

FALL PROGRAM GUIDE 2025



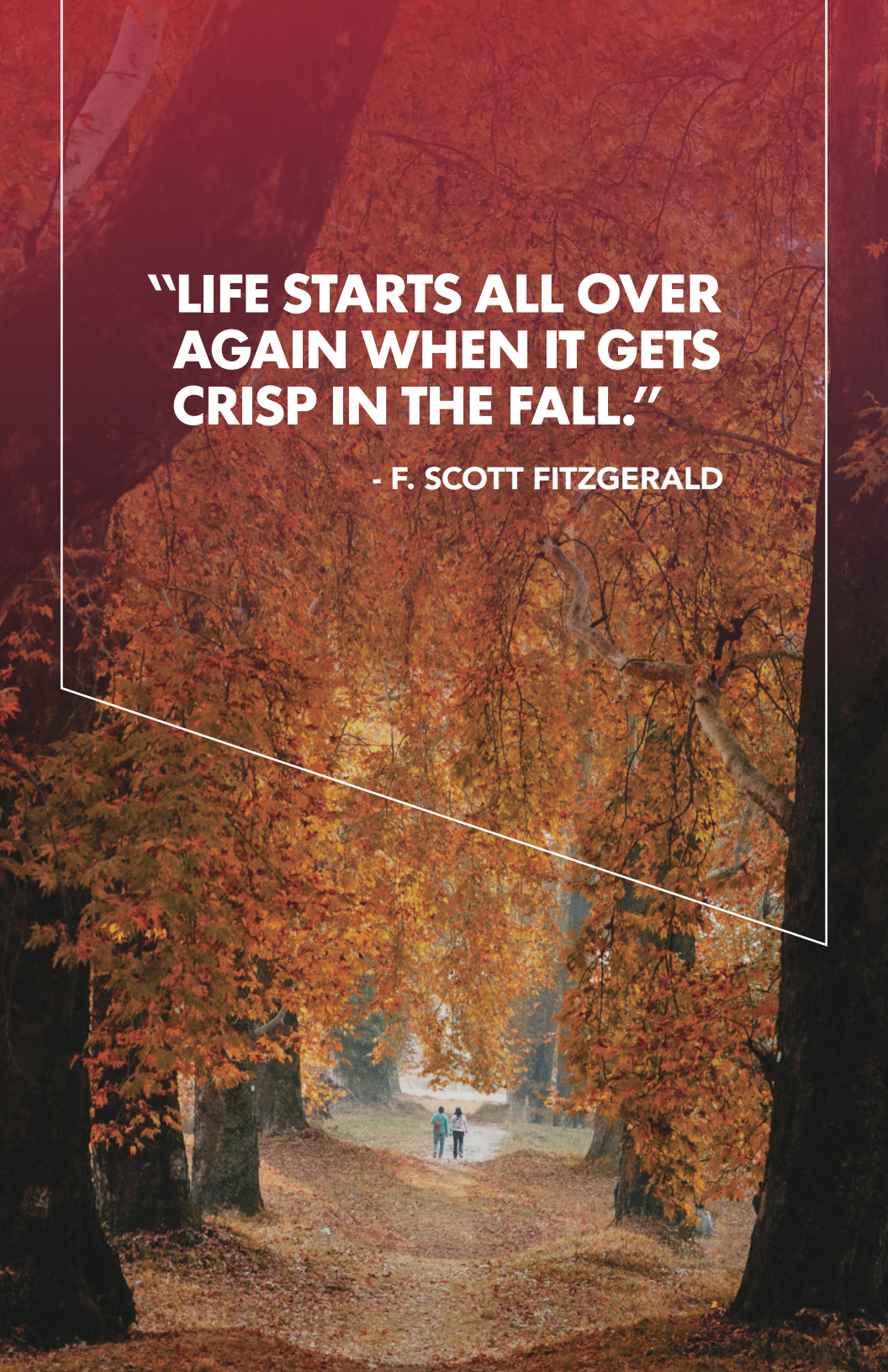
ACADEMY OF
**LIFELONG
LEARNING**



EASTERN ILLINOIS UNIVERSITY™

**“LIFE STARTS ALL OVER
AGAIN WHEN IT GETS
CRISP IN THE FALL.”**

- F. SCOTT FITZGERALD



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DEAR COMMUNITY MEMBERS



Welcome to Fall 2025!

As we step into a new season, we do so in the midst of change—embracing it as an opportunity to reconnect, grow, and reimagine lifelong learning together. This fall marks a meaningful return of programming and the continued revitalization of our membership community.

Join us for our Third Annual Weenie Roast to kick off the season with food, fun, and fellowship—it's a perfect way to reconnect and celebrate the year ahead!

We truly appreciate your patience as we regrow the Academy and are deeply grateful for your continued support. Your voices and ideas are essential as we shape the future—please reach out with your thoughts on programs, topics, or interests you'd like to see.

We look forward to seeing you at our fall events and walking this journey of lifelong learning with you.

Warm regards,

A handwritten signature in blue ink that reads "Shannon Y. Bell". The signature is fluid and cursive.

Shannon Y. Bell, MS
Director, School of Extended Learning
Eastern Illinois University



Hello community members and Academy friends,

The fall 2025 program guide of the Academy of Lifelong Learning represents much more than information on workshops, presentations and activities. It signals that the Academy is back after its spring semester hiatus, and that it's ready to continue extending EIU's educational impacts beyond the traditional university classroom. While the Academy's programming was missed during the hiatus, the break did provide an opportunity to reflect and rethink, particularly on ways to combine financial sustainability with programming that meets the needs of the community.

The fall offerings show not only traditionally popular programs such as Literary Divas and The Tai Chi but also a mix of interesting new offerings designed to serve learners of all ages. And work already is underway in planning for spring 2026. On behalf of the advisory council of the Academy of Lifelong Learning, I hope you sign up for and participate in the fall offerings—and above all, find them interesting and beneficial in learning new things and staying energized in life. The key for all of us is Lifelong Learning!

Best wishes,

A handwritten signature in blue ink that reads "Rich Wandling". The signature is fluid and cursive, with a long, sweeping underline.

Rich Wandling
Chair, Advisory Council
Academy of Lifelong Learning

WHAT IS THE ACADEMY OF LIFELONG LEARNING?

