

Parkland Life Long Learners

Arm Chair Traveler

Enjoy these afternoon “getaways” by sitting back with coffee and cookies and learning about the culture, history, and art of some of the most fascinating places on our planet! These events are held at the Parkland College Business Training and Community Education building on Mattis once a month. A \$5 fee is payable at the door.

Whole Health Lecture Series

Bring your lunch and sit back to hear information from health professionals about various topics in complementary and alternative therapies. These events are held at the Parkland College Business Training and Community Education building on Mattis once a month, and are offered free of charge.

Life Long Learners at the Library

Enjoy **FREE** lectures on the second Wednesday of every month, from 10 - 11a.m. at the Champaign Public Library. Coffee and delicious cookies included!

Windsor transportation is provided to all of the above programs.

Cunningham Clippers

The Cunningham Clippers meet twice a month to clip, count and package UPC's for Cunningham Children's Home. There are also residents who participate by clipping, counting and packaging in their apartments as well!

Vial of Life

Meeting a couple times a month in the Windsor Court Activity Room, a group of residents assemble Vial of Life kits for the Parish Nurses to use throughout the community.

Supplies are available for residents who would like to participate by packaging the kits in their apartments as well!

Additional Volunteer Opportunities

There are numerous volunteer opportunities available at the Windsor, whether it be helping in the Windsor store, serving on various committees, or a variety of other opportunities. See one of the Life Enrichment Coordinators for more information.

The Windsor of Savoy Intellectual Stimulation and Volunteer Outreach



For further information about any of the programs mentioned in this brochure, please contact the Life Enrichment Coordinators:

Angelika Hustedt
819-4988

Angela Overholt
819-5104



Intellectual Stimulation Groups

Reminiscing

This is simply a group getting together on a weekly basis to talk about many different memories concerning a variety of subjects.

Book Talk

A book talk is offered once a month from September through May. Each month the participants read a different book and then meet together to discuss it.

The book talk is facilitated by one of the Life Enrichment Coordinators.

Men's Group

This is a time for the men to get together on a weekly basis and talk about a variety of subjects.

Current Events

Come join Colonel Frothingham as he leads the group in great discussions about relevant issues.

Computer Classes

Offered throughout the year on Monday mornings, the computer classes are taught by an instructor from Parkland College's Community Education Department.

Each class is an hour in length and covers a different topic each week.

Examples of topics being covered are:

- Getting to Know the Computer
- Mouse Tutorial/Skills
- Basic Keyboarding
- Word Processing and Formatting
- Using the Internet

And much, much more!!!!

Guest Speakers

Each month guest speakers provide programs on various intellectually stimulating subjects. The presenters are experienced and educated to answer questions about each subject matter.

Anita Purves Nature Center Traveling Naturalist

Each month Erica Schneider, the Traveling Naturalist from Anita Purves, provides intellectually stimulating programs on a variety of topics dealing with nature.

Each presenter is experienced and educated to answer questions about each subject matter.