SPRING PROGRAM GUIDE 2 0 2 1

Academy of Lifelong Learning

EASTERN ILLINOIS UNIVERSITY*

INDEX

Learning Through A Pandemic	1
Become a Member / Gift Memberships	2
Donations	3
EIU Academy Pass	4
Calendar	5
Learning Opportunities	6-22
Membership / Course Registration Forms	23-24
EIU Campus Map	25

SUPPORTING STAFF

Employees of the School of Extended Learning who are lifelong learners and work diligently for the benefit of the Academy:

Dr. Laretta Henderson, Dean Marita Metzke, Director Debbie Meadows, Registration Coordinator Peggy Hickox, Office Manager Freya Zi Zhu, Graphic Designer

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:

Bonnie Buckley, Past Chair Dan Cougill Lois Dickenson Diana Glosser Chris Houchens Al Joyner Janet Messenger

Michael Murphy
Deanna Smith
Terry Smith
Carolyn Stephens, Chair
Andrew White
Luz Whittenbarger

LEARNING THROUGH A PANDEMIC

The Academy of Lifelong Learning sponsors and promotes adult learning for citizens in east central Illinois. Research continues to show the benefits of self-directed learning and EIU clearly supports this for area residents. We have modified our courses, delivery methods, and venues to prioritize safety during the COVID-19 pandemic.

FREQUENTLY ASKED QUESTIONS

DO I NEED TO REGISTER?

Yes, please! The maximum number of seats has been calculated by space available with social distancing for in-person courses. For virtual events, we plan to send the link to your email address the day before the course.

We will also post the link on our webpage: https://www.eiu.edu/adulted/all.php

WILL I NEED TO WEAR A MASK, SIT 6-FT APART, OR GET A TEMPERATURE CHECK?

Yes, we absolutely comply with state and venue guidelines.

CAN I TAKE A CLASS THIS SPRING THROUGH THE ACADEMY PASS?

YES! We have decided to open this opportunity up again for members and encourage you to look for online or hybrid classes. We are optimistic, yet realistic about spring semester.

WHAT ABOUT REGISTERING FOR EVENTS ONLINE?

Yes, please. The link to do this is available on our webpage with this Program Guide. https://www.eiu.edu/adulted/all.php We are happy to take your registration by phone at 217-581-5114 or by mail using the form at the back of this Guide.

BECOME A MEMBER

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

Learning with The Academy is open to any adult student.

\aleph	ACADEMY MEMBERSHIP PRICES	-21 4 3
	1 YEAR MEMBERSHIP	\$45
	2 YEAR MEMBERSHIP	\$80
	3 YEAR MEMBERSHIP	\$105

COMPLIMENTARY BENEFITS

- Academy Pass
- 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 nontechnology purchases

GIFT MEMBERSHIPS

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

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

DONATIONS

YOUR SUPPORT IS AN INVESTMENT

Lifelong learning is important in healthy communities because it enhances citizens' engagement with knowledge and networks, creating a more stable and stimulating culture. The Academy of Lifelong Learning needs your support because Illinois Higher Education is once again experiencing uncertain funding.

We are most grateful to those that have invested in lifelong learning with EIU in the past. We are optimistic that you will continue to see the benefits for yourself and others in east central Illinois.

Donations to the EIU Foundation are tax deductible.

Academy of Lifelong I wish to make a donation	•				
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EIU ACADEMY PASS

The Academy of Lifelong Learning offers members the opportunity to take a traditional undergraduate course at EIU without tuition through EIU Academy Pass. We encourage you to consider an online or hybrid course this semester.

This is your opportunity to study most any subject you choose over a 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, and may be required to use the D2L platform.
- Your requests for specific courses will be accepted throughout the year by emailing us at: academy@eiu.edu and we will make every effort to accommodate your wishes.

"The most difficult thing is the decision to act, the rest is merely tenacity."

