

# The University of Iowa *Lifetime Enrichment Adult Program*

*Learning...On Your Terms*

## **Spring 2012**

### **Dear UI LEAP Members and Friends!**

Laura and I extend a healthy, prosperous, and peace-filled New Year to each of you; a year where we hope you will continue lifelong learning. In this Spring 2012 course guide we want to bring three topics to your attention.

### **New Collaboration**

UI LEAP initiated a collaborative agreement with the Senior College of Greater Des Moines. We would like to thank the UI Division of Continuing Education for introducing us to this program. What does this mean for UI LEAP members? You will notice several courses specifically designed by the Senior College of Greater Des Moines. These courses will provide our members with greater course variety. Likewise the Senior College of Greater Des Moines was interested in several of our programs. These courses (highlighted with an asterisk) are: the ***Mystique of Japan, Sherlock Holmes, and Glimpses of Iowa*** and two sessions of our popular ***Successful Aging: Brain Health for Older Adults***. They will be held in the downtown US Bank Building where they will be disseminated or received from Iowa City or Des Moines. The US Bank Building rooms are spacious and accommodate the instructor, registrants and viewing PowerPoint presentations.

### **Course/Trip Offerings**

At your request, we have planned a weekend trip! We are excited Iowa Lakeside Laboratory is offering a special Earth Day weekend for both UI LEAP and the Senior College of Greater Des Moines members. The lab is the field station of Iowa's state universities and has provided summer classes and research opportunities since 1909. We have planned a

weekend full of activities, tours and special presentations. Closer to home, we have trips to Cedar Rapids, Fairfield and Des Moines. Due to the popularity of our successful aging series we have included more courses devoted to this topic. Several of the classes include: ***Exploration of Human Energy, Fitness over 50 for Life Long Health*** and ***An Introduction to Tai Chi***.

In preparation of a campus-wide community celebration of the 200<sup>th</sup> anniversary of the War of 1812, UI LEAP is pleased to offer the ***Intersection of Art and History in Leo Tolstoy's War and Peace***.

### **Donations**

In early December you may have received an e-mail addressing the importance of donations to continue UI LEAP's financial viability. Your financial donation is very important to our program for two reasons. First, as you may be aware we no longer are supported by the Bernard Osher Foundation. Second, in order for UI LEAP to obtain a University of Iowa Foundation fundraising account, we need to raise \$12,500. With your help we can continue to develop wonderful, enjoyable programs and trips while enabling our program to be financially self-supporting. A donation line for contributions is located on the registration page. We appreciate your support.  
Sincerely,

Virginia Jorstad, MA  
Director, UI LEAP  
[virginia-jorstad@uiowa.edu](mailto:virginia-jorstad@uiowa.edu); 319-384-4566

Laura Scheetz, MS  
Administrative Services Coordinator  
[laura-scheetz@uiowa.edu](mailto:laura-scheetz@uiowa.edu); 319-384-4221

## WHAT IS THE UNIVERSITY OF IOWA LIFETIME ENRICHMENT ADULT PROGRAM?

University of Iowa Lifetime Enrichment Adult Program (UI LEAP), is a program of the UI Center on Aging. UI LEAP is dedicated to building and maintaining a broad community of adult learners age 50+ by providing a wide range of active, life-enhancing learning opportunities for Iowans.

UI LEAP strives to develop educational programming for members to explore contemporary issues, discover new interests, find pathways to civic engagement, and enjoy intellectual stimulation and personal growth. UI LEAP offers programs in a variety of traditional and non-traditional formats, are responsive to members' varying interests and abilities. There are no education or experience requirements, no tests or grades. It's simply your love of learning that counts.



### ADVISORY BOARD AND COMMITTEES

We would like to thank our wonderful volunteers that make up our advisory board and committees, without whom we could not do all of the work that we do!

#### Board President

• **Bonnie Slatton**, Professor and former chair, UI Department of Health and Sport Studies

#### Past President

• **Sam Becker**, UI Foundation Distinguished Professor Emeritus of Communication Studies

#### Advisory Board Members

• **Sandra Heistad**, Former Academic Advisor, UI Academic Advising Center

• **Mary Lea Kruse**, Owner of Artists Concepts, Ltd.

• **Maureen McCormick**, Director of Marketing & Promotions, UI Division of Continuing Education

• **Della McGrath**, Consultant, Della McGrath & Associates

• **John Raffensperger**, Retired Teacher and Coach for Iowa City High School

• **George Wine**, Retired UI Sports Information Director

*Please consider volunteering with UI LEAP. Specifically, we need people with programming ideas and/or experience, fundraising knowledge, or a marketing background. In addition to our advisory board, our current committees which meet about 3 or 4 times per year include Curriculum, Marketing and Membership, and Fundraising.*

## Spring 2012 Courses

### See How Simple Piano Can Be! Level 1

**Date:** Thursdays, March 1 – April 12

No class on March 15 – Spring Break

**Time:** 6:30 pm – 7:30 pm

**Location:** 104 Clinton Street Music 5 (CSM5)

**Class Minimum:** 4

**Cost:** \$80 Members \$95 Non-members

*Course fee includes written materials and a DVD.*

Music is for everyone! In this multi-session

course you will discover your own musicality and learn to play four songs in a variety of styles. In addition, you will improvise and create music at a piano/keyboard. No previous music experience is required! It would be helpful if you had access to a piano or keyboard.

**Marilyn Van Roekel** (see Piano: Level 2 for more information about the instructor)

## See How Simple Piano Can Be! Level 2

**Date:** Thursdays, April 19 – May 24

**Time:** 6:30 pm – 7:30 pm

**Location:** 104 Clinton Street Music 5 (CSM5)

**Class Minimum:** 4

**Cost:** \$130 Members \$145 Non-members

*Note: Cost includes \$50 of course materials per individual*

Level 2 students will continue to be aware of their innate musicality. By building on the strong foundation established in level 1, at least four additional songs are taught. Additional experience in composition and improvisation is also provided. Students will be encouraged to seek out sources of favored music for playing in the accompaniment style. A strongly supportive

learning environment is an important part of the class. Students wishing to continue instruction after completing Level 2 will be given the opportunity.

**Marilyn Van Roekel**

is an associate Simple Music teacher. She has over 25 years of piano teaching experience and currently operates Simple Gifts Studio in Coralville. Marilyn received her equivalency in music therapy from the UI. She enjoys sharing her love of music with others.



## Introduction to Islam

**Date:** Fridays, March 2 – April 13

No class on March 16 – Spring Break

**Time:** 12:30 pm – 1:30 pm

**Location:** 2390 UCC (Executive Board Room)

**Class Size Limit:** 20

**Cost:** \$40 Members \$55 Non-members

Interested in learning more about Islam? This course will cover Islam as a religion, history, religious practices and beliefs, as well as social

and legal institutions of Islam. The course presents basic definitions of key terms and concepts, and provides participants an understanding of the origins, developments, and limits of Islamic civilization.

**Sumeyye Pakdil** is a third year PhD student in the Religious Studies Department. Her interests include the relationship between religion and politics, secularism, nationalism, and the impact of religion on women's representation.

