindy Pringle

Event is **FREE** and **OPEN** to the public!

Register by **3/13/19**

"Unique". "Dazzling". "Impressive". Those are the words visitors often use to describe The Vault Art Gallery in downtown Tuscola. Join us to tour the gallery, learn about the artists and the unique ownership structure. A new gardening section is underway and we will learn about the purpose and progress.



## AGING IN PLACE LONGER

**Wednesday - March 20, 2019**  
**12:00 - 1:30 PM**

**Location:**  
 Sarah Bush Lincoln Education Wing  
 1000 Health Center Dr.  
 Mattoon, IL

**Instructor:**  
 Lincolnland Home Care, Lincolnland  
 Hospice & Lincolnland Home Medical  
 Equipment

Event is **FREE** and **OPEN** to the public!

Register by **3/18/19**

If you are like many others, you want to age at home longer. A panel of Sarah Bush Lincoln employees will discuss the following topics to help us consider the possibilities for help in doing just this:

1. Improving activities of daily living (ADLs)
2. Functional Independence to stay at home
3. Palliative Care
  - What is it?
  - Qualifying factors
  - Services available
4. Oxygen
  - Features and Benefits
  - Safety in the Home
5. CPAP
  - Feature and Benefits
6. Wheelchairs/Hospital Beds
  - Options

## BIODIVERSITY: A GROWING ISSUE

**Thursday - March 21, 2019**  
**10:00 - 11:30 AM**

**Location:**

City Hall  
520 Jackson Ave  
Lower Level Meeting Room  
Charleston, IL

**Instructor:**

Lauren Spaniol

Event is **FREE** and **OPEN** to the public!

Register by **3/18/19**

Biodiversity is decreasing globally and becoming an international political issue. The variety and variability of life on planet Earth is important to the security of natural resources including soil, water, animals, and plants, as well as to food production and overall human health. This presentation will focus on biodiversity in the context of our local suburban/agricultural landscape, our current position, the direction we're heading, and some ways local residents can improve biodiversity in their landscapes.



## WHITESIDE GARDEN VOLUNTEER DAY

**Saturday - March 23, 2019**  
**1:00 - 3:00 PM**

**Location:**

Whiteside Garden  
Charleston, IL  
(directions provided to registered participants)

**Instructor:**

Dakota Radford

Event is **FREE** and **OPEN** to the public!

Register by **3/20/19**

In 1963, Dr. Wesley (Wes) Whiteside began transforming 5 acres of former farmland into a diverse botanical garden that has become a true treasure for east-central Illinois. After he retired in 1987, Wes continued to nurture and develop his garden, drawing many visitors to view his collections, which are unmatched in the region. We love Whiteside Garden in part because it was one of our own that started this amazing community garden! It is a volunteer driven labor of love! Come and lend a hand to help mulching, weeding, trimming, and more. Please wear closed toed shoes and long pants.

## GROW YOUR OWN: SALAD BOWLS

**Tuesday - March 26, 2019**  
**1:00 - 2:00 PM**

**Location:**  
4H Building, Fairgrounds  
603 W Madison Ave  
Charleston, IL

**Instructor:**  
Rita Wiessing, Master Gardener

**Members \$5.00**  
**Non Members \$6.00**

Register by **3/21/19**

Looking forward to a fresh salad for springtime lunches or a dinner side dish? We will prepare planting bowls, select seeds, and start our regrowing salad garden for the patio. We will also learn some of the nutritional benefits of eating mixed greens like baby spinach, kale, arugula, and butter lettuce. All supplies included in fee. Bring your own garden gloves.

## THERAPY DOGS

**Friday - March 29, 2019**  
**1:00 - 2:00 PM**

**Location:**  
4H Building, Fairgrounds  
603 W Madison Ave  
Charleston, IL

**Instructor:**  
Jo Tucker, Alliance of Therapy Dogs

Event is **FREE** and **OPEN** to the public!

Register by **3/27/19**

Ever thought it would be worthwhile to take a dog to a nursing home, or care facility to visit residents? The Alliance of Therapy dogs registers you and your dog, after testing, to provide you with the tools to handle these visits with joy. Their goal is to form a network of caring individuals and their dogs who are willing to share happiness with others. You'll meet Jo Tucker, and her dog, to learn about this wonderful work.



# APRIL

## IT WAS A CRIME TO BE GERMAN

**Friday, April 5, 2019**  
**3:30 PM**

**Location:**

Mattoon Train Station  
Lone Elm Room  
1718 Broadway Ave  
Mattoon, IL

**Instructor:**

Barbara Kay

Event is **FREE** and **OPEN** to the public!

