

REGISTRATION FORM

Please indicate order of preference by 1 (first choice) or 2. Complete this form and return it along with a \$20 registration fee payable to Spoon River College.

- 8:45 am Check-in
- 9:00am Opening Remarks
- 9:30am Session I Choice
_____ New Beginnings
_____ Who and Why I Am
- 10:30am Session II Choice
_____ Looking for Light
_____ iPhone/iPad Tips
- 11:30am Boxed Lunch
Catered by Babe's on Plum
(turkey/cheese sandwich, veggies, chips, dessert, and water to drink)
- Lenten request _____ Egg Salad
- Dietary restriction

- 12:20pm Session III Choice
_____ Eating Healthy
_____ Daughters of the Steppes
- 1:20pm Closing Presentation
_____ Downtown Havana

Thank you to our sponsors!

City of Havana
Country Financial - Nathan Turner
Havana National Bank
Havana Public Library
Hurley Funeral Home
Josh Peterson – State Farm
Mason District Hospital
Mason District Hospital:
Home Health
Petefish, Skiles & Co. Bank
TBK Bank
The Lodge at Manito
Wolters Drug Store

Questions?

Contact conference coordinator
Stephanie Howerter

(309) 543-4413
stephanie.howerter@src.edu

Spoon River College - Havana
324 E. Randolph, Havana, IL 62644

Lifelong Learning Conference



Friday, March 15, 2019
9:00am – 2:15pm

Spoon River College
Havana Center

Fee: \$20
includes conference sessions and lunch



Taking You Where You Want To Go

Session Topics

Check-in: 8:45am - 9:00am

Session I: 9:30am—10:20am

New Beginnings

The newly named Christian Ducks Learning Pond is a well-established daycare and preschool.

Brenda Davenport-Fornoff will educate you on what it took to make all the new changes possible. And it is certainly worth “quacking” about!

Who and Why I Am

Are you an ESTP or an INSJ? Not sure?

Allow **Mayor Brenda Stadsholt** to help you discover what your personality type is by taking the Myers-Briggs Personality Indicator and learn how your personality affects your daily interactions with those around you.

Session II: 10:30am—11:20am

Looking for Light: The Golden Age of American Photography

Join **Brooks Carver** as he relates stories of some of the greatest American photographers, shows samples of their work, and shares little-known facts about them. Featured photographers include Ansel Adams, Dorothea Lange, Robert Capa, Margaret Bourke-White, Alfred Stieglitz and others.

Tips & Tricks: iPhone or iPad

Have an iPhone or iPad but not comfortable with it? **Erin Orwig, SRC**, will go over some basic settings for your device and help you use your device more efficiently with some tips and tricks. Please bring your device to this session. (Unfortunately this session is not for Android users.)

Lunch 11:30am—12:10pm

Session III: 12:20pm—1:10pm

Eating healthy – where do I start?

What about new ideas of intermittent fasting, periodic fasts, time-restricted eating? What does all this mean and are these dietary changes safe? If I have diabetes, heart disease, gastric issues can I still follow one of these diets? **Gail Behrends, MSN, RD** and **Nancy Fleenor, FNP-BC, CDE** will present the best medical evidence on developing your best eating and living healthy habits.

Daughters of the Steppes: the Night Witches of World War II

The Soviet Night Witches were the most extraordinary female fighting force during WWII. **Brooks Carver** will discuss these 28-23 year-old women who became the first in the world to fly combat missions. The pilots of these first “stealth bombers” were among the most feared pilots by the Germans during the war, were some of the most highly decorated regiment in the Soviet Air Force, AND, there was no witchcraft involved!

Session IV: 1:20pm—2:10pm

Downtown Havana: What’s next?

Erik Reader and **Todd Thompson** of 353 Court, LLC provide an overview of the revitalization efforts for downtown Havana. They’ll discuss how the plans are proceeding and what’s next for the project.

Seating is limited so please register EARLY!

Registration deadline is Friday, March 8th.

PLEASE PRINT

Name: _____

Address: _____

City, Zip: _____

Day phone: _____

Date of birth: _____

Email: _____

By providing your email address, you are agreeing to receive updates from SRC regarding upcoming offerings.

Mail your completed registration and payment of \$20 to:

Spoon River College - Havana Center
324 E. Randolph
Havana, IL 62644
Attention: Stephanie Howerter