-Amelia Earhart

2021 CALENDAR



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Day Group: Last Friday of the month 1:00 – 3:00 PM June Hayden, leader

Evening Group: Second Tuesday of the month 6:00 – 8:00 PM Daiva Markelis, leader

If you have an interest in writing and would like to join a group of friendly, creative people who share that interest, come check out the Past~Forward Memoir Writers. We welcome people of all ages and skill levels, whether a beginner, experienced writer or anywhere in between.

To attend a Zoom meeting: contact June at jhayden529@gmail.com or Daiva dmmarkelis@eiu.edu

FREE and OPEN to the public! No registration required

- We're still here! COVID-19 has not dulled our interest in writing. In fact, it has given us more time to write, at home.
- Our meetings will continue on ZOOM for the time being, although we hope we will be able to resume in-person meetings later in the year.
- We're looking forward to 2021. Why? Past~Forward will publish their third book, a compilation of memoirs and short stories by twenty-eight writers. Look for an announcement of our Book Signing Event and Public Reading in the year ahead.



Tuesday, January 12, 2021 4:00 - 5:30 PM

Location: Virtual and EIU Buzzard Hall Room 1180 1920 9th St Charleston, IL

Instructor: Marita Metzke

FREE and OPEN to the public Maximum: 10

Book clubs are as important now as they have ever been. Discussing an interestina book makes us enhancing the benefits of reading. especially if it is not a genre we typically choose. This group meets on alternate Tuesdays, with selections determined by members. Call if interested in joining the group - participation is limited due to Covid.

"The only impossible journey is the one you never begin." -Tony Robbins



Wednesday, January 13, 2021 10:00 - 11:00 AM

Virtual Link for event will be available on our webpage: https://www.eiu.edu/adulted/all.php

Instructor: Peggy Brown

FREE and OPEN to the public Register by: 1/12/2021

How do I join a meeting using a Zoom invitation? Do I need all that information? I don't know a thing about it! If this describes you, join us for this session to get you started using Zoom to meet with family, join a group meeting, or watch a presentation. You will need a computer or smart phone with internet and an email account to receive the instructions. We will send you very clear steps to access our session and surprise you with how quickly you will be comfortable.



Transversing Spaces: Increasing Empathy, Understanding, and Equity Cross Colors

Tuesday, January 19, 26 and February 2, 2021 1:30 - 3:00 PM

Virtual Link for event will be available on our webpage: https://www.eiu.edu/adulted/all.php

Instructor: Carole Collins Ayanlaja

FREE and OPEN to the public Register by: 1/18/2021

This course will review the history of race in our country, offer opportunities for learners to delve into self identity and grow more competent in understanding how their identity has been shaped, how it impacts their perceptions of others, and others' perceptions of them. It will focus on what it means to realize race is operative and respond through the lenses of race implicitly.

It will deconstruct what it means to be racist. It will explore the reality of institutional/structural racism. It will supply strategies for developing a healthy space for intercultural and interracial involvement where authentic voices can be heard and empathy can be evoked. It will be a course steeped in developing and sustaining empathetic and engaging interaction with those who mav seem different our socialization because of expectations. You will learn greater levels of cultural literacy and higher agency and efficacy through clear, confident cross racial dialogue and engagement to support strong relationships and a "more perfect union". All three sessions recommended but not required.



Saturday, January 30, 2021 1:00 - 2:00 PM

Virtual Link for event will be available on https://www.eiu.edu/booth/bigread/program.php

Instructor: Joy Harjo Mvskoke/ Creek Nation & U.S. Poet Laureate

FREE and OPEN to the public Register by: 1/29/2021

Part of the Lions in Winter Festival sponsored by the EIU Department of English. Co-sponsored by Broward County Library, Broward Public Library Foundation, Inc., and Florida Center for the Book.

Join Joy Harjo, a member of the Myskoke/Creek Nation and current U.S. poet laureate, in a virtual conversation. as she reads works from her latest book An American Sunrise: Poems and has a moderated Q+A discussion. In 2019, Harjo was appointed the 23rd United States Poet Laureate, the first Native American to hold the position. Born in Tulsa, Oklahoma, Harjo is an internationally known award-winning poet, writer, performer, and saxophone player of the Myskoke/Creek Nation, NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest.

