

# Golden Opportunities

VOLUME 17, NUMBER 10

THE NEWSLETTER FOR SOUTHERN ILLINOIS LEARNING IN RETIREMENT (SILIR)

JUNE 2014

## June 18 MEETING

### Location:

Dunn Richmond Economic  
Development Center  
150 E Pleasant Hill Road,  
Carbondale

- 9:30 Coffee Social Hour
- 10:30 Meeting and Program

### SILIR Volunteers for this event include:

**Greeters:** Gayle Klam, Lilly Crane, Marianne Lather

**Chair:** Gary Hartlieb

## AT A GLANCE

### Monthly Meetings:

July—No meeting  
August 20, 2014



## June Speakers:

### Dr. Betty Montgomery & Dr. Barb Shiplett “Maintaining Independence: Seniors on the Go”

Older adults represent one of the fastest growing segments of our population. Even though they are staying healthier and living longer, when asked what they fear most about growing older the number one response is “loss of independence.” So, if our population is living longer, what can be done to insure that independence? Betty and Barb will share a strategy to help the older adult improve their overall wellbeing so they can continue living an active lifestyle.



**Dr. Barb Shiplett**, a Carbondale native, received her M.S. in Physical Therapy from the Washington University School of Medicine and her Ph.D. from the SIU Department of Health Education and Recreation. She is currently a PT at the SIU Student Health Service and serves as a clinical instructor for the PTA program.

**Dr. Betty Montgomery** received her M.Ed. in Physical Education and Recreation from the University of North Carolina and her Ed.D. in Adult Continuing Education from Northern Illinois University. She is the former Director of the Recreation Center at NIU and is retired faculty from the Department of Health Education and Recreation at SIU.



## IT'S TIME TO RENEW MEMBERSHIP DUES!

*Dues are to be paid by July 1*



### Three easy ways to renew!

- ◆ Mail registration form and payment to Continuing Education and Outreach
- ◆ Call Continuing Education and Outreach at 618-536-7751
- ◆ At the June monthly meeting (with check or credit card only—NO cash!)

**Membership Fee—\$ 25**

## Annual August Luncheon August 20, 2014

Pasta Salad, BBQ Glazed Chicken, Oven Roast Potatoes, Seasoned Green Beans, Sweet Peas & Onions, Dinner Roll & Dessert Choice

**Registration Fee: \$10.00**

**Register by August 13, 2014!**



**SILIR Summer Courses—*limited spaces still available!***

**Master Your iPhone**

**Instructor: Gary Hartlieb**

Tuesday, June 10 & Thursday, June 12

9:30—11:30 a.m.

Carbondale Township—217 East Main St., Carbondale



The two-day (4 hour) class will focus on understanding the functions of the iPhone. Participants will be able to ask questions and receive hands-on experience. Please bring an iPhone to class if you have one. **Registration Fee: \$5.00**

**Editing Photos in iPhoto**

**Instructor: Gary Hartlieb**

Tuesday, June 17 & Thursday, June 19

9:30—11:30 a.m.

Carbondale Township—217 East Main St., Carbondale

Participants will learn to use the advanced features of iPhoto and will be urged to bring their photos and devices to class for hands-on experience. Please bring an iPhone, iPad, or Mac computer to class if you have one. **Registration Fee: \$5.00**

**Introduction to TED Talks**

**Instructor: John Pohlmann**

Wednesday, June 25

1:30—3:30 p.m.

Carbondale Township—217 East Main St., Carbondale

This brief seminar will view and discuss three 20-minute videos from the TED Talk series: Stephen Hawking, “Questioning the Universe”; David Christian, “The History of our World in 18 Minutes” and Niall Ferguson, “The Six Killer Apps of Prosperity.” There will be a brief orientation to each video then we will watch the video and end with a class discussion.

**Registration Fee: \$5.00**

**Liking Facebook**

**Instructors: John & Mary Pohlmann**

Thursday, July 24

1:30—3:30 p.m.

Carbondale Township—217 East Main St., Carbondale



This brief course will give an overview of Facebook, one of the most popular social networking tools. We will show students how to start an account and use Facebook for sharing comments, photos, videos, playing games and much more. Students should bring their laptop computers and/or internet devices. Students will need digital photos of themselves stored on their laptop or internet device. **Registration Fee: \$5.00**

**Expanding Earth Theories**

**Instructor: Dave Christensen**

Wednesday, June 11, 9:00—11:00 a.m.