The Academy of Lifelong Learning, part of the School of Extended Learning at Eastern Illinois University, offers free and low-cost programs designed for all community members with a passion for learning. We connect with our community through a wide variety of opportunities—including classes, workshops, trips, clubs, symposia, and more!

OUR COMMITMENT TO ACCESSIBILITY AND INCLUSION

The Academy of Lifelong Learning is dedicated to making our programs as accessible and inclusive as possible for everyone in the community. If you have suggestions for how we can improve accessibility, please contact the School of Extended Learning at academy@eiu.edu or (217) 581-5114. We are committed to doing our best to provide any necessary accommodations to ensure a positive and successful experience for all participants.

WHY REGISTER FOR FREE EVENTS?

Even though some of our events are free, registering helps us prepare more effectively. It's a courtesy to our presenters, allowing them to plan for seating, materials, and handouts. Registration also helps us track attendance, which is essential for improving and planning future programs.

REGISTRATION AND REFUND POLICY

You will receive an email confirmation once your registration and payment are processed. Payment is required at the time of registration and can be made by credit/debit card, cash, or check. If a course is canceled due to low enrollment or unforeseen circumstances, we will notify you by email—or by phone if the cancellation occurs on the same day—to ensure a timely refund.

Please Note: *Refunds are not available for non-attendance.*

ACADEMY PASS PROGRAM

The Academy of Lifelong Learning offers members a unique opportunity to explore a wide range of academic subjects through the Academy Pass Program. This program allows members to audit one undergraduate course per semester at Eastern Illinois University—with no tuition, fees, tests, or grades.

Whether you're diving into a long-time interest or exploring something entirely new, this is a great way to engage with college-level learning in a relaxed, supportive environment. Courses are audited on a space-available basis, as priority is given to degree-seeking EIU students.

To participate, individuals must be current Academy members by paying the annual membership fee. Registration for the Academy Pass Program is managed by Academy staff during the two weeks prior to each semester, based on available openings in selected courses.

Course instructors determine the level of participation expected from auditing students. Your insights and thoughtful observations are usually welcomed, keeping in mind the diverse mix of learners in each classroom.

AS AN ACADEMY PASS STUDENT, YOU'LL RECEIVE:

- An active EIU email account during the semester
- Access to required textbooks at no cost through the EIU Textbook Rental system
- A parking pass for on-campus access, if needed

PLEASE NOTE: Academy Pass participants are expected to follow the same student code of conduct as all EIU students.

To inquire about registering for a course, please contact Shannon Bell, Director for the School of Extended Learning at sybell@eiu.edu or by calling 217-581-5114.

BECOME A MEMBER OF THE ACADEMY

The Academy of Lifelong Learning is sponsored by the School of Extended Learning at Eastern Illinois University. The Academy is open to learners of all ages.

ACADEMY MEMBERSHIP PRICES

Membership Period: August 1, 2025 to July 31, 2026

MEMBERSHIP TYPE	FALL RATES ENDING 12/2025	SPRING RATES STARTING 01/2026
Single Adult	\$25	\$60
Couples*	\$40	\$100
Family of Four* TWO ADULTS/TWO CHILDREN	\$50	\$150
Additional Child* MUST PURCHASE FAMILY OF FOUR MEMBERSHIP	\$5	\$20
Child	\$5	\$25

**Must live in same household to qualify for Couples/Family Memberships*

COMPLIMENTARY BENEFITS

- Academy Pass (see page 5)
- Parking Pass (on request) for on-campus Academy events
- Doudna Fine Arts Center (discounts for many music and theatre events)

ACADEMY OF LIFELONG LEARNING

MEMBERSHIP FORM

I WISH TO BECOME A MEMBER OF THE
EIU ACADEMY OF LIFELONG LEARNING.

Name: _____

Home Mailing Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

MEMBERSHIP DUES

- | | | | |
|--|------|---|-------------|
| ☐ Single Adult | \$25 | ☐ Child | \$5 |
| ☐ Couples | \$40 | ☐ Additional Children | \$5 X _____ |
| ☐ Family of Four | \$50 | | |

PAYMENT INFORMATION

CHECK: Mail in your completed membership form with a check made payable to EIU to:

ACADEMY OF LIFELONG LEARNING
600 LINCOLN AVENUE
CHARLESTON, IL 61920

ONLINE: Register at go.eiu.edu/donateacademy



PHONE: Complete your registration by phone by calling 217-581-5114.

TOTAL ENCLOSED: _____

- ☐ I wish to opt out of benefits to receive a 100% tax deduction.
See page 38 for a complete list of donation benefits.



THE PEOPLE WHO MAKE IT ALL HAPPEN WITH SINCERE GRATITUDE

We extend our heartfelt thanks to all the family members and friends who have helped make the return of the Academy of Lifelong Learning for fall 2025 possible. We're also deeply grateful to our Advisory Council, generous donors and sponsors, and the many individuals who have shared their time and talents by leading classes and sessions. Your dedication plays a vital role in shaping our Community Program Guide and delivering meaningful, engaging, and creative learning opportunities to our local community.

DONORS FOR THE FALL 2024-SPRING 2025 SEMESTER

- Cheryl Canon
- Lois Dickenson
- Virginia Douglas
- Roxanne Frey
- Diana Glosser
- Jahanshah Karmi
- Linda Keeler
- Amy Lynch
- Ruth Riegal
- Joy Schlesselman
- Ann Spear
- Richard Wandling
- Aaron White
- Jamie Willis

SCHOOL OF EXTENDED LEARNING STAFF

- Shannon Bell, Director
- Md Sakib, Program Assistant
- Catherine Shick, Office Manager
- Shoaib Ahmed, Graduate Assistant
- Nikhil Vangamudi, Graduate Assistant

OTHER UNIVERSITY STAFF

- Chad Franks, Graphic Designer, EIU Marketing & Communications

ACADEMY OF LIFELONG LEARNING ADVISORY COUNCIL MEMBERS



Dr. Rich Wandling
Chair



Bonnie Buckley

Your feedback is important to us. Please contact us at academy@eiu.edu if you are interested in becoming a board member for spring 2026.



