

Spoon River College
Attn: Andrea Barbknecht
Office of Community Outreach
23235 N. Co. Hwy. 22
Canton, IL 61520



Register by phone: (309) 649-6260
or by e-mail at andrea.barbknecht@src.edu

Resource Fair Sponsors:

- MidAmerica National Bank
- Advanced Rehab & Sports Medicine
- The Salvation Army
- Visiting Angels Living Assistance
- Western Illinois Home Health Care
- Canton Main Street/Art on Main
- The Clayberg Fulton County Nursing
& Rehabilitation Center
- Courtyard Estates of Canton
- Fulton County Housing Authority
- Renaissance Care Center
- Farmington Country Manor
- Canton Family YMCA
- Edward Jones—Greg Glomb

Lifelong Learning Conferences at Other Locations:

- Macomb LLC—October 25
- Rushville—April 26

Special thanks to partner
MidAmerica National Bank
for sponsorship of this program.



Lifelong Learning Conference
(formerly the Retirees Learning Institute)
SRC Canton Campus

*A fun-filled day FOR Lifelong Learners
BY Lifelong Learners!*

*Friday,
April 12, 2019*

\$20 tuition (\$30 after April 5) includes:

- Check-in & Refreshments at 8:00 a.m.
- Keynote Address
- Resource Fair
- Lunch
- Three Break-Out Educational Sessions

LOCATION:
Spoon River College
Conference Center, Engle Hall-Canton Campus
23235 N. Co. Hwy 22
Canton, IL 61520

Spoon River College & MidAmerica National Bank
present the 25th Lifelong Learning Conference
Spring 2019!

SESSION TOPICS (please choose one topic from each session)

Check-In: 8:00-8:30 a.m.

Opening Remarks: 8:40 a.m.

Keynote: 9:00-9:50 a.m.

Abraham Lincoln: Technologist-in-Chief

While many saw Abraham Lincoln as a country bumpkin, few knew that our sixteenth president was on the cutting edge of technology. Lincoln utilized many "firsts" in modern day technology during his presidency and in his efforts to end the Civil War. **Rick Klinedinst's** session will boost your knowledge of how Lincoln's innovations led to the technologies we employ today.

This spring, we'll be collecting items for the **Student Food Pantry at SRC**. Needs include:

- | | |
|---|---------------|
| Microwaveable meals (that don't need refrigeration) | Peanut Butter |
| Canned chicken/tuna | Soups |
| Mac & Cheese/pastas and sauces | Oatmeal |
| Trail mix/granola bars/cereal bars | |
| Canned fruit/fruit cups | |

Nationally, 48% of college students report being food insecure. This means that they either don't know where their next meal is coming from or don't have access to a nutritious diet. In attempt to combat food insecurity among SRC students, the Learning Resource Centers on the Macomb and Canton campuses offer emergency food pantries. Students can visit the LRC food pantries anytime during normal hours of operation. The pantries provide microwavable meals, items to make complete meals, and snack items. When a student visits an LRC food pantry they don't only get food, but also information on local food pantries and/or help applying for food assistance through SNAP.



Session I: 10:00-10:50 a.m.

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

In case you missed it last Fall, the Soviet Night Witches were the most extra-ordinary female fighting force during WWII. **Brooks Carver** will discuss these 18-23 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 among the most highly decorated regiments in the Soviet Air Force, AND, there was no witchcraft involved! And check out Brooks' new book!

1692 Salem Witch Trials

Were these trials based on black magic, superstition, religion, politics, or just plain greed? Join **Cathy Harris** to examine the many facets and personalities of this American atrocity.

Connect the Dots with DNA

How does DNA help your genealogy research? What are the differences between 23andMe and Ancestry DNA? **David Barbknecht** will guide you through the complexities of DNA and how it is used in genealogical research, as well as the game-changing DNA results now available through Ancestry.

Healthy Meals for Two

Do you have an Instant Pot? Or are you thinking about getting one? This new version of a pressure cooker is safe and easy to operate. **Erin Orwig** will share basic terminology, accessories, and healthy recipes for two.

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SESSION TOPICS (continued)

Session II: 12:30-1:20 p.m.