Register by **4/2/19**



Book burnings...physical attacks upon immigrants...vandalism of immigrant-owned property...proliferation of irrational fear and hatred. We tend to associate such occurrences with dictatorships, but 100 years ago incidents such as these took place in Illinois. Some Illinoisans considered anything German to be evil – including their fellow Illinois residents of German descent; mob hysteria and violence against them escalated during the World War I years. Historical actor, Barbara Kay, will portray her great-grandmother, Margaret May, a resident of southern Illinois who saw and felt anti-German hysteria a century ago. Through her first-person, costumed portrayal, she will bring the struggles of World War I-era German Illinoisans to life and will engage audiences with questions and discussion.

This event made possible through a grant from Illinois Humanities.

*Very helpful and informative. Don't know anything that could have been more educational with the time we had.*

Member

# THE HISTORY OF THE COLES COUNTY POOR FARM & ASHMORE ESTATES

**Saturday - April 6, 2019**  
**2:00 PM**

**Location:**  
Lincoln Log Cabin State Historic Site  
402 S Lincoln Hwy  
Lerna, IL

**Instructor:**  
Robbin Terry, Owner  
Michele Watson-Baker, Historian

Event is **FREE** and **OPEN** to the public!

Register by **4/5/19**

Did your parents or grandparents ever tell you "If you don't stop that you are going to send me to the poor farm". Ashmore Estates, originally know as the Coles County Poor Farm, is that place. Located just West of Ashmore, IL this location has one of the most heartbreaking histories ever. The original structure on the farm was built in 1870. In February of 1880, a fire occurred at the location, damaged the building and took the life of Elva Skinner, a child just short of her 5th birthday. In 1916, the current building was constructed and became the home to many that had no where else to go. Robbin Terry, owner and Michele Watson-Baker, historian, will discuss the past, present, and future of Ashmore Estates.



# GEOCACHING

## HIGH TECH TREASURE HUNT: GEOCACHING

**Wednesday - April 10, 2019**  
**12:00 - 1:30 PM**

**Location:**  
Charleston Public Library  
712 Sixth St  
Charleston, IL

**Instructor:**  
Terry Weidner

Event is **FREE** and **OPEN** to the public!

Register by **4/8/19**

What the heck is "geocaching"? It is a real-world, outdoor treasure hunting game using a smart phone (or other GPA-enabled device). Pages on the web or a map on your phone direct you to a specific set of coordinates and then you attempt to find the geocache (container) hidden there. The cost to play? Perhaps a bit of shoe leather and gasoline. There are 200 caches hidden within seven miles of Charleston. Terry Weidner will explain the basics of the game, and share some interesting stories. He has been geocaching for 15 years, along with seven million fellow geocachers, has been finding some of the more than two million caches hidden worldwide.



## EIU GRADUATE ART EXHIBITION

**Friday, April 26, 2019**  
**5:00 - 7:00 PM**

**Location:**  
Tarble Arts Center  
2010 9th Street  
Charleston, IL

Event is **FREE** and **OPEN** to the public!

Register by **4/23/19**

The Tarble Arts Center and the EIU Art and Design Department proudly present the annual thesis exhibition of work by the current MA candidates in Eastern Illinois University's Studio Art program. Every year a wide range of styles, media and art-making approaches are on view. This program is co-presented by the EIU Art and Design Department and the Tarble Arts Center.

## MAY

## ELECTRICAL SAFETY

**Wednesday - May 1, 2019**  
**10:00 - 11:30 AM**

**Location:**  
Charleston City Hall  
Lower Level  
520 Jackson Ave  
Charleston, IL

**Instructor:**  
Karly Combest,  
Ameren Illinois Community Relations

Event is **FREE** and **OPEN** to the public!

Register by **4/30/19**

May is National Electrical Safety Month, designated by the Electrical Safety Foundation International (ESFI). Accidents, injuries and property loss can be reduced with education and awareness. Join Karly Combest, with Ameren Illinois Community Relations, to learn important methods of safety specific to:

- Power Lines & Poles
- Home & Vehicle Safety
- Energy Efficiency
- Natural Gas

You will also enjoy the My Safe City tabletop display that simulates what could happen if different accidents occurred.

# EIU GENERAL STUDIES DEGREE PROGRAM



COMPLETE YOUR BACHELOR'S DEGREE WITH OTHER  
ADULT LEARNERS IN A FLEXIBLE PROGRAM



Since 1973, the B.A. in General Studies at EIU has been serving 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.

## COURSE FLEXIBILITY

We know everybody, including you, has a unique set of circumstances under which they're trying to earn a degree. That's why we offer online and on-site classes, with advising available in the Chicago area, Champaign, and Charleston.

## CREDIT TRANSFER

The BGS degree program can accept up to 100 semester hours in transfer from regionally accredited colleges and universities, including as many as 78 hours earned at a community college, and credits earned through military training.