Brenda Crimmins



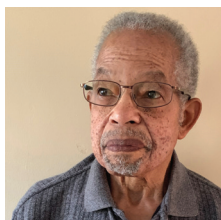
Shelley Crouch



Bill Heyduck



Chris Houchens



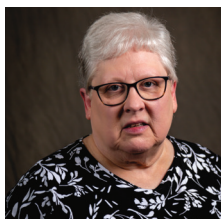
Al Joyner



Jessica Mertz



Joy Schlesselman



Alice Shonk



Jamie Willis



DVOŘÁK IN AMERICA

FRIDAY, SEPTEMBER 12
7:30 PM

DVORAK CONCERT HALL
DOUDNA FINE ARTS
CENTER
1860 7TH ST
CHARLESTON, IL 61920

MEMBER \$20
NON-MEMBER \$25



GO.EIU.EDU/DVORAK

Join us for a live concert experience that explores the Black and Indigenous influences on Czech composer Antonín Dvořák during his time in America. The program weaves original Native American melodies and moving African American Spirituals along with Dvořák's most beloved chamber music. Short videos and imagery add to this powerful multimedia experience.

The stellar cast of musicians, is a catalyst for audience engagement as it entertains, educates, and inspires, drawn from the curiosity of a Czech composer a century ago.

Ensemble members include Bass Kenneth Kellogg, Native Flutist R. Carlos Nakai, the Ciompi Quartet, Percussionist Will Clipman, and Violist Pamela Freund-Striplen.



**SATURDAY, SEPTEMBER 20
7:30 PM**

**DVORAK CONCERT HALL
DOUDNA FINE ARTS CENTER
1860 7TH ST
CHARLESTON, IL 61920**

**MEMBER \$20
NON-MEMBER \$25**



GO.EIU.EDU/APPEAL

Six Appeal is a world-class vocal ensemble whose vibrant energy and dynamic blend bring a cappella to the forefront of live performance. They continue to evolve, elevating classic songs to appeal across generations and often collaborate with other notable artists (like Andy Grammer, Michael McDonald and Thundercat).



THIRD ANNUAL FALL WEENIE ROAST

SHANNON BELL,
DIRECTOR
SCHOOL OF EXTENDED
LEARNING

**FRIDAY, AUGUST 22
11:30 AM-3:30 PM**

**MORTON PARK PAVILION
1215 DIVISION ST
CHARLESTON, IL 61920**

**FREE AND OPEN TO
THE PUBLIC**

Come out for an informal gathering as we welcome the start of the fall 2025 semester! Drop by to enjoy hot dogs, chips, drinks, and sides while learning about our upcoming programs. Meet the new School of Extended Learning Office staff and others; share your ideas; and pick up a copy of our new program guide. Academy of Lifelong Learning memberships will be available on-site. While donations are appreciated, they are not required. Residents of Charleston, IL, and nearby communities are warmly invited to attend!



THE TAI CHI

SUZI COFFMAN

**TUESDAYS & THURSDAYS:
SEPT. 4, 9, 11, 16, 18, 23, 30
& OCT. 2**

1-2:15 PM

**MCAFFE GYMNASIUM
DANCE STUDIO (RM 1140)
1601 4TH ST
CHARLESTON, IL, 61920**

**MEMBERS \$30
NON-MEMBERS \$40**

REGISTER BY NOV 2



GO.EIU.EDU/TAICHI

"Meditation in motion," "Chinese ballet," "yoga standing up"—these are terms that have been used to describe Tai Chi. Tai Chi can help put your life in balance with deep breathing and slow, rhythmic movements designed to promote the interaction of mind, body and spirit. It has been proven to help relieve back pain, fibromyalgia, and arthritic knees as well as improve balance, flexibility and muscle tone. In this course, beginning students will learn the basic movements of Tai Chi and Qigong, while returning students will refine their skills as they progress toward higher levels of stress relief and overall health and mental well-being improvement. Try this easy and satisfying exercise and get your chi (inner energy) flowing!



YOUR COMMUNITY'S HEALTH AND WHY IT MATTERS

MIRANDA MOODY

MONDAY, SEPTEMBER 15
2-4 PM

BUZZARD HALL
RM 2303
1920 9TH ST
CHARLESTON, IL 61920

MEMBERS \$5
NON-MEMBERS \$10

REGISTER BY SEPT 13

Join Miranda Moody for an engaging session exploring what makes a community healthy. Through interactive discussions, you'll examine social determinants of health, real-world examples, and their impact on health outcomes. Participate in group activities, share ideas, and leave with valuable public health resources to make a difference in your community.



OPEN TO STUDENTS
(GRADES 1-3) ENROLLED AT CARL
SANDBURG ELEMENTARY SCHOOL

STEM

BRICK BY BRICK FOR BRIGHT MINDS

APRIL D. FLETCHER

MONDAYS:
**SEPTEMBER 15, 22, 29 &
OCTOBER 6**

2:55-4 PM

**CARL SANDBURG
ELEMENTARY SCHOOL
LIBRARY (RM 167)
1924 REYNOLDS DR
CHARLESTON, IL 61920**

**\$25 (INCLUDES A CHILD
MEMBERSHIP FOR 2025-
2026)**

REGISTER BY SEPT 8

**ONLY AVAILABLE TO
STUDENTS ENROLLED
AT CARL SANDBURG
ELEMENTARY, GRADES 1-3**

LIMITED SEATING



GO.EIU.EDU/BRICKS

Ignite young minds with the Lego Spike Essentials Series! In this hands-on program, students dive into the world of building, coding and creative problem-solving using the versatile Lego Spike Essentials kits.

Each session combines playful exploration with real-world STEM concepts, guiding kids to design imaginative models and bringing them to life through simple programming. As they collaborate and experiment, they'll build critical thinking skills, confidence, and a passion for innovation. It's the perfect blend of fun and learning-where every brick leads to new discoveries!

Sessions will begin after school. Participants will receive a pre-packaged snack and drink during the event. Parents are welcome to attend or pick up their child after the session ends.



STITCHING MEMORIES

DAWN OBRIEN

FRIDAY, SEPTEMBER 15
10 AM

STITCHES AND STUFF
227 STATE ST
CHARLESTON, IL 61920

FREE AND OPEN TO
THE PUBLIC

REGISTER BY OCT 8

LIMITED SEATING



Step into a world of creativity and craftsmanship with a guided tour of Stitches & Stuff, a charming boutique dedicated to handmade treasures right here in Charleston, IL. Then we'll focus on creating lasting memories of our loved ones through quilts, Christmas ornaments, notebook or bible covers, and more.

