



Life at Addolorata Villa provides you with enriching and entertaining educational opportunities right outside your door. Through our partnership with Harper College's Lifelong Learning Institute, we provide innovative classes for adults age 55+ that appeal to every interest – with no background, homework or grades necessary.

At the Lifelong Learning Institute, you'll find great discussions, new friendships and the joy of learning among your peers. Join us, along with Harper College, for our Fall 2017 courses and discover the possibilities waiting for you at Addolorata Villa.

Join us and DISCOVER what life and Lifelong Learning are all about at Addolorata Villa!

AUSTRALIAN ABORIGINAL AERIAL DESERT LANDSCAPES **Wednesday, September 6 - 10:30 a.m. to 12:30 p.m.**

The Aboriginal culture dates back between 60,000 to 80,000 years with visible rock art dating back 20,000 years. With no written language, in order to convey their important cultural stories through the generations, it is portrayed by symbols/icons in artwork. The storytelling conveys knowledge, events and beliefs through these symbols to each generation teaching them survival and use of the land.

JAPANESE SUMI PAINTING **Wednesday, September 13 - 10:30 a.m. to 12:30 p.m.**

Sumi is 'Black Ink painting' where the emphasis is placed on the beauty of every individual stroke of the brush. Originally developed in ancient China, it has spread across Asia with each culture developing their unique version of style. The ink was carbon soot collected from the inside of kilns where porcelain dishes were fired and so permanent that 1,000 year old scroll paintings still look fresh today. By using various densities of black to light gray, we create subtle, etheric works of art.

NAVAJO HEALING SAND PAINTINGS **Wednesday, September 20 - 10:30 a.m. to 12:30 p.m.**

Navajo paintings are called dry paintings because they are created with different colored sands. The figures are symbolic of objects like sacred mountains, legendary visions or they illustrate ceremonial dances and chants that help in healing and with harvests. Paintings allow patients to transform their mental and physical states by focusing on the symbols and stories to reestablish their proper, orderly placement with the forces of life, thus restoring their correct physical and spiritual health.

GREENS, GRAINS AND BEANS **Monday, October 30 - 10:30 a.m. to 12:30 p.m.**

Whole-food, plant-based nutrition is emerging as one of the most popular trends of this century. That is good news considering the skyrocketing rates of obesity and serious chronic diseases in the USA. Instructor Joan Davis, RN, MS, will describe



the surprising research and pioneering doctors helping people recognize the connection between nutrition and heart disease, diabetes, and cancer. Whether you're just curious or already committed to better eating, this class will provide information and inspiration towards better health and a longer life.

SACAGAWEA ADVENTURED WITH LEWIS AND CLARK **Monday, December 18 - 11 a.m. to Noon**

Sacagawea adventured with Lewis and Clark to explore the Louisiana Territory in the early 1800's. The Corps of Discovery commissioned by President Thomas Jefferson was asked to explore the vast territory as the United States expanded. Accompanying the men was one young Native American girl who no one really knew. Today there are more statues honoring her than any other woman born on American soil. Join us and find out from the time-traveling character Sacagawea herself who she was, what she did, and what really happened on the greatest American journey of exploration!

Seating is limited. Please RSVP to Liz Starman at (847) 808-4421 for the programs that interest you most. All programs are free of charge.

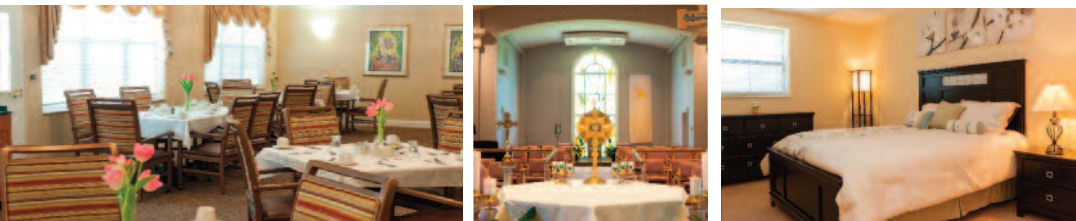
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Addolorata Villa in Wheeling provides you the opportunity to choose from a spectrum of housing and care options that truly suit your lifestyle, so you can live confidently, now and in the future! You can discover and renew a favorite hobby like photography or dancing. Choose to try new things while enjoying the perks of maintenance-free living.

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The residents of Addolorata Villa
welcome you to attend their Fall Seminar Series

DISCOVER THE *Possibilities!*

LIFELONG LEARNING INSTITUTE
presented in partnership with Harper College

Fall into Wisdom
Art, History and Current Events



All programs are free of charge.