Thursday, February 4, 2021

Instructor: Joan Kane

5:00 - 7:00 PM

FREE and OPEN to the public Register by: 2/3/2021

Find link on this webpage:

https://thekeep.eiu.edu/lionsinwinter/lions2020/lions2020/3/

Lions in Winter is an annual literary festival hosted by EIU's Dept. of English that has included author readings, craft talks by featured writers in fiction, poetry, and creative nonfiction, editors panels, and book fairs.

Inupiaq poet Joan Naviyuk Kane grew up in Anchorage, Alaska, and writes about threats to her ancestral community. Loss of elders with specific cultural knowledge concerns her as she raises children. This session will include a reading and craft talk.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

-Dr. Seuss



Tuesday, February 23, 2021 3:00 - 3:45 PM

Virtual Link for event will be available on our webpage: https://www.eiu.edu/adulted/all.php

Instructor: Dr. Melanie Burns

FREE and OPEN to the public Register by: 2/22/2021

COVID got you down? Daily stressors seem to be a bit too much? Wondering when the winter weather will end and spring will appear? As we patiently wait for brighter days, let's cook! In this interactive Zoom session, we will chat about healthy snacks that will awaken your taste buds, and perhaps put a little smile on your face.

"Never let the fear of striking out keep you from playing the game."

-Babe Ruth



Wednesday, March 3, 2021 6:00 - 7:30 PM

Virtual Link for event will be available on our webpage: https://www.eiu.edu/adulted/all.php

Instructor: Michael Gillespie

FREE and OPEN to the public Register by: 3/2/2021

For nearly a decade, Dr. Michael Gillespie has been monitoring the level of poverty and food insecurity in Coles County and the broader East Central Illinois region, Compared to the region - and the state as a whole - Coles County has experienced an elevated level of poverty, food insecurity, and other risk factors. With the onset and prolonged duration of the COVID-19 pandemic, Coles County also experienced an elevated incidence of both infections and deaths. Join us for a presentation and discussion on the current data on poverty, as well as on how poverty and food insecurity are seen through the experience of this important public health crisis.



Tuesday, March 16, 2021

2:00 - 3:30 PM

Virtual Link for event will be available on our webpage: https://www.eiu.edu/adulted/all.php

Instructor: Amy Davis

FREE and OPEN to the public Register by: 3/15/2021

Listening to others' stories helps to build compassion and empathy so that we can gain acceptance of other cultures. This presentation will highlight the story of one man's flight from political oppression of his homeland and the lasting impact on his family. As a child of an immigrant and a first-generation college graduate, I have navigated two diverse cultures for the past 50 years of my life. I challenged my father's culture well as as embraced my heritage and forged a new path for myself. Come and listen to my story and gain a new perspective on cultural diversity, compassion, and acceptance.



DECISIONS AFTER 50

Friday, April 9, 2021 2:00 - 3:30 PM

Location: EIU 1140 Buzzard Hall Charleston, IL

Instructor: Amanda Feder

FREE and OPEN to the public Register by: 4/6/2021

Life circumstances mean that many people must give up sexual activity or challenge traditional mores in their lives. During this session, participants will look at real-life situations and discuss what would be moral and ethical behavior for the individuals.

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success."

-James Cameror



Friday, April 16, 2021 9:00 - 11:00 AM

Location: Douglas Hart Nature Center 2204 Dewitt Ave E Mattoon, IL

Instructor: Jennifer Tariq

Register by: 4/8/2021 Member's Fee: \$12 Non-member's Fee: \$14 The sights, sounds, and solitude of nature have so many benefits from relieving stress to increasing happiness. In this class, we will share some of the health benefits of being outdoors but also share the joys and benefits of nature journaling. Every participant will receive a journal and practice one entry in their journal on the grounds of the Douglas-Hart Nature Center using mixed media for their journal. Participants will also learn how for years, educators and nature enthusiasts, like Henry David Thoreau, have used nature journaling to learn about their natural surroundings, make vivid observations of species, experiment in different art techniques, and simply enjoy nature around them.