VINCENT VAN GOGH SUNFLOWERS BOUQUET

SHELLY L. WILLIAMS

**TUESDAY, SEPTEMBER 16
6:30-8 PM**

**BUZZARD HALL
RM 1302
1920 9TH ST
CHARLESTON, IL 61920**

**MEMBERS \$35
NON-MEMBERS \$45**

REGISTER BY SEPT. 12

**NOTE: ACTUAL FLOWERS
MAY DIFFER BASED ON
AVAILABILITY**

Van Gogh's paintings of Sunflowers are among his most famous. Learn how to create your own bright summertime vase arrangement with an Impressionist style. The instructor will also provides flower identification, flower meanings, and handling and care instructions.

CLASS INCLUDES:

- Demonstration and instruction by professional designer
- 1 glass cylinder vase
- Fresh seasonal and premium flowers and greenery — overall color palette of yellow, white and green
- Design tools
- Transportation bag for the arrangement
- Clean up

This unique bouquet will light up the day of anyone who receives it!





BEE-BOTS IN ACTION

APRIL D. FLETCHER

TUESDAYS:
SEPTEMBER 16, 23, 30
& OCTOBER 7

2:15-3:15 PM

**MARK TWAIN
 ELEMENTARY SCHOOL
 CAFETERIA
 1021 13TH ST
 CHARLESTON, IL 61920**

**\$25 (INCLUDES A CHILD
 MEMBERSHIP FOR
 2025-2026)**

REGISTER BY SEPT 9

**ONLY AVAILABLE TO
 STUDENTS ENROLLED
 AT MARK TWAIN
 ELEMENTARY: GRADE -
 KINDERGARTEN**

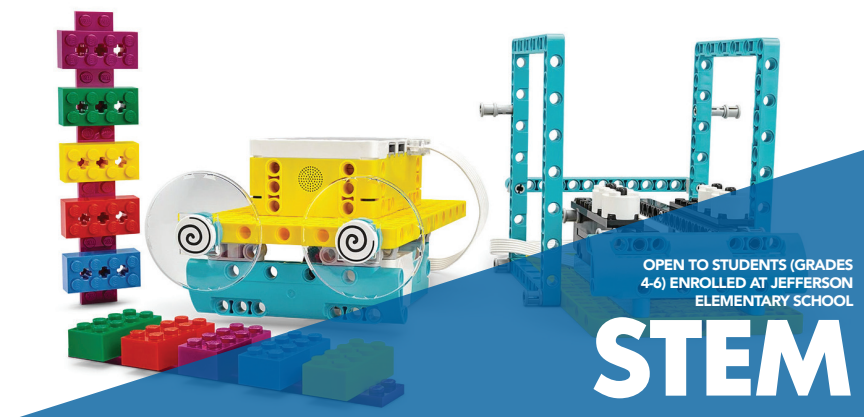
LIMITED SEATING



GO.EIU.EDU/BEEBOTS

Buzz into learning with the Bee-Bot Robotics Series! Designed to spark curiosity and creativity, this series invites young explorers to dive into hands-on activities with Bee-Bots. From coding simple paths to tackling fun problem-solving challenges, each session builds essential STEM skills while fostering teamwork and critical thinking. Watch your child light up as they program their bee buddies to navigate colorful adventures—all while building a strong foundation in technology and innovation. No experience needed—just curiosity and imagination so let's get Buzzing!

Sessions will begin after school. Participants will receive a pre-packaged snack and drink during the event. Parents are welcome to attend or pick up their child after the session ends.



OPEN TO STUDENTS (GRADES
4-6) ENROLLED AT JEFFERSON
ELEMENTARY SCHOOL

STEM

PRIME TIME LEGO MASTERS

APRIL D. FLETCHER

**WEDNESDAYS: SEPTEMBER
17 & 24, OCTOBER 1 & 8**

3:10-4:30 PM

**JEFFERSON ELEMENTARY
SCHOOL CONFERENCE
ROOM
801 JEFFERSON AVE
CHARLESTON, IL 61920**

**\$25 (INCLUDES A CHILD
MEMBERSHIP FOR 2025-
2026)**

REGISTER BY SEPT 10

**ONLY AVAILABLE TO
STUDENTS ENROLLED AT
JEFFERSON ELEMENTARY:
GRADES 4-6**

LIMITED SEATING



GO.EIU.EDU/PRIMELEGO

Build, create, and innovate with the Lego Prime Essentials Series! This dynamic program invites students to dive into the exciting world of Lego Spike Prime, blending creativity with hands-on learning. Through guided challenges and open-ended builds, participants explore core STEM concepts like engineering, coding, and problem solving—all while bringing their own ideas to life. From designing clever contraptions to programming robots that move and react, each session sparks curiosity, teamwork, and a true love of discovery. Get ready to imagine, build, and explore like never before!

Sessions will begin after school. Participants will receive a pre-packaged snack and drink during the event. Parents or guardians should plan to pick up their child at the end of the session.



BLUE AURA DESIGNS: REPURPOSING FABRIC

AMY D. DAVIS

THURSDAY, SEPTEMBER 18
4:30-6 PM

BUZZARD HALL
RM 2430
1920 9TH ST
CHARLESTON, IL 61920

MEMBERS \$5
NON-MEMBERS \$10

REGISTER BY SEPT 16



This presentation will show a step-by-step approach to sew zippered bags from repurposed fabric, including sewing tips and tricks. Come and learn how to repurpose fabric into something original, beautiful, and useful.



PAINT ON CANVAS— UNDER THE NIGHT SKY

TANILLE ULM

**WEDNESDAY,
SEPTEMBER 24
3:30-5:15 PM**

**CHARLESTON MIDDLE
SCHOOL (ART ROOM)
920 SMITH DR.
CHARLESTON, IL 61920**

**\$30 (INCLUDES A CHILD
MEMBERSHIP FOR 2025-
2026)**

REGISTER BY SEPT 17

**ONLY AVAILABLE TO
STUDENTS ENROLLED
AT CHARLESTON
MIDDLE SCHOOL:
GRADES 7-8**



GO.EIU.EDU/STARRYNIGHT

Under the Night Sky invites kids to dive into the world of Van Gogh's starry night and create their own night sky-inspired masterpiece. As they paint, they'll build essential skills in composition, color, and pattern—no previous art experience needed! All materials are provided by the studio, so all they need to bring is their imagination.

The instructor is a former tuscola middle school art teacher, who will bring a level of fine art expertise to every session, treating each student—no matter their skill level—as someone who truly desires to learn about the nuances of art as a concept. Her goal is to help the student uncover the depth and potential within their creativity, rather than focusing solely on a start-to-finish project.

