**WHAT'S UP AT ICLRU?**

**HEALTH AWARENESS 411 SEMINAR**  Fri., Sept. 14, in Alumni Hall. Coffee and scones served at 8:30 am. Dr. Sheldon Cohen, from Virginia, returns to speak on Stress, Hormones, Nerves. Enjoy a delicious lunch in the courtyard. After lunch, Dr. Bud Beatty, Associate VP for Roosevelt’s College of Pharmacy will introduce speakers from the college and student groups on health and self-care. Non-members are welcome. [CLICK HERE](#) for the registration form.

**WHITE PINES INN AND THE OLDE ENGLISH FAIRE**  Sat., Oct. 6, travel to Oregon, IL. The first stop is the White Pines Inn for a buffet luncheon, then on to the Stronghold Castle along the Rock River. Once a year, the castle and grounds become the site of the Olde English Faire. There will be performing minstrel acts, sword fights, jesters and magic, singing madrigals, and performances of Shakespearean theater. [CLICK HERE](#) for the registration form.

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### THIS WEEK’S UPDATE

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**ICLRU UPDATE**

**NOTES FROM THE CENTER**

**CHANGE IN CENTER HOURS FOR WEEK OF AUGUST 13 TO 16**

*Next week the center will be closed on Monday and Thursday.*

*The center will be open Tuesday and Wednesday 11:30-1:00.*

**INSTITUTE FOR CONTINUED LEARNING, ROOSEVELT UNIVERSITY**
PLATO’S PLACE
WED., AUG. 15, RM. 330

LaRaye Rodriguez moderates the discussion: *Is Civilization Making Progress?*

Send in your suggestion for a Plato’s Place topic [CLICK HERE]

LUNCHTIME PROGRAM
11:45 am—12:45 pm

THINGS TO DO

What does a Jeff Award Winner, an Equity choreographer, and two soon-to-be Equity actresses have in common with ICLRU member, Judith Ross, and her husband? They're all in Cole Porter's Tony Award winning tap dancing musical, *Anything Goes*. Performances are at Cutting Hall, 150 E. Wood Street, Palatine, IL. Friday, Aug. 10 and Saturday, Aug. 11 at 7:30, Sunday, Aug. 12 at 3:00, Friday, Aug. 17 and Saturday, Aug. 18 at 7:30 and Sunday, Aug. 19 at 3:00.

Senior tickets sold in advance are $16. Include the Code "oldendays" and receive an additional $1 off each ticket. Visit [www.fremontstreettheater.com](http://www.fremontstreettheater.com) or call the box office at 847-202-5222.

Schaumburg Township District Library—Thursday, Aug. 16 from 7:30 to 9 pm—*Through the Eyes of Hubble*

The Hubble Space Telescope has had more impact on astronomy and the public’s awareness of astronomy than any other telescope in history. Michelle Nichols from the Adler Planetarium presents some well-known and lesser-known images and science from the last 22 years of Hubble's mission. If circumstances permit, Michelle will provide an update on the Curiosity Mars Rover mission.

Advance registration required, [click here](http://www.fremontstreettheater.com).
INSTITUTE FOR CONTINUED LEARNING, ROOSEVELT UNIVERSITY

SPECIAL EVENT OPPORTUNITY

DON’T MISS THIS FREE PERFORMANCE!

U.S. Air Force
Shades of Blue Jazz Band

Concert Date: Friday, August 24
Concert Time: 7:00 PM
Location: Virginia Mary Hayter Village Green
5510 Prairie Stone Parkway (across the street from the Sears Centre Arena, off Route 72, in the Poplar Creek at 59/90 Entertainment District)
Hoffman Estates, IL 60162

The Shades of Blue Jazz Ensemble is a group of 18 professional enlisted musicians whose repertoire ranges from traditional big band jazz, to bebop and swing, to modern jazz. Several band members are gifted composers and arrangers and their compositions are often featured in concert; however, you are just as likely to hear the classic sounds of Count Basie or Glenn Miller. The ensemble is often requested for featured performances at festivals throughout the country, paying tribute to the Air Force’s musical heritage, performing at major league baseball games, basketball games, etc.

Whether performing for a head of state, before a capacity crowd or for our troops at home and abroad the Shades of Blue reflects the heritage and pride of our great nation and the United States Air Force.

Admission is free. Bring a blanket or lawn chairs. If you are bringing a picnic, do not bring glass bottles, glasses or glass containers. For information, including directions and parking details call (847)252-5448. Food and drinks will be available for purchase by Levy Food Service.

...because learning is a lifelong experience

www.ICLRU.org

USAF
‘Shades of Blue’ Jazz Ensemble Performance
Sponsored by Arts and Veterans' Memorial Commissions
CLICK HERE for information on parking, including Handicapped Parking & ADA Shuttle Information