"It is better to fail in originality than to succeed in imitation."

-Herman Melville



Tuesday, April 20, 2021 11:30 AM

Location: Oilfield Restaurant 16964 N. IL-49 Casey, IL

Instructor: Martha Menser

Maximum: 20

Lunch available for purchase Register by: 4/19/2021 With the 1890s discovery of black crude beneath the rich soil in northwestern Clark County, a small community grew where the train serviced the oil producers. The town became known as Oilfield. As a school, stores and a hotel were built, Oilfield became a place to go. You will learn some Illinois history by a 1930s storekeeper, as you enjoy lunch and homemade pie.



Thursday, April 22, 2021 1:30 - 3:00 PM

Location: Charleston Lake Pavilion IL Rt. 130 Charleston, IL

Instructor: Lauren Spaniol

Maximum: 20

FREE and OPEN to the public

Register by: 4/20/2021

In this Earth Day workshop participants will examine how personal lifestyle choices and societal services affect global resource use. After calculating our "ecological footprints" using the Global Footprint Network model, we will explore strategies for personally reducing waste at home, increasing the sustainability of our purchasing habits, and rethinking the way we look at resource use. We can all take steps towards the same goal: reduce, reuse, recycle, and rethink.

"Don't judge each day by the harvest you reap but by the seeds that you plant."

-Robert Louis Stevensor



Thursday, April 22, 2021 6:00 - 7:30 PM

Virtual link will be available on the Academy webpage:

https://www.eiu.edu/adulted/all.php

Instructors: Charlotte England, PhD and Daiva Markelis, PhD

FREE and OPEN to the public Register by: 4/20/2021

"In the end, we must each tend to our own gulfs of sadness," Joy Harjo writes in her inspiring, poetic, and deeply emotional memoir, Crazy Brave.

Others can assist us, but we must find the path to self-knowledge ourselves, with art, poetry, memoir, music, and nature as our guides. In this discussion/workshop, we will at the way Harjo weaves dreams, poems, and visions from her American Indian past into a narrative that reveals both the incredible sadness and the powerful beauty of her life. After discussing what makes Harjo's poetry as well as her memoir so remarkable, participants will free-write on a childhood memory and then will experiment with adding poetry, dreams, song lyrics, etc. in order to enrich their memoir. Sponsored by Coles County Arts Council.



Wednesday, April 28, 2021 2:00 - 3:00 PM

Location: Five Mile House 4810 IL-130 Charleston, IL

Instructor: Carolyn Stephens

Maximum: 20

FREE and OPEN to the public Register by: 4/27/2021

Carolyn J. Stephens will be sharing a Power Point of historical stories and maps with pictures of the defunct Old York Trail and the 1830 Lincoln Path from Charleston to

Path from Charlest Palestine, Illinois.

The Old York Trail was probably a buffalo trail first, then definitely a Native American Trail, then a pioneer trail bringing settlers to Central Illinois. Later the trail was used to transport farm produce to the Wabash River for transport to be sold as well as purchasing supplies from the thriving city of York on the Wabash River. The stories that are being collected are an amazing historical account of our ancestors and early pioneers who were instrumental in making central Illinois a home for their descendants and those who came after them.

Stephens was awarded the Illinois Community College Faculty Assoc. Dr. Joseph T. Cipfl Faculty Research/Workshop Grant to study this historic trail of which the Lincoln Family traveled in part when migrating from Indiana to Illinois.

"Someday is not a day of the week."

-Denise Brennan-Nelson



Monday and Wednesday, May 3, 5, 10, 12, 17 and 19, 2021 5:00 - 6:00 PM

Location: Kiwanis Park Divison & Jackson St Charleston, IL

Instructor: Suzi Coffman

Maximum: 12 Member's Fee: \$20 Non-member's Fee: \$22 Register by: 4/26/2021 Tai Chi is a non-competitive martial art known for its health benefits. It can improve balance, fitness, and flexibility, and may reduce the risk of falls in older people. Followers believe that it promotes serenity and inner peace. It is gentle and safe for people of all ages, as it puts minimal stress on muscles and joints. Try it with us outdoors with plenty of space for social distancing.