The session will take place after school and include a pre-packaged snack and drink. Parents or guardians should plan to pick up their child at the end of the session.



AMY'S DESIGNS: REPURPOSING FABRIC INTO CLOTHING

AMY D. DAVIS

**THURSDAY, SEPTEMBER 25
4:30-6 PM**

**BUZZARD HALL
RM 2430
1920 9TH ST
CHARLESTON, IL 61920**

**MEMBERS \$5
NON-MEMBERS \$10**

REGISTER BY SEPT 23

This presentation will show how to repurpose fabric, including linens and existing clothing, into new pieces. It also describes the waste in the clothing industry and how we can become better consumers in the production and consumption cycle.

PAINT ON CANVAS – STUDY OF BASQUIAT

TANILLE ULM

WEDNESDAY, OCTOBER 1
3:30-5:15 PM

CHARLESTON HIGH
SCHOOL (ROOM TBA)
1615 LINCOLN AVE
CHARLESTON, IL 61920

\$30 (INCLUDES A CHILD
MEMBERSHIP FOR 2025-
2026)

REGISTER BY SEPT 24

ONLY AVAILABLE TO
STUDENTS ENROLLED
AT CHARLESTON HIGH
SCHOOL: GRADES 9-12



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

Tanille Ulm, a former Tuscola Middle School art teacher, will bring a level of fine art expertise to every session, treating each student—regardless of their skill level—as someone who truly desires to learn about the nuances of art as a concept. Her goal is to help the student uncover the depth and potential within their creativity, rather than focusing solely on a start-to-finish project.



Study of Basquiat introduces students to the bold, expressive world of Jean-Michel Basquiat. Participants will create their own urban-inspired composition, blending graffiti elements and street art aesthetics to craft a piece that's uniquely theirs.

Using a variety of mixed media, students will experiment with new techniques and creative expression. With years of experience teaching high school and college-level art, the instructor will guide them through the process of building a dynamic and meaningful project. No prior art experience is required, and the studio provides all materials. Just bring your creativity and an open mind to discover how everyday materials can be transformed into art.

The session will take place after school and include a pre-packaged snack and drink. Parents/guardians should plan to pick up their child at the end of the session.



PAINT ON CANVAS – BOOGIE WITH BILLY

TANILLE ULM

WEDNESDAY, OCTOBER 8
3:30-5:15 PM

**CHARLESTON CARNEGIE
PUBLIC LIBRARY
CRAFT ROOM
SIXTH ST & VAN BUREN AVE
CHARLESTON, IL 61920**

**MEMBERS \$30
NON-MEMBERS \$40**

REGISTER BY OCT 1

LIMITED SEATING

Celebrate EIU Homecoming Week with a splash of creativity! Boogie on over to our session, where you'll get your paws on a pre-drawn design ready to be transformed into your own unique 'bleed blue' collage masterpiece that'll make Billy the Panther proud!



GO.EIU.EDU/BILLYART



EXPLORATIONS IN WATERCOLOR

JESSICA MERTZ

**OCTOBER 14, 21 & 28
5-7 PM**

**BUZZARD HALL
RM 2430
1920 9TH ST
CHARLESTON, IL 61920**

**MEMBER \$50
NON-MEMBER \$60
EARLY BIRD \$45 (SEPT 13)**

REGISTER BY OCT. 6

LIMITED SEATING

The first class is an introduction to composition, watercolor painting with basic color theory, materials discovery, tips and tricks for success; time will be devoted to play with a focus on exploration.

The second and third classes build upon the introductory class and utilize skills and materials to create an original watercolor artwork from a self-selected photograph.



THE ART OF COLLAGE

JAMIE WILLIS

**FRIDAY, OCTOBER 24
1-3 PM**

**MATTOON PUBLIC LIBRARY
COMMUNITY ROOM
1600 CHARLESTON AVE
MATTOON, IL 61938**

**MEMBERS \$20
NON-MEMBERS \$30**

REGISTER BY OCT. 17

Explore the vibrant and imaginative world of collage in this interactive workshop, The Art of Collage. Guided by Jamie Willis—an experienced art educator with a master's degree in art from EIU—you'll gain inspiration from iconic collage works by artists such as Picasso, Matisse, Braque, Bearden, and others. In a fun and encouraging environment, you'll have the opportunity to create your own unique collage using a diverse range of materials. No prior experience is necessary, and all supplies will be provided by the studio. Just bring your creativity and discover fresh ways to see and transform everyday materials into art.



QUESTION, PERSUADE, REFER – QPR

ISAAC SANDIDGE

**MONDAY, OCTOBER 27
2-4 PM**

**CHARLESTON PUBLIC LIBRARY
ROTARY ROOMS AB
6TH ST & VAN BUREN AVE
CHARLESTON, IL 61920**

**MEMBERS \$6
NON-MEMBERS \$8
EIU STUDENTS \$5**

REGISTER BY OCT. 25

QPR stands for question, persuade, and refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year, thousands of Americans, like you, are saying “yes” to saving the life of a friend, colleague, sibling, or neighbor.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

LEARNING OBJECTIVES:

1. Recognize someone at risk for suicide
2. Demonstrate increased knowledge of intervention skills
3. Describe knowledge of referral resources and how to refer someone to help



YOGA FOR BALANCE AND GROUNDING

KAREN REED

**TUESDAYS & THURSDAYS:
NOVEMBER 4, 6, 11, 13,
18 & 20**

4:30-5:30 PM

**CHARLESTON CITY HALL
MULTI-PURPOSE ROOM
(LOWER LEVEL)
520 JACKSON AVE
CHARLESTON, IL 61920**

**MEMBERS \$30
NON-MEMBERS \$40**

REGISTER BY NOV 2

Our physical balance is an important part of our daily lives... This class will explore the benefits of yoga for improving balance through gentle movement. We will experiment with using props to assist with modifications to ensure safety, and we'll learn how we can improve our form, or posture, to ensure better stability in our day-to-day existence. We'll also consider the coexistence of the mind-body connection with balance and stability. Yoga is also known to provide such physical benefits as increased muscle tone, improved mobility and flexibility of the joints, and enhanced coordination. Wear comfortable clothing that allows freedom of movement and bring a bottle of water.



