

ICLRU Update



NOTES from the Center

April 15, 2011

Lunchtime Programs

11:45 am–12:45 pm

Encore

Tues., April 19

Rm. 314

Tom & Sue Gavigan

The White House

A look at the history of America's White House and some trivia concerning the First Ladies who resided there.

Plato's Place

Wed., April 20

Rm. 330



The Lighter Side

Thurs., April 21

Rm. 314

The Avengers

James Bond and his imitators were preceded-in high style-by The Avengers: urbane John Steed and slinky martial arts pro Emma Peel, played with elan by Patrick Macnee and Diana Rigg. We'll see one of their best episodes.

THIS IS THE FINAL CALL FOR SUMMER STUDY GROUP PROPOSALS.

The deadline is April 19 2011. Please send your proposal to Steve Wolf, or drop it off in the Center.

“Nobody likes Taxes, but they've been around forever. Taxes date back all the way to the year one, when baby Jesus was visited by two wise men and an IRS agent, who demanded half the family's frankincense.”

What's Up at ICLRU?

- The 1st of our 2011 Seminar Series will be “Jazz” on June 3. Details will be coming soon, including registration information.
- June 9 Field Trip – Revitalized South-west Side, with Bill Hinchliff– has 5 seats left.
- Spring Study Group evaluation form is now online (yes, we put it up early). Please complete one, even if you dropped out of a class. [Click here](#) for the evaluation form.

Ways to Save Gas

Go forward. Park so that you can pull forward rather than waste gas backing up.

Go the speed limit.

Stop idling. If you're going to be at a standstill for 10 seconds or more it's better to cut the engine while you do your business inside.

Warm up your car with a long drive. If you plan on running a series of errands, drive to the farthest location first.

No junk in your trunk!

Avoid hard stops and starts.

Things to Do

ICLRU Member, Audrey Beauvais, presents **Why We Eat, What We Eat (and how we can change)** on Tuesday, April 19, 2011 at 1:00 pm. This event is sponsored by The Forum, and will be held at the Arlington Heights Senior Center, 1801 W. Central Rd. **ADVANCE REGISTRATION REQUESTED.** Please stop by the Main Office of the Arlington Heights Senior Center or call 1-847-253-5532 to register for this program. Come early and enjoy music with pianist Thomas Gray, beginning at 12:30 pm.

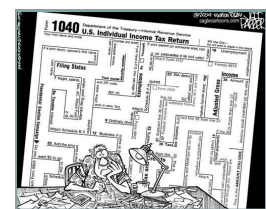
Audrey Beauvais majored in Food and Nutrition and minored in General Science,

English and Psychology at Clarke College, Dubuque, Iowa and is the current owner of The Discerning Cook–Culinary Classes, Seminars, Counseling, Restaurant Consultant, Recipe Development.



[Going Wild in the Tame Garden \(link\)](#)

Sat., April 16 from 9-10 am at Spring Valley Nature Center, 1111 E. Schaumburg Rd, Schaumburg. This free program requires prior registration: 847-985-2100



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