## Recording your Life: Writing a Personal Narrative

**Date:** Mondays, March 19 – April 23

**Time:** 12:00 pm – 2:00 pm

**Location:** 2502B UCC

**Class Size Limit:** 10

**Cost:** \$80 Members \$95 Non-members

Examine and record your unique life experiences through creative writing. People write personal narratives for a number of different reasons. Whatever our own personal motivation, this course will provide us with a supportive and constructive environment to creatively explore our lives on the page. Participants will read inspiring works, respond to writing prompts, talk about effective writing techniques, and receive

constructive feedback, if you wish to share your work with the class.

By the end of the course, you will generate material you may want to consider publishing, or even use as the seed for a book-length memoir.

**Mieke Eerkens** has a BA in Creative Writing from San Francisco State University, an MA in English Literature from Leiden University in The Netherlands, and a pending MFA in Nonfiction Creative Writing from the UI. Her writing has been published in *The Sun Magazine*, *Common Ties*, *Em Literary*, *Moviemaker*, *Res*, and the upcoming anthology *Best Travel Writing 2011*, among other publications.

## The Intersection of Art and History in Leo Tolstoy's *War and Peace*

**Date:** Tuesdays, March 20 – April 24

**Time:** 2:00 pm – 3:30 pm

**Location:** To Be Determined

**Class Size Limit:** 20

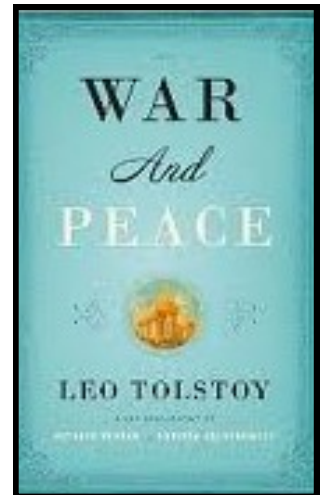
**Cost:** \$55 Members      \$70 Non-members

In preparation for a campus-wide community celebration of the 200<sup>th</sup> anniversary of the War of 1812, UI LEAP offers this exciting introduction into the world of Napoleonic wars, dashing cavaliers and damsels in distress, grandiose imperial intrigues and devastating human tragedies. One of the most human novels ever created, part historical chronicle, part personal narrative, *War and Peace*, leads us into the world of early-19<sup>th</sup> century nobility and peasantry and helps us gain insight into the dawning of the modern, post-French Revolution, European identity. You will read all four volumes of *War and Peace* in 6 weeks. The first class will offer an introduction to the time period, Tolstoy's life and work, and the history of the novel. You will read and discuss one volume per week during weeks 2-5. Week 6 will be set aside for the Epilogues and conclusion. There will be no written

assignments for this class.

NOTE: Should you desire, you can pick up the book Leo Tolstoy, *War and Peace*, translated by Richard Pevear and Larissa Volokhonsky at Prairie Lights. If you purchase the book from another location, ensure you purchase the above translation.

**Anna Barker** teaches classes on 19<sup>th</sup>-century European Literature in the new Division of World Languages, Literatures, and Cultures. She received her PhD in Comparative Literature from the UI in 2002. Every spring she teaches a course on Tolstoy and Dostevsky, fondly known as Tolestoevsky, which covers *War and Peace*, *Anna Karenina*, *Crime and Punishment*, *The Demons* and several shorter works by the two giants of Russian Literature.



## Learning to Use Facebook

### Part 1: Creating an account

**Date:** Wednesday, March 21

**Time:** 5:30 pm – 7:30 pm

**Location:** 2523 UCC Training Room

**Class Size Limit:** 10

**Cost:** \$10 Members      \$15 Non-members

Have you wondered what your kids and grandkids are doing on Facebook all day? Join in on the fun! During this session, learn how to create a Facebook account, establish settings, put up a basic profile, profile picture, and add friends! This is an introductory session for people who "have not yet created an account."

NOTE: *if you have previously established a Facebook account but are having difficulty accessing it, please contact Virginia Jorstad (319-384-4566) in advance of the course.*



### Part 2: I have an account...now what?!

**Date:** Wednesday, April 4

**Time:** 5:30 pm – 7:30 pm

**Location:** 2523 UCC Training Room

**Class Size Limit:** 10

**Cost:** \$10 Members      \$15 Non-members

This session is designed for those who have already created an account. Participants will learn how to upload pictures to an album, write on "walls," create status updates, send messages, and join groups.

**Karla Hurley** has been the Collegiate Webmaster for the College of Public Health for 9 years. She has been a Facebook member for several years and is looking forward to helping you get up to speed with Facebook so you can connect with family and friends.

## Our Town

**Date:** Sunday, March 25

**Time:** 1:00 pm – 4:30 pm

**Location:** Coralville Performing Arts Center

**Class Size Limit:** 20

**Cost:** \$25 Members    \$35 Non-members

*Cost includes ticket and pre-show talk.*

*NOTE: Those who have already purchased tickets for the show, but would like to register for the pre-show talk can do so; call Laura Scheetz at (319-384-4221) for more information.*

Presented by City Circle Acting Company of Coralville and directed by Christopher Okiishi. A few meals, a choir practice, a walk home from school, a wedding, a funeral, a birthday - simple, common events that nevertheless resonate across time and space. Before the start of this Pulitzer-prize winning drama enjoy a pre-show

talk by director Christopher Okiishi.

**Chris Okiishi** has been working with City Circle Acting Company of Coralville since its second season in 1999. He has served as Artistic Core Representative, Producer, Vice Chair and Chair and has directed or co-directed 10 shows, including the musical *The Full Monty* and a production of *Metamorphoses* in the Coralville Aquatic Center outdoor pool. A native of Ames, Iowa, Chris has lived in Iowa City since the floods of 1993 when he came to the UI to study medicine. He spends his days as a practicing pediatric psychiatrist.



## La Belle Ville: A Cultural Overview of Paris

**Date:** Tuesdays, March 27 – May 1

**Time:** 3:30 pm – 5:00 pm

**Location:** 74 Schaffer Hall

**Class Size Limit:** 25

**Cost:** \$65 Members    \$80 Non-members

This course will provide a brief overview of the history, culture, art, literature and social life of Paris while focusing on the major events that led to the creation of the city as we know and see it today. Progressing chronologically from Gallo-Roman Paris to the present, explore continuities and changes in these 2000 years of Parisian history. Students will be introduced to important social, political, religious, literary and artistic movements, as well as the geography and history of the city. Authentic materials such as literature, films and artworks will be used to explore *la belle ville de Paris*. No prior knowledge of French is required for this class.

**Natalie Allen** achieved a MA in French literature and culture in 2006 and has returned to the UI to pursue an interdisciplinary PhD in 19<sup>th</sup> and 20<sup>th</sup> century French Literature and Art History. Her primary interest is in *livers de peintres* and fine

press books printed in France from the 1930s to 1970s. Since 2008, she has been an adjunct faculty member in the Art History and French Departments at Kirkwood Community College.