VOICES OF VALOR: 250 YEARS OF ARMY & MARINE CORPS LEGACY

SHANNON BELL

**MONDAY, NOVEMBER 10
2-4 PM**

**CHARLESTON CARNEGIE
PUBLIC LIBRARY
AB ROOM
SIXTH ST & VAN BUREN AVE
CHARLESTON, IL 61920**

**FREE AND OPEN TO
THE PUBLIC**

REGISTER BY NOV 7

**AGES: 8 AND UP
ELEMENTARY STUDENTS
MUST BE WITH AN ADULT**

In celebration of 250 years of the United States Army and United States Marine Corps, join us for a powerful and personal session honoring the men and women who have served our nation. Hear firsthand from American veterans as they share their stories of duty, sacrifice, camaraderie, and courage. This is more than history—it's a living tribute to the legacy of two of our nation's oldest military branches. All are welcome to listen, learn, and honor those who have worn the uniform.



SIMPLE SUMINAGASHI

BRADLEY M. OLSON

WEDNESDAY, NOVEMBER 12
5-6:30 PM

DOUDNA FINE ARTS CENTER
RM 2690
1860 7TH ST
CHARLESTON, IL 61920

MEMBERS \$45
NON-MEMBERS \$50
EARLY BIRD PRICING \$40
(OCT 20)

REGISTER BY NOV 5

LIMITED SEATING



GO.EIU.EDU/SUMINAGASHI

This session will teach you the basics of suminagashi, a Japanese printmaking method for marbling paper with just ink, water, and a little bit of soap. This highly meditative and always unique process will help calm your mind and create one-of-a-kind prints at the same time.



SIMPLE HANDMADE BOOKS FOR WRITERS, GARDENERS, ARTISTS & NATURALISTS

JAMIE WILLIS

**WEDNESDAY, NOVEMBER 12
4-5:45 PM**

**CHARLESTON CARNEGIE
PUBLIC LIBRARY
CRAFT ROOM
SIXTH ST & VAN BUREN AVE
CHARLESTON, IL 61920**

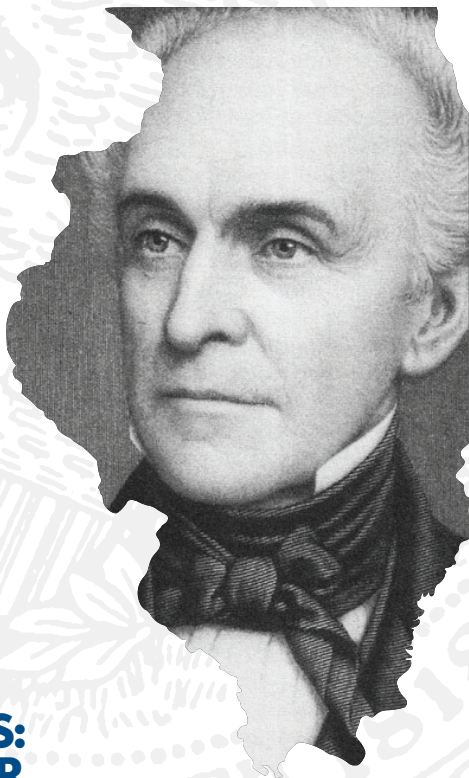
**MEMBERS \$5
NON-MEMBERS \$10**

REGISTER BY NOV. 7

**AGES: 8 AND UP
ELEMENTARY STUDENTS
MUST BE WITH AN ADULT.**

Learn some simple book-making techniques that require few materials and easy to learn skills. This intergenerational workshop is for anyone. Participants will assemble a folded book and also a simple stitched binding book. As time permits, we will explore an easy mark-making studio activity to get those pages started.

All supplies provided by the instructor.



EDWARD COLES: THE GOVERNOR WHO SAVED ILLINOIS FROM BECOMING A SLAVE STATE

CHARLES TITUS

**WEDNESDAY, NOVEMBER 19
4-5 PM**

**CHARLESTON CARNEGIE
PUBLIC LIBRARY
ROTARY ROOM AB
SIXTH ST & VAN BUREN AVE
CHARLESTON, IL 61920**

**MEMBERS \$5
NON-MEMBERS \$10**

REGISTER BY NOV. 17

Join us for an engaging 60-minute program that delves into the pivotal role Governor Edward Coles played in preventing the legalization of slavery in Illinois. Learn how his leadership and advocacy helped shape the state's early identity and preserved its free-state status.

A NORMAN ROCKWELL CHRISTMAS BOUQUET

SHELLY L. WILLIAMS

TUESDAY, DECEMBER 2
7-8 PM

BUZZARD HALL
RM 1302
1920 9TH ST
CHARLESTON, IL 61920

MEMBERS \$35
NON-MEMBERS \$45

REGISTER BY NOV. 28

NOTE: ACTUAL FLOWERS
MAY DIFFER BASED ON
AVAILABILITY



Many of Norman Rockwell's illustrations have a Christmas theme, which evokes a sense of nostalgia and whimsy. His work still resonates with viewers to this day because of the quaint view of the holidays and December which they portray. Here we try to copy that look and feel.

The instructor also provides flower identification, flower meanings, handling and care instructions.

CLASS INCLUDES:

- Demonstration & instruction by professional designer
- 1 ceramic floral container
- Fresh seasonal and premium flowers and greenery — overall color palette of red, white and green
- Design tools
- Transportation bag for the arrangement
- Clean up

LITERARY DIVAS

DATE	READINGS	AUTHOR	PGS.	AUDIO BOOK LENGTH	FACILITATOR
8/19/25	The Briar Club	Kate Quinn	432	15:00	Marita
9/2/2025	Good Night, Irene	Louis Alberto	416	13:29	Diana
9/16/25	Zeitoun	Dave Eggers	368	8:47	Bonnie
9/30/25	The Frozen River	Ariel Lawhon	448	15:8	Deanna
10/14/25	Sing, Unburied, Sing	Jesmyn Ward	289	9:6	Melanie
10/28/25	The God of the Woods	Liz Moore	496	14:38	Ann
11/11/25	Weyward	Emily Hart	416	10:55	Robin
11/25/25*	James	Percival Everett	320	7:52	Edrianne
EVENT	LOCATION				DATE
End of Year Soirée	TBD				12/9/25

* If too few people can attend, we'll move the date to December 2.

