ARE YOU A BUNDLE OF NERVES? YOU MAY BE AND NOT EVEN KNOW IT. JOIN US AT THE HEALTH AWARENESS 411 SEMINAR — Fri., Sept. 14, in Alumni Hall. Kick off the Fall ICLRU session with Coffee and scones served at 8:30 am. Then listen to Dr. Sheldon Cohen 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 Pharmacy College and student groups who will speak on health and self-care. Non-members are welcome. CLICK HERE for the registration form.

ONLY 6 PRECIOUS SEATS LEFT! 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.

In this issue:

- What’s Up at ICLRU?
- Notes From the Center
- Lunchtime Programs
- Things To Do
- Book Ends ICLRU’s Non-Fiction Book Club

NOTES FROM THE CENTER

Please wait until Sept. 10 to contact The Center about Fall Study Group Confirmation & Waitlist Letters. The letters will be mailed on Sept. 5

Reminder: Encore and More and The Lighter Side will be on hiatus until further notice.

The Travel Club’s May 2013 England trip is filled. Watch soon for news on an October 2013 River Cruise.

ICLRU Events Calendar
Plato's Place

Wed., Sept. 5, Rm. 330

Stan Gorcik moderates: Do we make our own happiness?

Send in your suggestion for a Plato's Place topic

Click Here

NEW—Tuesdays with Computers begins Sept. 18 from 11:45 to 1:00 pm in Rm. 373

Chicago Grandstand Big Band, the Ultimate Tribute to the Swing & Jazz Eras. See them September 9, at 3 p.m. at Forest View Educational Center, 2121 S. Goebbert Rd., in Arlington Heights. For tickets, call 847-253-0282 or 847-718-7702 or visit www.nscommunityconcerts.org

Brought to you by the Northwest Suburban Community Concert Association, in partnership with District 211 Community Education.

Sept. 1-3: Schaumburg Septemberfest, 101 Schaumburg Court, Schaumburg: 10 am - 10 pm Sat., Sept. 1; 9 a.m. to 10 pm Sun., Sept. 2; and 9 am to 9 pm Mon., Sept. 3.

Schaumburg's 42nd annual Septemberfest features an arts & crafts show with 250 vendors, a bingo tent, a carnival with 18 rides, local and main stage entertainment, and pony rides. Visit ci.schaumburg.il.us.

The Fireworks are scheduled for Sept. 2 at 10 pm

Interested in some Chicago history? Visit this link to go back in time with pictures from the Chicago Daily News, from 1902-1933: http://memory.loc.gov/ammem/ndlpcoop/ichihtml/cdnhome.html
...because learning is a lifelong experience

www.ICLRU.org

MEMBERS: IF YOU ARE INTERESTED IN JOINING ICLRU'S NON-FICTION BOOK CLUB, PLEASE CONTACT EITHER:

Kathrine Dublinski—HDublinski@aol.com

Sue Harty—fillmore1980@aol.com

Margo Temple—hgq115@aol.com

Meeting Date: Sept. 20th, Thursday, in Room 327, from 3:15 to 4:30 pm.

The Book Ends Non-Fiction Book Club will be discussing Laura Hillenbrand's best seller, Unbroken. This is an amazing story about WWII and the survival, resilience, and redemption of Olympic runner and Prisoner of War, Louie Zamperini (shown below).

Other meeting dates are October 18, and November 15th. No meeting is held in December (and Book Ends does not meet during the Summer).

Also, please bring in your suggestions for our non-fiction selections for this year. Click here to see the past years’ reading list.