**Dr. Rebecca Leal** recently completed her PhD in French and Francophone World Studies at the UI. Additionally, she holds a MA in French Literature, a BA in Political Science and French, and an International Business Certificate. She particularly enjoys working with nontraditional students outside of the formal classroom setting.



## Managing Color in the Garden

**Date:** Wednesday, March 28

**Time:** 5:30 pm – 7:30 pm

**Location:** Johnson County Extension Building

**Class Size Limit:** 30

**Cost:** \$10 Members \$15 Non-members

What is the first feature you notice in a garden? Color? That is what most gardeners are drawn to at first glance. This session focuses on how to use color to add visual and emotional impact to a garden. The basics of color will be discussed and applied to creating an artful garden design. Topics will include color basics, design principles, color combinations, developing color

schemes for different seasons, color “tricks”, and perceptual alterations in the garden.

**Dorothy Fowles** is a Johnson County Master Gardener who has years of experience in developing small colorful gardens. As a professor in the College of Design at ISU, Dr. Fowles taught a range of design courses over many years.



## The Life and Times of Sherlock Holmes\*

**Date:** Monday, April 2

**Time:** 1:00 pm – 2:30 pm

**Location:** 201 CEF

**Class Size Limit:** 35

**Cost:** No Charge, Registration Required

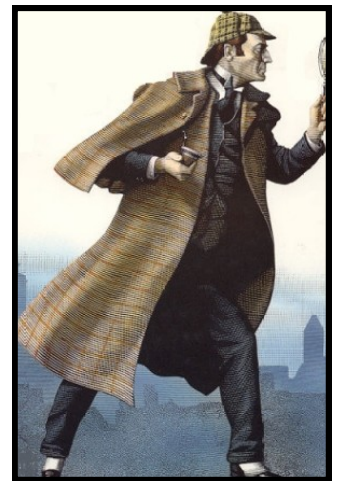
*We are pleased to offer this presentation “free of charge” through sponsorship of Humanities Iowa*

### Sherlock Holmes: a factual or fictitious historical person?

This session will address the history of the world’s best known detective and literary personality, the era depicted, and the respective commercial spinoffs. Dr. Caplan suggests

reviewing the website [www.sherlockian.net](http://www.sherlockian.net) in advance of this session.

**Richard Caplan, MD**, is the author of the book, *Dr. Watson, Mr. Sherlock Holmes*, a member of the Baker Street Irregulars, and founder of the Iowa City fan club called the *Younger Stamfords*, which has met semi-annually since 1988. Dr. Caplan, is a retired faculty member of the UI Carver College of Medicine.



## Reading Like a Writer

**Date:** Mondays, February 20 – April 2

No class on March 12 – Spring Break

**Time:** 4:00 pm – 6:00 pm

**Location:** TBA

**Class Size Limit:** 12

**Cost:** \$75 Members \$90 Non-members

*Cost includes the book Reading Like a Writer.*

We read for enjoyment, entertainment, and inspiration, but what happens when we approach classic texts as fellow artisans and aspiring writers? In this course, we’ll read canonical short

stories and essays by authors such as O’Connor, Carver, Hemingway and Malamud, guided in our explorations of words, sentences, dialogue, character, and details by the brilliant Francine Prose and her book *Reading Like a Writer*. This course focuses on reading and discussion. If you are interested in exploring the nuances of how great writing is crafted, this is the class for you!

**Sandra Allen** is a writer and editor from San Francisco, CA and is currently completing her MFA in Nonfiction Writing at the UI.

## The Mystique of Japan: History, People and Culture\*

**Date:** Thursdays, April 5 – 26

**Time:** 12:30 pm – 2:30 pm

**Location:** 201 CEF

**Class Size Limit:** 35

**Cost:** \$50 Members     \$65 Non-members

Survey the unique culture of Japan by examining the intimacy of the landscape and its people.

Participants will study important moments in Japanese history from Admiral Perry's time, to a

look at contemporary Japanese society and culture.

**Richard Wagner** has taught a variety of history, geography, global studies and honor classes for forty years. He has traveled to Latin America, Europe, China and Japan. Mr. Wagner was part of a Fulbright Scholar Exchange program between Yamanashi Gakuin University and Des Moines Area Community College.

## World War II Discussion Panel

**Date:** Monday, April 9

**Time:** 3:00 pm – 4:30 pm

**Location:** 2189 MERF

**Class Size Limit:** 20

**Cost:** \$10 Members     \$10 Non-members

Join Bob Elliott as he moderates discussion between Wayne DeVries, a Marine during World War II, and Herb Wilson, who grew-up during the war in Chicago and enlisted as soon as he turned 18. Questions focus on 1) what U.S. GIs faced in combat and how they adapted 2) what it was like when our entire nation focused it's hopes, dreams, concerns, and fears on a common objective.

**Wayne DeVries** enlisted in the U.S. Marine Corps when he was 18 years old, January 20, 1943.

Corporal DeVries joined the 4th Tank Battalion as a Private First Class. He was assigned to Company "B" as a tank gunner and radio operator and took part in the Invasion of Kwajalein Atoll,

Marshall Islands, Saipan, Tinian Islands, Marianas Islands and the capture of Iwo Jima and Volcano Islands. After being discharged October 31, 1945, Mr. DeVries received his BS and taught school for two years until returning to his family's South Dakota dairy business in 1951.

**Herbert Wilson** enlisted in the Navy February 1, 1946, the day after his 18th birthday. He spent time at the Great Lakes Naval Hospital and the Adak Alaska Navy Dispensary Clinic. After being discharged in December 1947, Herb received his BSME in 1951 from Purdue and his MBA in 1959 from the University of Chicago. He worked as an engineer and business consultant until 2008.

**Bob Elliott** grew up in Chicago during the war. He enlisted in the Army Reserve in June 1958 and was discharged in December 1958. He received a BA from the UI in 1957, worked for 10 years with a daily newspaper and 30 years at ACT.

## Abraham Lincoln Sculptor Vinnie Ream and her Iowa City Home

**Date:** Wednesday, April 11

**Time:** 2:00 pm – 3:30 pm

**Location:** 2166 MERF

**Class Size Limit:** 20

**Cost:** \$10 Members     \$15 Non-members

Acquaint yourself with the life of Vinnie Ream and explore Iowa City in the first decade of the 20<sup>th</sup> century. In 1866, Congress named Vinnie Ream to sculpt a statue of the esteemed and recently assassinated President Abraham Lincoln. She

was the first woman and youngest artist (aged 18) to ever receive a government commission for a work of art. Today the statue stands in the Rotunda of the U.S. Capitol. She was also chosen to sculpt a statue of the beloved Civil War Governor Samuel Kirkwood.

**Paul C. Juhl** previously taught adult classes: Grant Wood's Clear Lake Summer and the Robert Todd Lincoln and James Harlan Mount Pleasant Memories. Paul received his BA from the UI in History and MA from UNI.