ALTERNATE TUESDAYS 3:30–5 PM

BUZZARD HALL
RM 1441
1920 9TH ST
CHARLESTON, IL 61920

MEMBERS FREE
NON-MEMBERS \$5

Good vs. Evil? Revenge? Hubris?
Justice? Survival? Whodunit mysteries?
What book names are most compelling
to you? Our informal group suggests
the books for reading and discussion.
We meet on alternate Tuesdays,
discussing one book each meeting.
Please call 217-581-5114 if you are
interested in joining us.

BYOB (bring your own book)!

PAST/FORWARD MEMOIR WRITING GROUP

JUNE HAYDEN

DAY GROUP:
AUG 22, SEPT 26, OCT 31 NOV
21 AND DEC 12

1-3 PM

**CHARLESTON CARNEGIE
PUBLIC LIBRARY ROTARY ROOM
SIXTH ST & VAN BUREN AVE**

DAIVA MARKELIS

EVENING GROUP:
AUG. 19, SEPT 9, OCT 14,
NOV 11 AND DEC 9

6-8 PM

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



Memoirs are memories written in a story form. They may be events from childhood, things you learned from a job or a mentor, or an experience that strikes you as thought-provoking. This group welcomes new members who have an interest in writing and developing their skills. Additional questions about this group can be sent to June Hayden at jhayden529@gmail.com or to Daiva Markelis at dmmarkelis@eiu.edu.





Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

A WALK IN THE WOODS – NATURE & HEALTH

DIANA GLOSSE, EXTENSION
MASTER NATURALIST
JENNY LEE, EXTENSION
PROGRAM COORDINATOR

WEDNESDAY, SEPTEMBER 3
10 AM

WALNUT POINT STATE PARK
2331 EAST CR 370 N.
OAKLAND, IL 61943

**FREE & OPEN TO THE PUBLIC.
DONATIONS APPRECIATED.**

Register at go.illinois.edu/walknwoods.
Registration is preferred but not
required. Donations appreciated.



A BOTANICAL EVENING IN THE GARDEN

JENNY LEE, EXTENSION
PROGRAM COORDINATOR

THURSDAY, SEPTEMBER 11
5:30-7 PM

RAIN DATE: SEPT. 25

**SATURDAY FIELD DAYS:
AUGUST 30 & SEPTEMBER 13
9 AM-1 PM**

IDEA GARDEN
SARAH BUSH LINCOLN HOSPITAL
1000 HEALTH CENTER DRIVE
MATTOON, IL 61938

Register at go.illinois.edu/botanicalevening



MASTER NATURALIST TREE FEST

JENNY LEE, EXTENSION
PROGRAM COORDINATOR

SATURDAY, SEPTEMBER 27
9 AM

RAIN DATE: SEPT. 25

**SATURDAY FIELD DAYS:
AUGUST 30 & SEPTEMBER 13
9 AM-1 PM**

DOUGLAS-HART NATURE CENTER
2204 DEWITT AVE E
MATTOON, IL 61938

Register at go.illinois.edu/MNTreeFest



BECOME A FRIEND OF THE ACADEMY

Lifelong learning plays a vital role in building healthy, vibrant communities. It fosters civic engagement, strengthens social connections, and cultivates a culture of curiosity and growth.



The Academy of Lifelong Learning relies on the generosity of supporters like you. We are deeply grateful to those who have contributed in the past and hopeful that you will continue to invest in our mission. Without your generous support, the realization of our educational initiatives would not be attainable.

Your support is essential to enriching lives through accessible, high-quality learning opportunities. You can also create a lasting impact by including the Academy in your estate planning. A legacy gift in your will helps ensure that future generations will benefit from the programs we offer.

PICK YOUR DONOR TIER

To make your donation, go online to go.eiu.edu/donateacademy or complete and return the printed form on page 41 to support the Academy of Lifelong Learning. Below, you'll find a description of donor benefits by tier.

	ACADEMY MEMBERSHIP	COMPLIMENTARY PARKING PASS	ACADEMY PRICING	RECOGNITION IN NEXT PROGRAM GUIDE	RECEIPT FOR TAX-DEDUCTIBLE DONATION	BRING ONE FRIEND TO A SET NUMBER OF PROGRAMS	FREE ACCESS TO A SET NUMBER OF PROGRAMS	% DISCOUNT AFTER FREE ACCESS ENDS
DOCTORATE \$2,500+	●	●	●	●	●	4	6	25%
MASTER \$1,000+	●	●	●	●	●	2	5	20%
BACCALAUREATE \$750+	●	●	●	●	●		4	20%
ASSOCIATE \$500+	●	●	●	●	●		3	15%
UNDERGRADUATE \$250+	●	●	●	●	●		2	10%
ENROLLEE \$100+	●	●	●	●	●		1	5%

All contributions are tax-deductible, and if you choose to decline benefits, you may be eligible for a full 100% tax deduction.

ACADEMY OF LIFELONG LEARNING

FRIEND OF THE ACADEMY DONATION FORM

I WISH TO MAKE A DONATION IN SUPPORT OF
THE EIU ACADEMY OF LIFELONG LEARNING.

Name _____

Home Mailing Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

EVERY DOLLAR COUNTS. EVERY DONATION IS APPRECIATED.
PLACE AN (X) IN THE DONOR TIER OF YOUR CHOICE BELOW.

- | | | | |
|---|---------|---|--------|
| ☐ Doctorate | \$2500+ | ☐ Associate | \$500+ |
| ☐ Master | \$1000+ | ☐ Undergraduate | \$250+ |
| ☐ Baccalaureate | \$750+ | ☐ Enrollee | \$100+ |

PAYMENT INFORMATION

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

ONLINE: Make your donation at go.eiu.edu/donateacademy

PHONE: Make your donation by phone by calling 217-581-5114.

TOTAL ENCLOSED: _____

- ☐ I wish to opt out of benefits to receive a 100% tax deduction.
See page 38 for a complete list of donation benefits.



ACADEMY OF LIFELONG LEARNING EVENT REGISTRATION

+ EVENT CONSISTS OF MULTIPLE SESSION DATES. SEE EVENT DESCRIPTION.

SIGN UP ONLINE OR MAIL IN YOUR EVENT REGISTRATION PAPERWORK AS SOON AS POSSIBLE.

Complete and return both sides of this form. Please print.

Please place an (X) next to the events you wish to attend in the boxes provided on the reverse side of this form. When registering multiple persons, add the number of attendees for each event you've selected, including yourself.

