

# ICLRU UPDATE

INSTITUTE FOR CONTINUED LEARNING, ROOSEVELT UNIVERSITY

## WHAT'S UP AT ICLRU?

Our March Field Trip will be to the Art Institute of Chicago for the exhibit: "Of Gods and Glamour" on Tuesday, March 5. The bus leaves at 9:30 am and returns at 3:30 pm. The new galleries present over 550 works of art, representing the origins of Western art from Greece, Rome and the Byzantine Empire. There will be time to visit other collections and exhibits and to have lunch on your own.

**ONLY 8 SEATS LEFT —HURRY.** [Click here](#)



Don't forget about this great trip coming up in May:

[ICLRU Members are heading to Boston. Click here for info.](#)

### THIS WEEK'S UPDATE

JANUARY 25, 2013

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**Winter Lecture Series**  
**Sponsored by Friendship Village** Robert Mariano is our guest Lecturer on Feb. 1 - From part-time deli clerk to helping customers "Shop well, Eat Well, Live Well," hear from the man whose name is on the door of Mariano's, Chicagoland's newest and most exciting grocery store. (fully booked).

## NOTES FROM THE CENTER

Center hours have changed this Winter to better serve those attending the Winter Lecture Series on Friday...Hours are Tue.-Fri. 11:30 am to 1:00 pm.

### BE ALERT...

Winter Study Group Evaluations will be available online and in the Center beginning Tuesday, January 29. Some of our study groups run less than 5 weeks this Winter, so be sure to complete your evaluations when they are done. Also, if you dropped a study group, please complete an evaluation attended a portion of it. Your evaluations are important!

**INSTITUTE  
FOR  
CONTINUED  
LEARNING,  
ROOSEVELT  
UNIVERSITY**

1400 Roosevelt Rd  
Rm 316  
Schaumburg, IL  
60173

**WINTER  
CHANGE IN  
CENTER HOURS:**

ICLRU Center  
Hours: **Tues-Fri.**  
**11:30am –1:00 pm**  
Tel: 224-523-6497  
Email:  
[Officemanager@  
iclru.org](mailto:Officemanager@iclru.org)



Carmargue, France

**LUNCHTIME PROGRAMS**

11:45 am—12:45 pm

**PLATO'S PLACE**

Wed. Jan. 30, Rm. 330

**HOW CAN WE GET MORE INFORMED  
VOTERS TO VOTE?**

**WEDNESDAY'S WITH TECHNOLOGY**

**Wed., Jan. 30, Rm. 373.**

If you're having problems with that pesky computer, laptop, tablet, cellphone, smartphone, or digital camera, get one-on-one coaching from tech-savvy ICLRU members.



Friendship Village  
of Schaumburg

**"Life is Better  
Among Friends"**

Exclusive Sponsor  
of ICLRU's  
Winter Lecture Series.

Visit them at:

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

**THINGS TO DO**

**[Barging Through Provence,](#)**

**[France](#)**—Jan. 28, 7:30—9 pm

Schaumburg Township District  
Library, Combined Room.

Join world-traveler Sonia Lawrentz for an armchair tour of the Provence region of France. Walk the medieval streets in Lyon, visit the Palace of the Popes in Avignon, travel the Rhone River by barge, and experience herds of white horses, black bulls and pink flamingos on Camargue.

**\*\*REGISTRATION REQUIRED—**  
contact Debi Wolfe, at  
[dwolfe@stdl.org](mailto:dwolfe@stdl.org) or call her at  
847.923.3391.

**Lyric Opera Lecture: Die  
Meistersinger von Nürnberg**

Come to the lecture at the Arlington Heights Memorial Library before you go to the opera and learn about the performances this year at the Lyric Opera of Chicago. This lecture is presented by John Piepgras, of the Lyric Opera Lecture Corps. Drop in. Mon, Feb. 11 7:30pm - 8:30pm Sponsored by the Friends of the Library [Click here for info.](#)



## Healthy Recipe Contest

Do you have a favorite recipe that happens to be both **delicious AND** good for you? Share it with us and get the chance to showcase your tasty bites- and you could win a prize!

### To Enter:

Fill out this form and attach the recipe OR you can email your recipe and the information below to

[apha-asp\\_healthyrecipecontest@gmail.com](mailto:apha-asp_healthyrecipecontest@gmail.com)

Entry Deadline: 01/28/2013

Date of Entry Selection Notification: 01/31/2013

Date of Tasting Contest: 02/06/2013

### What Is a "Healthy" Meal?

Your meal should follow at least one of the following guidelines!

*For Each Meal Based On a 2000 Calorie Diet:*

- Should be low in fat
  - 0 grams trans fat
  - No more than 12 grams of fat per full size serving
- Should have either:
  - Protein
  - Fiber
- Low sodium
  - No more than 140 mg
- Low calorie
  - No more than 400-500 calories a serving
- Low carb
  - No more than 45-60 grams of carbohydrates
- Low sugar