## Nature in Iowa: Natural Communities, Water, and Climate Change

**Date:** Wednesdays, April 11 and 18

**Time:** 4:00 pm – 5:30 pm

**Location:** 2166 MERF

**Class Size Limit:** 15

**Cost:** \$20 Members \$25 Non-members

*NOTE: this class is highly recommended for individuals participating in the Lakeside Labs weekend trip. The class will provide an introduction to the topics of hydrology, native Iowa plant communities, and ecological restoration.*

Few Iowans realize they live in one of the most highly engineered landscapes on Earth. The transformation of our once-diverse prairies and woodlands into expanses of rowcrops has

produced dramatic changes in our landscape, its functions, health, and sustainability. Connie Mutel will describe Iowa's landscape transformation, its impact on our water systems, and the way climate change is now exacerbating our problems.

Though not required, students may enjoy reading Connie's recent books, *The Emerald Horizon-A History of Nature in Iowa*, and *A Watershed year: Anatomy of the Iowa Floods of 2008*.

**Connie Mutel** is the author of several books on Iowa's natural history and environment, and a frequent speaker on these subjects. She is a Senior Science Writer and Archivist at IIHR-Hydroscience & Engineering, and is active in ecological restoration efforts across the state.



## Choosing the Chief:

### Comparing the U.S. & French Presidential Elections of 2012



**Date:** Mondays, April 16 – 30

**Time:** 3:00 pm – 4:30 pm

**Location:** 31 Schaffer Hall

**Class Size Limit:** 15

**Cost:** \$25 Members \$35 Non-members

Compare the history of the presidential election process in these two democracies, the different ways they have of narrowing the field of candidates and the way they each finance elections and count votes. The aim of the course is to explain what makes U.S. elections distinctive, and discuss its strengths and

weaknesses.

**Gerhard Loewenberg** is Professor of Political Science, emeritus, at the UI and director of its Comparative Legislative Research Center. He is the author of *On Legislatures: The Puzzle of Representation*, *Parliament in the German Political System*, co-author of *Comparing Legislatures*, co-editor of the *Handbook of Legislative Research*, and author of numerous other books in political science and articles in professional journals. He earned his PhD from Cornell University.

## The Logic of Your Intuition or How to Raise Your InTuitive IQ

**Date:** Mondays, April 23 and 30

**Time:** 5:30 pm – 7:00 pm

**Location:** 2166 MERF

**Class Size Limit:** 10

**Cost:** \$20 Members \$25 Non-members

Individuals from all walks of life including business people, physicians, athletes, artists, and politicians use intuition. Why? Because it works. Find out what they know and what style of intuition you already have. Learn how to hone

yours in, aiding in decision making and for answering the big questions. In the first session, each participant will identify their intuitive style; when it works best, when it doesn't, and how to improve accuracy. In a logical manner, we will design an experiment for the week between sessions to test what we are learning. The second session, we will discuss the results and consider further methods and techniques for improving accuracy scores. You will receive a reading list, handouts and the InTuitive IQ Quiz will be used.

## The Logic of Your Intuition... (cont.)

**Andreya Schneider**, MEd, has a BA in journalism and political science and master's degree in school psychology. She was a school psychologist for over thirty years and now devotes her time to teaching intuition and coaching for

success/life purpose. Andreya has taught at the Boston Center for Adult Education; BOCES Update New York Continuing Education; Kirkwood Community College Continuing Education, and guest lectured at Boston College.

## 21st Century Taxidermy: The Digital Age

**Date:** Friday, April 27

**Time:** 8:00 am – 10:00 am

**Location:** Joe Meder's Studio, Solon

**Class Size:** 10

**Cost:** \$10 Members \$15 Non-members

At this one session you have the opportunity to view modern taxidermy techniques and how the digital age has influenced the process. Individuals will tour an on-site research facility to view live deer.

**NOTE:** *Please dress for the day and bring your camera!*

**Joe Meder** has been involved in the taxidermy industry for over forty years and operates his own studio in Solon. He serves clients who hunt locally and around the world for their trophies mounting exclusively game heads and life-size mammals,

from North America, Africa, Europe and Asia. Joe has won world and national champion taxidermy awards and has judged and conducted seminars in numerous World and National Taxidermy Competitions, including competitions in Norway, Finland, France, Italy and Austria sponsored by the European Taxidermy Federation.

Joe served as president of the National Taxidermy Association and has received the Award of Excellence given by the association. Both taxidermy and hunting magazines have featured his mounts on their front covers.



## Everyone Has a Story

**Date:** Tuesdays, May 1 – 22

**Time:** 10:00 am – 11:00 am

**Location:** 2156 MERF

**Class Size Limit:** 15

**Cost:** \$25 Members \$35 Non-members

### Session 1: The Personal Story As a Life Guide

Evidence shows an internal story, continuously under revision, is a key element in the development of leadership. Such a story can also be a plan and guide to a successful life. This session will set the stage to understand the power of internal stories and provide a model to understand such stories.

**John Langhorne** and his wife Mary Jo came to Iowa City in 1974 to attend the UI – and stayed. His career at UI began as a Post-Doc and he

spent 10 years with the College of Medicine. In 1984 he started Langhorne Associates, a management, leadership and organizational development consulting company. The Corridor Business Journal recently published a collection of his short articles entitled *Beyond Luck: Practical steps to navigate the path from manager to leader.*

### Session 2: The Story of a Paper Son

**Michael Chan** born in Szechwan, China, moved to Hong Kong when he was 11. In 1969 he immigrated to the U.S. and worked in a Chinese restaurant until 1980 when he opened his own restaurant. In 2010 he received UI degrees in Psychology and Aging Studies. During this session, Michael will share his own story and present a story about his brother-in-law who came to America as a “paper son” almost 100 years ago.

## Everyone Has a Story (cont.)

### Session 3: It Doesn't Take Sight to Have Vision: A Personal Reflection

**Mike Hoenig** is employed as a project coordinator at the UI Center for Disabilities and Development (CDD). Having experienced blindness from birth, Mike has first-hand knowledge of many of the barriers persons with disabilities must overcome. His personal experience, combined with professional experience as an advocate and program administrator, has given him the knowledge to be a strong proponent of disability inclusion and teacher of self-determination. Because of Mike's commitment to leadership development and peer support, many individuals

with disabilities are now taking charge of their lives and creating change in their communities.

### Session 4: 62 Years In a Wheelchair and Still Rolling: One woman's life in a wheelchair!

**Judy Hoit** contracted polio at age 4 and has used a wheelchair ever since. She worked at the UI for 25 years. In her spare time Judy has kept busy with the Ms. Wheelchair Iowa Program as State Coordinator and for the past 15 years she served on the Board of Directors for the Ms. Wheelchair America Pageant. Judy's other accomplishments include publishing her autobiography *My World Has Access Now*, and inventing a mobility sling that she patented and markets.

## Glimpses of Iowa's Capitol\* It's History, Art, Architecture & Restoration

**Date:** Wednesday, May 2

**Time:** 10:00 am – 12:00 pm

**Location:** 201 CEF

**Class Size Limit:** 35

**Cost:** No Charge, Registration Required

*We are pleased to offer this presentation "free of charge" through sponsorship of Humanities Iowa*

Rosa Snyder, "history detective" and former restoration painter, will divulge untold stories and reveal hidden treasures of Iowa's most recognized landmark, Iowa's State Capitol. She will take you through the step-by-step paint restoration process, including before and after photos. The building is adorned with several works of art and she will discuss these works and

share interesting tidbits about the artist.