Name _____

Home Mailing Address _____

City _____

State _____

ZIP _____

Phone _____

Email _____

PAYMENT INFORMATION

CHECK: Mail in your completed registration form with a check made payable to EIU to:

ACADEMY OF LIFELONG LEARNING
600 LINCOLN AVENUE
CHARLESTON, IL 61920

ONLINE: Sign up for events at go.eiu.edu/programguide



ACADEMY OF LIFELONG LEARNING EVENT REGISTRATION

+ EVENT CONSISTS OF MULTIPLE SESSION DATES. SEE EVENT DESCRIPTION.

# (X) ATTENDING	DATE(S)	EVENT NAME	MEMBER	NON-MEMBER	EARLY BIRD	SCHOOL PRICING (GRADE RESTRICTED)
DOUDNA EVENTS						
☐ ____	09/12/25	Dvořák' In America	\$20	\$25		
☐ ____	09/20/25	Six Appeal	\$20	\$25		

# (X) ATTENDING	DATE(S)	EVENT NAME	MEMBER	NON-MEMBER	EARLY BIRD	SCHOOL PRICING (GRADE RESTRICTED)
ACADEMY EVENTS						
☐ ____	08/22/25	Third Annual Fall Weenie Roast				
☐ ____	09/04/25*	The Tai Chi	\$30	\$40		
☐ ____	09/15/25	Your Community's Health And Why It Matters	\$5	\$10		
☐ ____	09/15/25*	Brick By Brick For Bright Minds				\$25
☐ ____	09/15/25	Stitching Memories				
☐ ____	09/16/25	Vincent Van Gogh Sunflowers Bouquet	\$20	\$30		
☐ ____	09/16/25*	Bee-Bots In Action				\$25
☐ ____	09/17/25*	Prime Time Lego Masters				\$25
☐ ____	09/18/25	Blue Aura Designs: Repurposing Fabric	\$5	\$10		
☐ ____	09/24/25	Paint On Canvas – Under The Night Sky				\$30
☐ ____	09/25/25	Blue Aura Designs: Repurposing Fabric Into Clothing	\$5	\$10		
☐ ____	10/01/25	Paint On Canvas – Study Of Basquiat				\$30
☐ ____	10/08/25	Paint On Canvas – Boogie With Billy	\$30	\$40		
☐ ____	10/14/25	Explorations In Watercolor	\$50	\$60	\$45	
☐ ____	10/24/25	The Art Of Collage	\$20	\$30		
☐ ____	10/27/25	Question, Persuade, Refer – QPR	\$6	\$8		\$5
☐ ____	11/04/25*	Yoga For Balance And Grounding	\$30	\$40		
☐ ____	11/10/25	Voices Of Valor: 250 Years Of Army And Marine ...				
☐ ____	11/12/25	Simple Suminagashi	\$45	\$50	\$40	
☐ ____	11/12/25	Simple Handmade Books For Writers, Gardners ...	\$5	\$10		
☐ ____	11/19/25	Edward Coles: The Governor Who Saved Illinois ...	\$5	\$10		
☐ ____	12/02/25	A Norman Rockwell Christmas Bouquet	\$35	\$45		

TOTAL ENCLOSED: _____

What is School Pricing? We're glad you asked! We have several new events scheduled this year for students in our area. These introductory programs are reserved for students in specific grades at specific schools, and the events themselves will be held at their schools after the closing bell. The price for these events are covered by, you guessed it, School Pricing. We hope this clears up any confusion.



VOLUNTEER WITH THE ACADEMY

ACADEMY OF LIFELONG LEARNING VOLUNTEER FORM

The Academy of Lifelong Learning deeply values the generous contributions of time and talent from our community. We welcome volunteers to help lead or assist with workshops and classes, take attendance, and support events as ushers. If you're interested in

volunteering, please complete the form below or contact the Academy of Lifelong Learning at academy@eiu.edu or call 217-581-5114. We'll reach out by email or phone when an opportunity arises.

Thank you for your support!

Name _____

Home Mailing Address _____

City _____

State _____

ZIP _____

Phone _____

Email _____

WHAT TYPES OF OPPORTUNITIES ARE YOU INTERESTED IN?

**SEND COMPLETED
FORM TO**

ACADEMY OF LIFELONG LEARNING
EASTERN ILLINOIS UNIVERSITY
600 LINCOLN AVE
1320 BUZZARD HALL
CHARLESTON, IL 61920



SPONSORSHIP COSTS AND BENEFITS

UNDERWRITING PACKAGES

VALUE OF UNDERWRITING

Underwriting the Program Guide provides valuable exposure to a highly-engaged audience. Your support helps us continue offering noncredit educational opportunities and enriches the community. In return, your business gains visibility and demonstrates its commitment to lifelong learning and community development.

NOTE: As a non-profit organization, these recognitions are not advertisements. Instead, they serve to acknowledge the support of our underwriters, promoting community engagement and goodwill.

PAGE SPECIFICATIONS

PAGE SIZE: 5.5" x 8.50"

BINDING: Saddle-stitched

SPOT SUBMISSION GUIDELINES

- Ads should be submitted as high-resolution (300 dpi) PDFs or JPEGs
- Full-page ad dimensions: 5.50" x 8.50"
- Half-page ad dimensions: 5.50" x 4.25"
- Submission deadline: November 1, 2025

DISTRIBUTION

The Program Guide will be distributed in print and digitally. Print copies will be available at community centers, libraries, local businesses, and EIU events. Digital copies will be accessible through our website.

CONTACT INFORMATION

For more information, or to submit your underwriting agreement, please contact:

Md Sakib
Program Assistant
School of Extended Learning
217-581-5114
mnsakib@eiu.edu

SPONSORSHIP PACKAGES

SEE YOUR BUSINESS IN THE PROGRAM GUIDE

PLATINUM SPONSOR: \$3,000

- Full-page underwriting spot on the inside front cover
- Prominent acknowledgment in the “Thank You” section
- Social media shout-out and website feature
- Option to mention your business/organization at one of our events

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- Full-page underwriting spot on the inside back cover
- Acknowledgment in the “Thank You” section
- Social media shout-out and website feature
- Option to mention your business/organization at one of our events

SILVER SPONSOR: \$1,000

- Full-page ad within the guide
- Acknowledgment in the “Thank You” section
- Social media shout-out and website feature
- Option to mention your business/organization at one of our events

BRONZE SPONSOR: \$500

- Half-page ad within the guide
- Acknowledgment in the “Thank You” section
- Social media shout-out and website feature
- Option to mention your business/organization at one of our events



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