Carbondale Township—217 East Main St., Carbondale



An exploration of Earth’s evolution in the solar systems, with special attention to Australian geologist James Marlow’s theory, as demonstrated by global maps and models.

**Registration Fee: \$5.00**

**Fall Session Course Preview**

***Fall Session I: September 8—October 10***

- ◆ This Apocalyptic Century
- ◆ A Skeptic Needs Scripture
- ◆ Introduction to Geology
- ◆ Plus more in the works!

***Fall Session II: October 13—November 14***

- ◆ The Middle East
- ◆ Mid-Term Elections
- ◆ Technology & the Evolution of American Entertainment
- ◆ Plus more in the works!

What will you learn



today?

**More details and registration options will be available in the August newsletter.**



# REGISTRATION FORM

•Please fill out and send entire form with payment. •

## SILIR REGISTRATION FORM (PLEASE FILL IN YOUR NAME AND ADDRESS.)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 E-mail Address \_\_\_\_\_

**(15E0901901) Annual Membership Dues (July 1, 2014—June 30, 2015).....\$25 x \_\_\_\_\_ = \_\_\_\_\_**

*If paying for more than one person's membership dues, write their name here:* \_\_\_\_\_

**(15E0901906) August Luncheon.....\$10 x \_\_\_\_\_ = \_\_\_\_\_**

*If paying for more than one person's luncheon fee, write their name here:* \_\_\_\_\_

### LIR Course Cancellation/Refund

**Policy:** There are no refunds issued for Learning in Retirement courses; however, if you will be unable to attend a course you've registered for, please call Continuing Education and Outreach at 536-7751 so that they may cancel your registration. There may be people on the waitlist that would love to fill the spot. Thank you for your consideration of others!

### SUMMER COURSES

**(14E0901935) Master Your iPhone.....\$5 x \_\_\_\_\_ = \_\_\_\_\_**

**(14E0901936) Editing Photos in iPhoto.....\$5 x \_\_\_\_\_ = \_\_\_\_\_**

**(14E0901937) Introduction to TED Talks.....\$5 x \_\_\_\_\_ = \_\_\_\_\_**

**(14E0901938) Expanding Earth Theories.....\$5 x \_\_\_\_\_ = \_\_\_\_\_**

**(15E0901904) Liking Facebook.....\$5 x \_\_\_\_\_ = \_\_\_\_\_**

**Amount Enclosed \$ \_\_\_\_\_**

### LEARNING IN RETIREMENT PROGRAM WAIVER

DISCLAIMER: I do not hold Southern Illinois Learning in Retirement or Southern Illinois University, or their representatives, responsible for any injury that may occur during an SILIR program in which I participate during 2014-2015.

Signature \_\_\_\_\_ Date \_\_\_\_\_

My signature confirms that I have read and understand the activity level of any trip sponsored by Learning in Retirement and accept the risks and conditions of the trip. I am aware that some trips may encounter rough terrain and closed-toe shoes will aid in maintaining my safety.

*Please submit a check payable to "SIU Carbondale" or provide your credit card information below.*

Credit Card Number \_\_\_\_\_ Exp. \_\_\_\_\_

Name on Card \_\_\_\_\_

Email (for receipt): \_\_\_\_\_

**Mail form to: Continuing Education and Outreach, 1255 Lincoln Drive, Mail Code 6705, Carbondale, IL 62901 or call CEO Registration at 618-536-7751 to register with your credit card information.**

Continuing Education and Outreach  
Mail Code 6705  
Southern Illinois University Carbondale  
1255 Lincoln Drive  
Carbondale IL 62901

---

**Non-Profit Org.**  
U.S. Postage  
PAID  
Permit NO. 15  
Carbondale, IL

---

## WHAT WILL YOU LEARN TODAY?



Visit the SI Learning in Retirement web page at:  
[www.dece.siu.edu/index.php/personal/250-silir](http://www.dece.siu.edu/index.php/personal/250-silir)



### INSIDE THE JUNE NEWSLETTER!

- ◆ June Monthly Meeting:  
Dr. Betty Montgomery and  
Dr. Barb Shiplett
- ◆ August Luncheon Registration
- ◆ Preview of fall session courses
- ◆ Membership dues renewal—pay  
by July 1