**Come on the May 3<sup>rd</sup> trip to the Capitol to see the restoration results.**

**Rosa Snyder** is a graduate of ISU in art education and interior design. She was hired as a state restoration painter—scaled 20 foot scaffold in bib overalls—and helped re-create the intricate designs hidden under layers of paint on the ceilings and walls of Iowa's State Capitol. She later engaged as a "history detective" for the state and architectural firms who were restoring the building to its original grandeur, and she was a researcher for the IPTV production *This Old Statehouse*. Rosa is the author and publisher of the unique souvenir book, *Glimpses of Iowa's Capitol* (2005).

## Kuniyoshi: Politics, Comics and the Artist

**Date:** Mondays, May 7 and 14

**Time:** 4:00 pm – 5:30 pm

**Location:** Home of Paul Retish

**Class Size Limit:** 15

**Cost:** \$20 Members    \$25 Non-members

Utagawa Kuniyoshi (1797-1861) was one of the last great masters of the Japanese ukiyo-e style of woodblock prints and painting. As an artist of the

people, during this two-session course we examine the work in the context of his time and what it tells us about Japanese society. Through the biography of Kuniyoshi, you learn about the artist's ideas, style, goals, and humor.

**Paul Retish** is a Professor Education at the UI and is a collector of Japanese Art and maps.



**History of Church Architecture**

**Date:** Wednesdays, May 9 – 30  
**Time:** 9:45 am – 10:45 am  
**Location:** 2166 MERF  
**Class Size Limit:** 20  
**Cost:** \$30 Members \$45 Non-members

Using the Christian church as a model this course focuses on art and architecture appreciation . An extensive photograph collection illustrates a discussion of the evolution of church architecture from its origins through the Baroque

period (1700 A.D.). Influences on and from Islamic architecture will be noted.

**Robert F. Ashman**  
 MA, MD professor emeritus of Medicine and Microbiology. Architecture is a hobby/interest of Dr. Ashman fed by frequent travel.



**Successful Aging Courses**

**Brain Health for Older Adults**



Come to this popular multi-session course to learn the latest about three important factors for successful aging, nutrition, exercise, and stress reduction.

Food, Nutrition, and Dietetics from Bradley University, a MS in Health Promotion, and a PhD in Epidemiology—the latter two from the UI. For 15 years she has been employed at the UI.

**Exercise\***

**Date:** February 27  
**Time:** 9:30 am – 11:00am  
**Location:** 201 CEF

This session focuses on the benefits of strength, endurance, and skilled exercise on overall brain health and performance.

**Clay Peterson** is a lecturer in the Department in Health and Human Physiology. Dr. Peterson teaches classes in Human Physiology, Exercise Physiology and Biomechanics. He completed his PhD research on brain and spinal cord adaptation to strength training.

**Mindfulness Based Stress Reduction**

**Date:** March 5  
**Time:** 9:00am – 1:00pm  
**Location:** 337 Penn State Room, IMU

How does stress affect the brain? This four-hour class introduces you to the Mindfulness Based Stress Reduction program begun by John Kabat-Zinn and currently offered through UIHC. Special emphasis will be placed on how mindfulness has been found to affect the brain through extensive research.

**Date:** Monday, February 20 – March 5  
**Location:** 201 CEF & 337 Penn State Room, IMU  
**Cost:** \$50 Members \$65 Non-members  
**Class Size Limit:** 20

**Nutrition\***

**Date:** February 20  
**Location:** 201 CEF  
**Time:** 9:30am – 11:00am

How do you optimize your food choices to improve personal health and performance? Do you know which foods are promoted as “brain food?” This session focuses on the importance of nutrition in wellness and disease management and prevention and discusses the environmental and social impact of food in today’s society.

**Kathy Mellen** is a lecturer in the Department of Health and Human Physiology. She has a BS in

## Brain Health for Older Adults (cont.)

You will describe what the practice of mindfulness is and is not; the difference between responding and reacting to stress and understand what is meant by “neuroplasticity” and how it relates to the brain and mindfulness practice.

**Chris Klug** has been teaching Mindfulness Based Stress Reduction at UIHC since 2001. He is currently a grief counselor, educator and consultant in private practice in Iowa City, following 11 years with Iowa City Hospice as a Bereavement Coordinator and Grief Counselor.

## Exploration of Human Energy: Vibrant Health in Aging

**Date:** Thursdays, March 22 – April 12

**Time:** 3:00 pm – 5:00 pm

**Location:** 256 Lucas Dodge Room, IMU

**Class Size Limit:** 20

**Cost:** \$55 Members      \$70 Non-members

This course will increase participants awareness of their human energy system in the context of health, enhance awareness of the impact of consciousness in health and well-being, experience healing touch to attain a state of dynamic well-being, and observe demonstrations of self-help activities to enhance well-being. These integrative healing modalities can reduce stress, cope with life challenges, and optimize overall health and well-being for older adults. Information giving, discussion, and experiential teaching strategies will be used.

**Mildred (Maggie) Freel**, RN, M.ED, CHTP, CHTI and **Toni Clow**, RN, MA, CPNP, ARNP are both Associate Professor Emeriti at the UI, College of Nursing. Both Mildred and Toni are Holistic Practitioners and Nurse Educators. Mildred was instrumental in integrating the content of holistic nursing into both the undergraduate and graduate curriculums at the UI College of Nursing. She is a Certified Healing Touch Practitioner and Instructor. Currently she maintains a holistic nursing practice, teaches the energy healing methods of Reiki and Healing Touch; and also assists with research projects in the College of Nursing and the Department of Psychology testing the effects of healing touch interventions. Mildred is the recipient of the 1997 Holistic Nurse of the Year Award for AHNA. Both Mildred and Toni are Reiki Masters.

## Fitness Over 50 for Life Long Health

**Date:** Wednesdays, April 4 – 25

**Time:** 10:30 am – 12:00 pm

**Location:** 377 Penn State Room, IMU

**Class Size Limit:** 10

**Cost:** \$55 Members      \$70 Non-members

These sessions review information on the role fitness plays in:

- 1) Reducing the risk of heart disease, cancer, osteoporosis, and other diseases that occur during the aging process,
- 2) How fitness can enhance a positive attitude, make you feel more empowered and decrease life stresses,
- 3) How weight and cardiovascular exercises can

impact energy levels, decrease incidence of injury and help prevent diseases of aging,

- 4) The role strength and flexibility plays in improving your daily functions, and last,
- 5) Improving and maintaining balance.

Along with the presentation, sessions will include hands-on practice with fitness equipment as dumb bells, and medicine and fitness balls to demonstrate exercises to achieve the above goals.



**Fitness Over 50 for Life Long Health (cont.)**

NOTE: if you have dumb bells, medicine or fitness balls, please bring this equipment to class and a yoga mat or blanket. Participants will be asked to sign a liability waiver

**Mark Croy** is President of Dynamic Fitness and has a background in sports medicine. He has sixteen years of professional work experience.