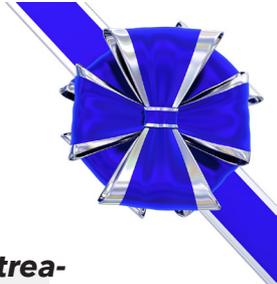


### CONTACT:

[eiu.edu/bgs](http://eiu.edu/bgs)  
(217) 581-5618  
[BGSBA@eiu.edu](mailto:BGSBA@eiu.edu)



# GIFT MEMBERSHIPS



***The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.***

- Lao Tzu

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

- Numerous free educational events
- Discounted pricing for Doudna Fine Arts Center performances
- Reduced registration price for events with a fee
- 10% discount at the EIU University Bookstore (excluding technology purchases)
- Complimentary tuition to audit one EIU credit course per semester
- Discounts at supporting area businesses



For more information, visit us online  
at [www.eiu.edu/adulted/all.php](http://www.eiu.edu/adulted/all.php)

Contact the School of Extended Learning  
at 217-581-5114  
or email us at [academy@eiu.edu](mailto:academy@eiu.edu)

# BECOME A MEMBER

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

The Academy is open to any adult learner.

## ACADEMY MEMBERSHIP PRICES

<b>1 YEAR MEMBERSHIP</b>	<b>\$45</b>
<b>2 YEAR MEMBERSHIP</b>	<b>\$80</b>
<b>3 YEAR MEMBERSHIP</b> <small>BEST VALUE!</small>	<b>\$105</b>

### COMPLIMENTARY BENEFITS

- Academy Pass (see pg. 4)
- Parking pass (on request) for on-campus Academy events
- Doudna Fine Arts Center discount for many music and theatre events
- EIU Bookstore discount of 10% on non-technology purchases

We are grateful to these area businesses that support the Academy by offering a discount with your Academy membership card:

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

# DONATIONS

## Consider A Donation

In Support Of The Academy

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

*-Winston Churchill*

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 programming. One of the best reasons to give is knowing that your gift will impact the local community.



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### 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 \_\_\_\_\_

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

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: \_\_\_\_\_

Guest #3 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.

