Local author, and long-time former ICLRU member, Rem Stokes, will appear for a free book signing and discussion at 11:30 a.m. Monday, Feb. 10 at the Garlands Performing Arts Center, 1000 Garlands Lane, in Barrington.

In his new book, "Cultivating Generosity: Giving What's Right, Not What's Left," Stokes discusses his 12-step exercises and rationale for non-profit organizations to stimulate giving by moving their constituents toward self esteem, rather than self interest.

To register, call 847-304-1996 or Click Here

NOTES FROM THE CENTER

Winter study group evaluations can be completed now. You can complete your evaluations online by Clicking Here.

If you can’t do them online, pick them up in the Center.

Please complete an evaluation for each study group you attended. They are important to the Coordinators.

Spring study group registration has begun! Over 100 members registered in the first 24 hours. Please Click Here to register online. You must register by February 25th to ensure that you are included in any lotteries for overbooked study groups.
LUNCHETIME PROGRAMS

**THE CONSCIOUSNESS WORKSHOP:** Tuesdays, 11:45 am, Room 329. A follow-on to Bob Long’s classes on consciousness, Len Larson will utilize and expand on the principles presented in those classes. The program will attempt to answer the questions “So what does this mean to me?” and “How can I use this stuff?” among others developed in the lunchtime sessions. Agenda items for starters are: Discussions of case studies / Experimentation / Meditation development.

**PLATO’S PLACE:** Wednesday, come to Plato’s Place for some lively conversation. Bring your lunch and join the group in Room 330 at 11:45 am. Our next topic on February 12, 2014 will be: *Are modern men manly enough? Are modern women womanly enough?*

**WEDNESDAY’S WITH TECHNOLOGY—ONLY 2 WEEKS LEFT TO GET HELP** Mike Thompson and other dedicated volunteers plan to be available from 11:30am to 12:30pm in Room 373 on Wednesdays during the Winter Study Groups to help walk-ins with any technology problems that they have with laptops, tablets, phones, etc. No appointment necessary—bring your questions for a one-on-one session.

CLUBS

**On February 20, Book Ends**, the ICLRU Non-Fiction Book Club will discuss: *100 Most Influential People That Never Lived* by the Editors of Time Magazine. Join the group in Room 315 at 3:15 pm (unless otherwise notified). Choose 2 ‘People’ you would like to talk about.

Due to recent changes, the upcoming reading list will be:

March 20: *The Relentless Revolution* by Joyce Appleby.
April 17: *The Warmth of Other Suns* by Isabel Wilkerson.
May 15: To be decided.
For Summer we will read *1491, New Revelations of the Americas before Christopher Columbus* by Charles C. Mann.
THINGS TO DO

INDOOR FARMERS’ MARKET—hosted by Our Saviour’s Lutheran Church, 1234 N. Arlington Heights Road in Arlington Heights — Sat., Feb. 22 from 9 am-1 pm

Dave Esau, from Dave’s Specialty Foods will present a cooking demonstration using locally grown foods at 11 am. Enjoy a wide range of seasonal, sustainably-produced goods from local farmers and vendors. Take home winter produce, honey, meats, cheeses, baked goods and specialty items. Sponsored by Faith in Place. For more info, email markets@faithinplace.org, call 312.733-4640 or Click Here.

Looking for a way to get away from all this bad weather for a few hours. Why not take some time out to see "9 to 5 The Musical", based on the 1980 film starring Dolly Parton, Jane Fonda and Lily Tomlin, Score by Dolly Parton

ICLRU member, Judith Ross, plays the part of Roz Keith, the secretary in love with her boss, Franklin Hart. It's a comical role with two songs. You'll find the singing, dancing and acting in the show most entertaining. Some of the show is a little naughty, so be advised the rating is PG 13.

Performances Fri., & Sat., Feb., 7, 8 at 7:30 pm—Matinee on Sun., Feb., 9 at 2 pm

Cutting Hall Theater is located at 150 E. Wood Street in Palatine

$16 in advance, $18 at the door, $15 groups of 10 or more prepaid in advance.

Purchase tickets at the Cutting Hall Box Office (847) 202-5222 or www.cuttinghall.com/tickets

The Bruce Blanck Trio and Friends — Sunday Musicale

A continual work in progress, the Bruce Blanck group never performs the same music twice. This energetic jazz ensemble will treat us to some Valentine-flavored improv just in time for Valentine’s Day. Sponsored by the Friends of the Library.

Performances at Arlington Heights Memorial Library February 9, 2014 from 2-3 pm in the Hendrickson Room Register at the info desk, 847-392-0100 or online at www.ahml.info.
THINGS TO DO

EXTREMELY IMPORTANT INFORMATION FOR ANYONE ON MEDICARE

If you have a hospital stay, be aware that Medicare will not cover expenses if your hospital chart indicates you are “under observation” vs. being admitted as an “inpatient.” This is true, regardless of who your insurance carrier is.

Please pass this information on to anyone on Medicare!

Watch this short video clip from NBC News. It could save seniors a major, unnecessary hardship. Please don’t have an ‘It can't happen to me’ attitude. Medicare rules are changing and are being strictly enforced.


“I've packed you a bag…

Winter, it's time for you to leave!

“Winter is not a season, it's an occupation.”
— Sinclair Lewis
The Barrington Cultural Commission and The Catlow Theater

present

AN AFTERNOON OF
OSCAR-NOMINATED SHORT FILMS

Saturday, March 1, 2014
12:00-4:00 p.m. at The Catlow Theater
116 W. Main Street in Barrington

ADMISSION PRICE - $10.00

Join us for a special afternoon at the historic Catlow Theater to view the
5 Oscar-Nominated Animated Short Films
&
5 Live Action Short Films
for the 2014 Academy Awards

A LIMITED NUMBER OF TICKETS WILL BE AVAILABLE
PURCHASE YOUR TICKETS EARLY

TICKETS ARE AVAILABLE FOR PURCHASE AT:
BOLONEY’S SANDWICH SHOP & THE CATLOW THEATER - 114 W. MAIN STREET
MAKE CHECKS PAYABLE TO: The Catlow Theater

A PORTION OF THE PROCEEDS TO BENEFIT THE BARRINGTON CULTURAL COMMISSION

SOME FILMS MAY NOT BE APPROPRIATE FOR YOUNG CHILDREN.

PLEASE VISIT EnjoyBarrington.com FOR A COMPLETE LIST OF FILMS AND THEIR RATINGS.

No Catlow Movie Passes may be used for this event.
ICLRU is a 501(c)3 Non-Profit organization. While affiliated with Roosevelt University, the ICLRU is run by its members, through an elected Board of Directors and the Chairpersons of its various committees. All persons on the Board and the committees are volunteers. All members are encouraged to participate to keep the organization vibrant.

Membership is open to seniors, age 55 and over, who have reached a point in life where they want to pursue their interests in a continuing learning and social environment with a group of like-minded peers.

ICLRU’S MISSION AND VISION

The mission of the ICLRU is to offer its members a non-credit, non-degree educational program together with social and cultural opportunities through which older adults may share their talents, experiences and skills.

Our Vision: To enrich our members’ experiences, while making the ICLRU an essential organization for Roosevelt University and our larger community.

Contact Us:
224-523-6497