**An Introduction to Tai Chi**

**T'ai Chi Chuan: Stillness within movement**

**Date:** Mondays & Wednesdays, April 9 – May 2

**Time:** 1:00 pm – 2:00 pm

**Location:** Body Moves (April 9 - 30)  
1185 MERF (May 2)

**Class Size Limit:** 12

**Cost:** \$80 Members \$95 Non-members

Experience the ancient Chinese practice of Tai Chi frequently called “meditation in motion.” Tai Chi fosters health of mind, body and spirit through training in relaxation, breathing, posture and slow integrated movement. Over time practicing Tai Chi can improve your balance, strength and alignment. In this 8 week class for people of all abilities, you will learn the basic functional movements of Tai Chi in a systematic, natural, safe way with the Tai Chi Fundamentals® program. Seated adaptations will be taught. Introduce yourself to this gentle lifelong practice for people of all ages and abilities.

Through movement and discussion, the course participants will:

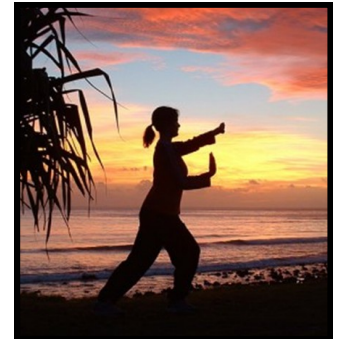
- 1) Develop an understanding of the relationship between Qigong and Taiji
- 2) Experience the components of a Taiji curriculum and understand why they are

important

- 3) Practice the principles of Tai Chi through movement
- 4) Explain the health benefits of Tai Chi supported by research
- 5) Describe how to prevent knee pain while learning and practicing Tai Chi

Please wear loose comfortable clothing and shoes. Participants will be asked to sign a liability waiver and complete an optional health questionnaire to inform the instructor of current health conditions.

**Lori Enloe** is a physical therapist and certified Tai Chi Fundamentals® instructor (2003) who has studied Tai Chi since 1993. Tai Chi helps her keep balanced as a parent of two active boys. Lori has BS in Chemistry from UW-River Falls, a certificate in Physical Therapy from Mayo School of Health Sciences and a MA in Physical Therapy from UI. While working at UIHC, she specialized in treating individuals with balance dysfunction and in clinical research with individuals with total joint replacement.



**Golf Fitness**

**Date:** Wednesdays, May 2 – 23

**Time:** 2:30 pm – 4:00 pm

**Location:** Dynamic Fitness, Ely

**Class Size Limit:** 10

**Cost:** \$55 Members \$70 Non-members

Golf Fitness is designed to identify and help overcome physical restrictions that limit your golf swing. You will be tested and focus on golf specific biomechanics essential to developing an

effective and consistent swing, reduce injuries, and increase flexibility.

If you enjoy golf and want to improve your golf swing movement, this multi-session class is for you! NOTE: Participants will be asked to sign a liability waiver

**Mark Croy** is certified through Titleist as a golf fitness instructor. He has been a golf trainer for four years and is president of Dynamic Fitness.

## UI LEAP Spring 2012 Trips

### Water, Nature and People in Northwest Iowa – An Earth Day Celebration\*

**Date:** Friday, April 20 through Sunday, April 22

**Time:** April 20 8:00 am and return on April 22 at approximately 7:00 pm

**Location:** Depart from Iowa City Park

**Class Size Limit:** 12

Member Cost

**Single occupancy:** \$310.00 **Double:** \$280.00

Non-Member Cost

**Single occupancy:** \$325.00 **Double:** \$295.00

NOTE: *If you selected double occupancy, contact Virginia Jorstad (319-384-4566). Cost includes transportation, lodging, meals, and tours.*

*Accommodations include rustic, motel-style units for one or two people, have bathrooms, are furnished, heated/air-conditioned with linen being provided. Please pack for various weather conditions and outdoor activities.*

Iowa's landscape has been described as one of the most dramatically altered in U.S. history, and today is one of the most highly engineered landscapes on the planet. Through lecture, film and field trips, we will find out why the state has earned this reputation, and its consequences for water quality and prairie and lost wetland habitat. We will learn how rural and urban dwellers in the Iowa Great Lakes region of northwest Iowa have come together to heal and restore the region's land and waters and create entrepreneurial efforts celebrating the region's natural history.

Itinerary

**Friday, April 20**

Leave Iowa City and travel to the Grotto of the Redemption in West Bend, Iowa for lunch and tour. The Grotto is one of the Iowa's favorite travel destinations! The Grotto, a composite of nine separate grottos, tells the story of Christ's life and Redemption in stone. The construction began in 1912 and was placed on the National Register of Historical Places in 2001.

Upon arriving at Lakeside Labs we will have a light supper and an introductory presentation on

Lakeside Labs including information on diatoms, a unique form of algae. The movie ***America's Lost Landscape: The Tallgrass Prairie*** tells the rich and complex story of one of the most astonishing alterations of nature in human history, the transformation of the tallgrass prairies to farmland, and the social change it brought for European and Native Americans will conclude your day.

**Saturday, April 21**

Breakfast – Lakeside Dining Hall

**Birding** with Lee and Nancy Schoenewe - we will visit restored wetlands and other great spots looking for spring migrants and year-rounders.

Lunch-Lakeside Dining Hall

Afternoon: Prairies and Rain Gardens (one of these presentations)

**Rain Garden Tour** by Steve Anderson, USDA Urban Conservationist

What is a rain garden? How do rain gardens incorporate Iowa's historic hydrology and plant life, and what is their effect on water quality and biodiversity? Steve will answer these questions and take us on a tour of rain gardens in public and residential areas.

**How to Design Your Own Back Yard Prairie or Rain Garden-** Dwight and Bev Rutter are owners of the Prairie Flower ([www.theprairieflower.com](http://www.theprairieflower.com)),

a native seed and plant nursery and dealer in Northwest Iowa. They will review local ecotype native prairie and wetland plants and seeds. Weather permitting, the workshop includes a tour of native and restored prairie and wetlands.

David Thorseon, an adventurer from Iowa, will speak about modern exploration and major environmental issues as climate change, ocean acidification, plastics in the ocean, arctic ice loss, energy and resource development. David has created dynamic presentations and documentary films highlighting his adventures to bring important issues to context.

<http://www.bluewaterstudios.com/>

## Water, Nature and People in Northwest Iowa\* (cont.)

Dinner: **Little Swan Lake Winery**, buffalo dinner, wine tasting and tour (if you prefer an alternative, please contact Virginia Jorstad).  
8:00 pm: Viewing of **loway**, an award winning documentary about the native peoples for whom the state of Iowa is named.