# SPRING 2019 LEARNING OPPORTUNITIES

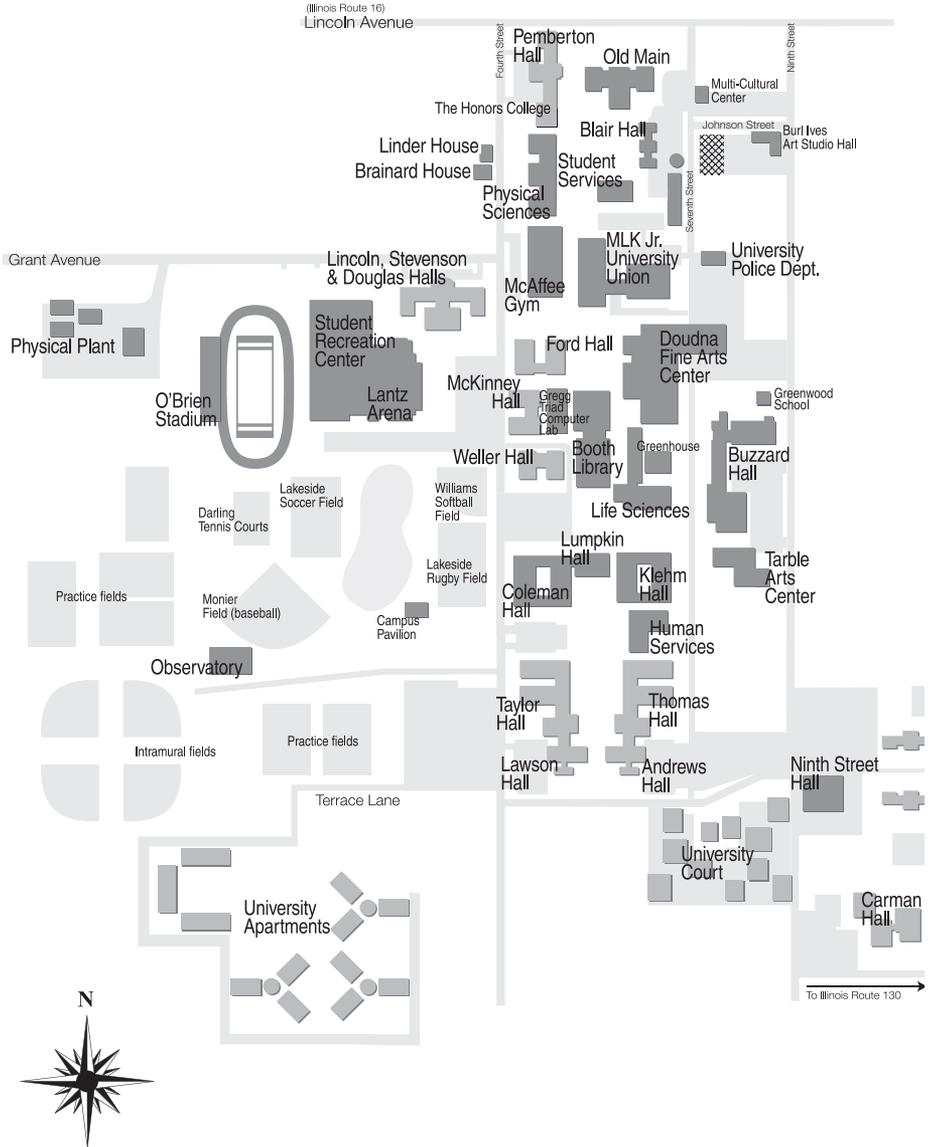
Category	(X) Number attending	Date	Event Name	Member	Non-Member
<b>DOUDNA FINE ARTS CENTER</b>	<input type="checkbox"/> ____	1/22/19 (T)	Farewell Angelina	\$9	\$17
	<input type="checkbox"/> ____	2/8/19 (F)	60th Annual Jazz Concert	\$9	\$17
	<input type="checkbox"/> ____	2/23/19 (S)	Step Afrika	\$25	25
	<input type="checkbox"/> ____	3/28/19 (R)	The OK Factor	\$9	\$17
	<input type="checkbox"/> ____	1/26/19 (S)	Lions in Winter	See Website	
	<input type="checkbox"/> ____	4/4/19 (R)	The Hunts	\$9	\$17
<b>OTHER LEARNING OPPORTUNITIES</b>	<input type="checkbox"/> ____	1/10/19 + (R)	The Kennedy Assassination		
	<input type="checkbox"/> ____	1/15/19 (T)	Literary Divas		
	<input type="checkbox"/> ____	1/23/19 (W)	Iceland		
	<input type="checkbox"/> ____	1/8/19 +	Past-Forward Memoir Writers		
	<input type="checkbox"/> ____	2/4/19 + (M)	Grandma Didn't Tell Me...		
	<input type="checkbox"/> ____	2/5/19 (T)	Intergenerational Learning & The Health Benefits of Volunteering		
	<input type="checkbox"/> ____	2/8/19 (F)	Getting Twiggy With It!		
	<input type="checkbox"/> ____	2/10/19 (Su)	EIU Undergraduate Art Show		
	<input type="checkbox"/> ____	2/10/19 (Su)	Urban Butterfly Initiative		
	<input type="checkbox"/> ____	2/13/19 (W)	Catch The Buzzzzzzzzz....		
	<input type="checkbox"/> ____	2/22/19 (F)	Patient Advocacy		
	<input type="checkbox"/> ____	2/28/19 (R)	The Stigma of Mental Illness		
	<input type="checkbox"/> ____	3/6/19 (W)	Healthy Living for Brain & Body : Latest Research		
	<input type="checkbox"/> ____	3/16/19 (Sa)	The Vault Art Gallery		
	<input type="checkbox"/> ____	3/20/19 (W)	Aging in Place Longer		
	<input type="checkbox"/> ____	3/21/19 (R)	Biodiversity: A Growing Issue		
	<input type="checkbox"/> ____	3/23/19 (Sa)	Whiteside Garden Volunteer Day		
	<input type="checkbox"/> ____	3/26/19 (T)	Grow Your Own: Salad Bowls	\$5	\$6
	<input type="checkbox"/> ____	3/29/19 (F)	Therapy Dogs		
	<input type="checkbox"/> ____	4/5/19 (F)	It Was A Crime To Be German		
<input type="checkbox"/> ____	4/6/19 (Sa)	The History of Coles County Poor Farm & Ashmore Estates			
<input type="checkbox"/> ____	4/10/19 (W)	High-Tech Treasure Hunt: Geocaching			
<input type="checkbox"/> ____	4/26/19 (F)	EIU Graduate Art Exhibition			
<input type="checkbox"/> ____	5/1/19 (W)	Electrical Safety			

**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](http://www.eiu.edu/map)

*"We definitely want to support this worthwhile program and I am looking forward to the many interesting courses."*

Longtime educators and Academy participants

*"Lifelong learning is an avenue to learning about new, sometimes unique and varied experiences. Socialization is an important feature of the Academy. It is most affordable with free events and reduced prices for concerts."*

Living in the Fast Lane



Program Director  
Marita Metzke

Phone  
217-581-5114

Email  
academy@eiu.edu

Academy of Lifelong Learning  
Eastern Illinois University  
600 Lincoln Avenue  
Charleston, IL 61920

[WWW.EIU.EDU/ADULTED/ALL](http://WWW.EIU.EDU/ADULTED/ALL)