Victoria and the Royal House of Hanover

Returning to historical subjects, **Stan Ransom** presents the third in his series of royal families that have ruled England with the Hanovers, which includes Queen Victoria, the subject of a PBS mini-series. The kings of this family careened the monarchy toward destruction until a tiny, teenaged girl restored respect for the crown.

Antique & Unique Keys

Keys have played an important role in our lives throughout history. **Jim Morgan** will discuss some key history, types of keys including brass keys, prison keys, railroad keys, and many more. You'll enjoy seeing examples of these keys and learning about this topic—which you may not have thought about before!

Mindful Strength and Balance

Do you want to stay limber and flexible? Do you want to keep strong balance to prevent injury? Yoga is the practice of specific postures, breathing techniques, and meditation to attain the highest level of consciousness. Join **Lindsey Larson** to learn moves and techniques that you can do on your own to stay as healthy as possible in mind, body and spirit. This is a gentle practice suited for beginners.

Create Your Own Note Cards

Join local artist and SRC Outreach instructor **Mary Ellen Carver** to learn, step-by-step, how to create your own watercolor note cards. You'll learn how you can print your designs from your own printer or send the originals to someone special!



Session III: 1:30-2:20 p.m.

Decorating Desserts with Fresh Flowers

Discover the beautiful combination of flowers and food for all occasions, as well as the safety precautions! Prepare yourself for something delectable from **Christine Wright**, a Lifelong Learning Conference favorite!

Canton's Pride: Our Industries, Then & Now

A variety of industries have been responsible for Canton's growth and vitality since its founding in 1825. The Canton Area Heritage Center focuses on significant industries with pride, mission and artifacts. Videotaped segments at the museum will complement stories and answers offered by **Joe Stone, Phil Gregory, Jim Morgan, Jack Pollitt, Debbie Stephenson, Cheryl Bielema, and Mike Walters** in this informative session!

Caring for our Four-Legged Friends

Our pets are often our greatest sources of enjoyment. How can we keep them healthy and well groomed? **Dr. Sarah Phipps** will offer some tips on best food and treats, grooming techniques, and other ways that we can keep our beloved pets healthy.



GOING GREEN! Feel free to bring a shopping bag to carry with you during your day at the Lifelong Learning Conference! Some of the vendors may also be distributing bags during the Vendor Fair.

Canton Fall Lifelong Learning Conference

Friday, October 11, 2019



Lifelong Learning Conference
Friday, April 12, 2019 from 8:00 a.m.-2:30 p.m.
Questions: Call 309-649-6260

Registration Form (Complete & Return)

Complete this form and return it along with a \$20 tuition fee payable to Spoon River College.

8:00—8:30 a.m. **Registration & Check-in**

8:40 a.m. **Opening Remarks**

9:00-9:50 a.m. **Keynote Address**

Abraham Lincoln: Technologist-in-Chief

Please mark your **1st** and **2nd** choices in each:

10:00-10:50 a.m. **Session I Choices**

- Daughters of the Steppes
- 1692 Salem Witch Trials
- Connect the Dots with DNA
- Healthy Meals for Two

11:00 a.m. **Resource Fair**

11:45 a.m. **Lunch: Soup & Sandwich Buffet**

Vegetarian Request _____

Dietary Restrictions _____

12:30-1:20 p.m. **Session II Choices**

- Victoria and the Royal House of Hanover
- Antique & Unique Keys
- Mindful Strength and Balance
- Create Your Own Note Cards

1:30-2:20 p.m. **Session III Choices**

- Decorating Desserts with Fresh Flowers
- Canton's Pride: Our Industries, Then & Now
- Caring for our Four-Legged Friends



Seating is limited so please register **EARLY!**

Registration deadline is **April 5th!**

If you need special accommodations to participate in this program, or wish to register by credit/debit card by phone, please call (309) 649-6260.

Please feel free to copy and share this brochure with friends.

Please submit **one form per participant** and include your \$20 check (\$30 after April 5th) payable to Spoon River College.

Name _____

Address _____

City _____

State/Zip _____

Date of Birth _____

Day Phone _____

Email _____

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

Mail registration and payment to:

Spoon River College Comm. Outreach
Attn: Andrea Barbknecht
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Canton, IL 61520

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Registration deadline is April 5th! Conference is held at the Canton campus at 23235 N. Co. Hwy. 22