**Sunday, April 22**

Breakfast-Lakeside Dining Hall  
Prairies or Rain Gardens (whichever presentation not held on Saturday)  
Lunch at Lakeside Dining Hall and departure

## The State Capitol of Des Moines and the State Historical Building\*

**Date:** Thursday, May 3

**Time:** 7:45 am – 6:00 pm

**Location:** Depart from Iowa City Park

**Class Size Limit:** 14

**Cost:** \$60 Members \$75 Non-members  
*Cost includes transportation, tours, and lunch.*

The State Historical Museum is an exciting adventure: its exhibits tell the stories of Iowa's growth and development through the exhibition of a rich collection of historic artifacts and documents. Tour current exhibits, permanent exhibits and the extensive library with much genealogical history. We will have lunch at Café Baratta's, a restaurant at the top of the State Historical Building. After lunch tour our Capitol, which represents the spirit of Iowa and is a truly impressive landmark. Built between 1871 and 1886, this magnificent building represents both

inside and out, one of the nation's finest examples of 19th century architecture. Inside, the building features an array of majesty including many different types and colors of marble, works of art, fixtures and carvings in both wood and stone. One of the most

commanding features of the building is the towering gilded dome. We will tour the building in small groups led by experienced guides.



## Brucemore Mansion & Cedar Rapids Art Museum

**Date:** Friday, May 4

**Time:** 9:15 am – 4:00 pm

**Location:** Depart from Iowa City Park

**Class Size Limit:** 14

**Cost:** \$50 Members \$65 Non-members  
*Cost includes transportation, tours, and lunch.*

Experience Brucemore, the park-like estate invites exploration of its stunning gardens and grounds, fascinating history, and magnificent 21-room mansion. Participants will receive a guided tour of the mansion as well as time to explore the grounds, museum store, cutting gardens flower shop, and "The Families of Brucemore" exhibit. For lunch, the group will visit Zins, voted best New American restaurant in 2011, which

specializes in a small plate format. Next, participants will receive a guided tour of the Cedar Rapids Museum of Art. One of the featured exhibits will be "Lure of the Local: Collecting the Corridor, 2006-2011." Throughout the Museum's 105 year history, the acquisition of local and regional art has continued to be strong and the works of Wood and Cone have been joined by works from artists such as Dick Pinney, Joan Liffing-Zug Bourret, Fred Easker, and many others. Over the past five years, a concerted effort has been made to keep this tradition alive. These local and regional works, all added from 2006 to 2011, are a continuation of the legacy of local art at the Museum.

## Fairfield, IA

**Date:** Friday, May 18

**Time:** 7:45 am – 6:15 pm

**Location:** Depart from Iowa City Park

**Class Size Limit:** 14

**Cost:** \$60 Members \$75 Non-members

*Cost includes transportation, tours, and lunch.*

Join UI LEAP on a day trip to Fairfield! This trip begins at the Fairfield Arts and Convention Center and Sondheim Center for the Performing Arts where participants can view the various public art displays and the Creative Edge Fairfield mural.

Next, we visit Creative Edge Manufacturing for the opportunity to see designers and craftsmen at work as they cut intricate pieces of stone to create masterpiece flooring. Afterwards, tour Harper Brush Works, a 100 year old company, to learn the art of brush and broom making. For lunch, the group will have an organic vegetarian lunch at the

Raj Health Spa.

Following lunch, tour Maharishi University of Management including the Argiro Student Center, the first higher education student center to be Green certified. This will also include a driving tour of Abundance Ecovillage, a place where living is completely off the grid. We will continue with a driving tour of Vedic City which includes a visit to the Vedic Observatory and Raj Health Spa. After touring the Raj, participants visit the ICON Art Gallery, which features Iowa and national artists. We conclude the day with a tour of Maasdam Barns Historic Museum. This facility contains displays, photos, artifacts, and stories about the farm's history, including innovative Loudon overhead monorail hay carriers and the award-winning Belgian and Percheron horses raised on the farms in the early 1900's.

## Spring 2012 Member-Only Events

## Jazz and Pizza

**Date:** Tuesday, March 20

**Time:** 6:00 pm – 8:00 pm

**Location:** Bob and Maggie Elliott's home

**Class Size Limit:** 6

Come for an evening to listen and to discuss Jazz, from Dixieland to Swing...with a touch of Southern Gospel-representing one of the roots of Jazz. Join Bob and Maggie for an evening of listening pleasure and discussion while enjoying pizza and refreshments.

**Bob Elliott** and Maggie have lived and worked in Iowa City for more than 40 years.



## Preventive Medicine for Older Adults

**Date:** Wednesday, March 21

**Time:** 12:20 pm to 1:30 pm

**Location:** 2126 MERF

**Class Size Limit:** 15

*Please feel free to bring your lunch to this event.*

First and second-year medical students discuss important health issues for older adults. Please submit health topics and questions you would like highlighted by the students by e-mailing your concerns in advance of the session to [virginia-jorstad@uiowa.edu](mailto:virginia-jorstad@uiowa.edu). These open discussions help educate medical students on how to care for and adapt their interviewing and examination skills to the needs of older adults. The students hope that UI LEAP members gain a better perspective on how to maximize clinic visits for their needs and get a peek into medical education.

Class will be led by first and second year medical students who represent the leadership of the Geriatric Interest Group at the UI, Carver College of Medicine. The medical students are interested in working with older individuals.

# Spring 2012 Registration Form

Please type or print clearly. Complete one form per person. Duplicate this form as necessary. Registrations may be mailed together to UI LEAP, 2159 Westlawn, Iowa City IA 52242. *Registration is also available online at [www.uileap.org](http://www.uileap.org)*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

**Membership** (A membership is required for each individual registering for a class at Member rates)

- I am a member of UI LEAP
- I am a member, but need to renew my annual membership :**\$15 Annual Fee**
- I am not yet a member, but my **\$15 annual membership fee** (per person) is enclosed.
- I do not want to purchase a membership at this time, and will pay non-member course fees.

**Donation**

- I would like to make a donation to UI LEAP

(NOTE: to make a donation, make out a separate check to **State University of Iowa Foundation**. Write "Contribution for CoA UI-LEAP" in the check's memo line.)

Page #	Course Name	Dates	Member Cost	Non-member Cost
11	<input type="checkbox"/> Brain Health for Older Adults	2/20 – 3/5	\$ 50	\$ 65
2	<input type="checkbox"/> Piano: Level 1	3/1 – 4/12	\$ 80	\$ 95
3	<input type="checkbox"/> Introduction to Islam	3/2 – 4/13	\$ 40	\$ 55
3	<input type="checkbox"/> Recording Your Life	3/19 – 4/23	\$ 80	\$ 95
4	<input type="checkbox"/> The Intersection of Art and History	3/20 – 4/24	\$ 55	\$ 70
4	<input type="checkbox"/> Facebook 1: Creating an Account	3/21	\$ 10	\$ 15
12	<input type="checkbox"/> Exploration of Human Energy	3/22 – 4/12	\$ 55	\$ 70
5	<input type="checkbox"/> Our Town	3/25	\$ 25	\$ 35
5	<input type="checkbox"/> Cultural Overview of Paris	3/27 – 5/1	\$ 65	\$ 80
6	<input type="checkbox"/> Managing Color in the Garden	3/28	\$ 10	\$ 15
6	<input type="checkbox"/> Sherlock Holmes	4/2	N/A	N/A
6	<input type="checkbox"/> Reading Like a Writer	2/20 – 4/2	\$ 75	\$ 90
12	<input type="checkbox"/> Fitness Over 50 for Life Long Health	4/4 – 4/25	\$ 55	\$ 70
4	<input type="checkbox"/> Facebook 2: I Have an Account...	4/4	\$ 10	\$ 15