"Tell me and I forget. Teach me and I remember. Involve me and I learn."
- Benjamin Franklir



HONOR FLIGHT

Friday, May 14, 2021 1:00 - 2:30 PM

Instructor: Mary Coventry

Location:

LifeSpan Center 11021 E Co Rd 800 N

Maximum: 24
FREE and OPEN to the public

Charleston, IL Register by: 5/12/2021

Established in 2009 by two war veterans, Lincoln Land Honor Flight became part of the National Network that serves WWII, Korean War Era and Vietnam War Era personnel. This group honors vets and their service to our country by providing one-day, no charge flights to Veterans who are willing and able to fly to Washington to visit their memorials. You will learn about the origins of the National Network and the LLHF group, how they are funded and and what the requirements are to become a 'Guardian', ensuring comfort and safety through their day in Washington. Two veterans are planning to attend and speak about their experience.

MEMBERSHIP/COURSE REGISTRATION

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Member 2 ☐ 1 Year - \$45	2 Year	- \$80 🔲 3 \	Year - \$105
form. When registering multiple event you've selected and list to ADDITIONAL ATTENDER Guest #1 Name:	their names be		
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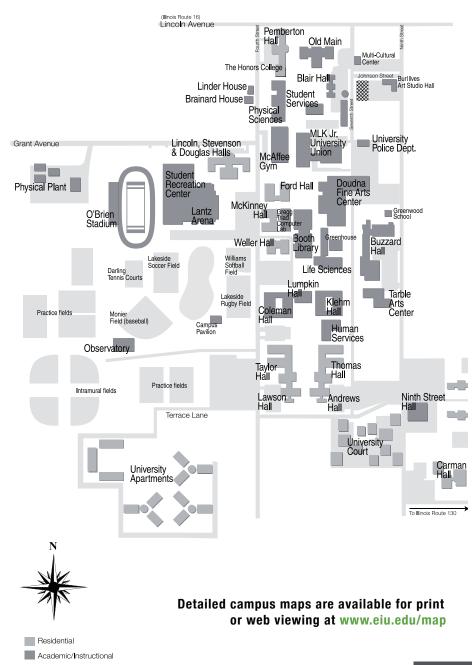
SPRING 2021 LEARNING OPPORTUNITIES

(X)	# ATTENDING	DATE	EVENT NAME	MEMBER (\$)	NON-MEMBER (\$)
		1/12/21 (T) +	Past~Forward Memoir Writers		
		1/12/21 (T) +	Literary Divas		
		1/13/21 (W)	Beginning with Zoom		
		1/19/21 (T) +	Transversing Spaces: Increasing Empathy, Understanding, and Equity Cross Colors		
		1/30/21 (Sa)	A Conversation with Joy Harjo		
		2/4/21 (R)	Lions in Winter Festival: Joan Kane		
		2/23/21 (T)	Eating Well During Stressful Times		
		3/3/21 (W)	Coles County, Poverty, and COVID-19: What We Know and Where We are Going		
		3/16/21 (T)	Lost in a Free Land		
		4/9/21 (F)	Decisions After 50		
		4/16/21 (F)	Nature Journaling	\$12	\$14
		4/20/21 (T)	Oil Boom		
		4/22/21 (R)	Earth Day: Your Ecological Footprint		
		4/22/21 (R)	The Knowing Was Always Right		
		4/28/21 (W)	The Old York Trail and the 1830 Lincoln Path from Palestine to Charleston		
		5/3/21 (M) +	Tai Chi	\$20	\$22
		5/14/21 (F)	Honor Flight		

(+ = Multiple Dates)

WORKSHOP CHOICES:	\$
TAX DEDUCTIBLE DONATION:	\$
GRAND TOTAL:	\$

EIU CAMPUS MAP





"The way to get started is to quit talking and begin doing."

-Walt Disney

Program Director: Marita Metzke

Phone: 217-581-5114

Email: academy@eiu.edu

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