**Continued on Back**

# Spring 2012 Registration Form

Page #	Course Name	Dates	Member Cost	Non-member Cost
7	<input type="checkbox"/> Mystique of Japan	4/5 – 4/26	\$ 50	\$ 65
13	<input type="checkbox"/> An Introduction to Tai Chi	4/9 – 5/2	\$ 80	\$ 95
7	<input type="checkbox"/> WWII Panel Discussion	4/9	\$10	\$10
7	<input type="checkbox"/> Vinnie Ream	4/11	\$ 10	\$ 15
8	<input type="checkbox"/> Nature in Iowa	4/11 – 4/18	\$ 20	\$ 25
8	<input type="checkbox"/> Choosing the Chief	4/16 – 4/30	\$ 25	\$ 35
3	<input type="checkbox"/> Piano: Level 2	4/19 – 5/24	\$ 130	\$ 145
8	<input type="checkbox"/> The Logic of Your Intuition	4/23 – 4/30	\$20	\$25
9	<input type="checkbox"/> 21st Century Taxidermy	4/27	\$ 10	\$ 15
9	<input type="checkbox"/> Everyone Has a Story	5/1 – 5/22	\$ 25	\$ 35
10	<input type="checkbox"/> Glimpses of Iowa's Capitol	5/2	N/A	N/A
13	<input type="checkbox"/> Golf Fitness	5/2 – 5/23	\$ 55	\$ 70
10	<input type="checkbox"/> Kuniyoshi	5/7 – 5/14	\$ 20	\$ 25
11	<input type="checkbox"/> History of Church Architecture	5/9 – 5/30	\$ 30	\$ 45
<b>Trips</b>				
14	<input type="checkbox"/> Lakeside Labs: Single occupancy	4/20 – 4/22	\$ 310	\$ 325
14	<input type="checkbox"/> Lakeside Labs: Double occupancy	4/20 – 4/22	\$ 280	\$ 295
15	<input type="checkbox"/> Des Moines Capitol	5/3	\$ 60	\$ 75
15	<input type="checkbox"/> Brucemore Mansion & Art Museum	5/4	\$ 50	\$ 65
16	<input type="checkbox"/> Fairfield, IA	5/18	\$ 60	\$ 75
<b>Member-Only Events</b>				
16	<input type="checkbox"/> Jazz and Pizza	3/20	FREE	N/A
16	<input type="checkbox"/> Geriatric Medical Students	3/21	FREE	N/A

Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

*Please let us know if you require special assistance or have any dietary needs. Also, please note that trip prices do not include alcoholic beverages.*

## REGISTRATION METHODS

There are three methods of registration: mail, phone, and online. If you are not a UI LEAP member and would like to join, your annual \$15 membership payment should be included with your course registration form and fees. If you pay by check, mail your registration form and check made payable to "UI LEAP" to the following address. If you register over the phone or online, please provide your credit/debit card information. Submit your completed registration form with payment to:

**Mail:** UI LEAP  
Center on Aging  
2159 Westlawn

**Phone:** 319-384-4221

**Web:** [www.uileap.org](http://www.uileap.org)

**Email:** [coa-osher@uiowa.edu](mailto:coa-osher@uiowa.edu)

# Information for Participants

## LOCATIONS

**Body Moves...a Fitness Studio**- 881 22nd Ave. Coralville

**CEF**- Continuing Education Facility - 30 S. Dubuque St., Iowa City, 2<sup>nd</sup> Floor of the US Bank Building. Enter the building through doors on the west or Dubuque Street entrance. Once Inside, to the immediate left take the elevator to the 2<sup>nd</sup> floor.

**Coralville Center for the Performing Arts** - 1301 5th St., Coralville

**CSM5** - Clinton Street Music 5, 375 S. Clinton St., Iowa City

**Dynamic Fitness** - 1675 Dows St., Ely

**Iowa City Park** - 200 E Park Rd, Iowa City. Meet in Lower City Park lot past Shakespeare Theatre

**Iowa Memorial Union** - 125 N. Madison St., located east of the Iowa River

**Joe Meder's Studio** - 2737 Lake View Dr., Solon

**Johnson County Extension Building** - The new Iowa State Extension building, 3109 Old Hwy. 218 South, located near the Johnson County Fair Grounds

**MERF** - UI Medical Education & Research Facility - 375 Newton Rd. across from Newton Road Parking Ramp (use 2nd parking ramp entrance)

**Schaffer Hall** - 20 East Washington St., Iowa City. The building is located on the southeast portion of the Pentacrest.

**UCC** - University Capitol Centre - 201 S. Clinton Street, located in the Old Capitol Mall, east of the Iowa River on Washington and Clinton Street.

Note: Courses designated with an asterisk next to the course title were designed in collaboration with the Senior College of Des Moines. This provides our members with even greater course variety and presenters. These courses will be held in the downtown US Bank Building where they will be disseminated or received respectively from Iowa City or Des Moines.

## MEMBERSHIP

UI LEAP membership costs \$15 annually and provides many benefits. Members register for classes at a lower fee and receive access to interest Groups, free members-only classes, and invitations to special events and other fun opportunities.

## CANCELLATION POLICY

There will be a \$15 cancellation fee for any registration cancelled within two weeks of the course's start date. This fee will be waived under extenuating medical circumstances. In the event that a class is cancelled due to limited class size or inclement weather, participants will receive a full refund. **Membership and trip fees are non-refundable.**

## SCHOLARSHIPS FOR MEMBERS

UI LEAP offers scholarships for those in financial need. Participants are encouraged to contact the Virginia Jorstad at (319) 384-4566 for details. All inquiries will be decided on a case-by-case basis and kept strictly confidential.

## PHOTOS

UI LEAP activities may be photographed for promotional purposes. If you have concerns about photos or video images taken by UI LEAP staff, instructors or volunteers, please contact Virginia Jorstad at (319) 384-4566.

## SPECIAL ACCOMMODATIONS

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate, please contact Virginia Jorstad at (319) 384-4566.

## DONATIONS

If you have any questions about your tax-deductible donation, please contact our UI Foundation representative, Shelly Mott by phone at (319) 335-3305 or (800) 648-6973 or email at shelly-mott@uiowa.edu

## REGISTRATION DEADLINE

Space is limited, so register early—at least two weeks prior to the start date of each course to reserve your spot in class.

# Lifetime Enrichment Adult Program

*Learning...On your terms*

## UI LEAP

UI Center on Aging  
2159 Westlawn  
Iowa City, IA 52242  
Phone: 319-384-4221  
Email: [coa-osher@uiowa.edu](mailto:coa-osher@uiowa.edu)

Join others who share your  
enthusiasm for learning:

- Learn and make new friends
- Be part of a peer learning community
- Follow your learning *passions*

*Please share with your  
friends and family.*

[www.uileap.org](http://www.uileap.org)

## The University of Iowa *Lifetime Enrichment Adult Program*



## Spring 2012 Course Guide

*Learning...On Your Terms*