CROCHETING
DATE: Tuesdays, April 7 – May 12
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: Virginia Hansum
LOCATION: Administration Bldg. Fireside Room (April 28/Porch)
FEE: $40.00 (6 weeks)
DESCRIPTION: Learn chain stitch, single crochet, double crochet, shell stitch, granny square and how to read patterns. Also learn the different sizes of hooks and about different yarns. Students should bring a size 8 crochet hook, skein of 4-ply yarn and a very simple scarf pattern.
NOTE: Maximum 15 students

DIGITAL PHOTOS ON YOUR HOME COMPUTER
DATE: Thursdays, April 9, 16 & 23
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: Ralph Veldboom
LOCATION: Science Center Room 019
FEE: $20
DESCRIPTION:
Week 1: Digital Photography Overview: capturing photos, photo types, uploading and saving photos & enhancement software.
Week 2: Enhancing Photos: enhancing lighting, enhancing color and cropping.
Week 3: Using Photos: printing photos, using photos in e-mail and documents, and DVDs from still photos.
NOTE: Maximum 24 students
FAIR OAKS FARMS, INDIANA
WEDNESDAY, MAY 20, 2009
Leave campus at 9:00 a.m. – Returning 3:30 p.m.
$16.00 Pay when you arrive.
Includes: Transportation, lunch, Dairy Museum, Diva Hall, Grass to Glass, Bus Tour, Exhibit Hall, 3D/4D Movie, Interactive Area, Cowculus Class, Cheese & Ice Cream Plant, Milking Parlor & Birthing Center

LIFE SAFETY TIPS & PERSONAL PROTECTION
DATE: Wednesdays, April 29, May 6 & 13
TIME: 3:45 – 5:00 p.m.
LOCATION: Science Center Room 104
FEE: $20
DESCRIPTION:
Week 1: Instructor: Officer Christy Pace, Palos Heights Police Dept. “Personal safety, property safety, identity theft prevention, cons and scams.”

Week 2: Instructor: Jack E. Nagel, Fire Chief, Palos Heights Fire Protection District
Self Defense

Week 3: Instructor: Rich Czajkowski, Captain, Palos Heights Fire Protection District
Goal is to educate and empower students to better protect themselves and their homes, as well as educate them on fire and life safety issues. The class will cover fire prevention, escape plans, emergency procedures, and accident prevention tips, as well as kitchen safety, electrical safety, or what to do when you’ve fallen or are trapped. Sign up sheet available for “ride alongs” on actual calls.

HEALTH
DATE: Wednesdays, April 8, 15, 22
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: Joyce B. Azzaline, Assistant Professor of Nursing at Trinity Christian College
LOCATION: Science Center Room 104
FEE: $20
DESCRIPTION:
Week 1: Alzheimer's Disease: what is it? How to decrease your risk. This course will discuss Alzheimer's Disease: the risk factors, symptoms, interventions, and medications. We will also discuss how you can exercise your mind now to decrease your chances of acquiring the disease.

Week 2: Nutrition for the older body. This course will discuss healthy nutrition as the body ages. Changes in the aging body, nutritious foods, and food safety will be explored.

Week 3: Stress Management to cope with change. In this course we will look at what stress, stressors, and stress management are. We will look at healthy ways of coping with aging and other life stress.

THE CIVIL WAR AND RECONSTRUCTION
DATE: Wednesdays, April 8, 15, 22
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: John J. Fry, Ph.D., Chair, Department of History, at Trinity Christian College
LOCATION: Science Center Room 006
FEE: $20
DESCRIPTION: This course will address the causes, conduct, and results of the Civil War. More attention will be devoted to the political, social, and cultural developments of the period than to individual military battles. Participants will also read some of the most important documents of the period: The Emancipation Proclamation, Lincoln’s Second Inaugural Address, and Constitutional Amendments, and consider what they reveal about the war and its aftermath.
YOGA AS EMBODIED PRAYER
DATE: Thursdays, April 9, 16 & 23
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: Mary Lynn Colosimo, Ph.D. Associate Professor of Psychology
LOCATION: Alumni Hall Classroom
FEE: $20
DESCRIPTION: Please join us as we share in the experience of yoga as prayer. The word “yoga” means union and we will gather to breathe together, work together, and pray together. Through various poses/prayers, you will achieve a deeper state of awareness, peace, and relaxation. Dress comfortably; bring a mat or towel, and a water bottle to class. Welcome!
NOTE: Maximum 30 students

INTERNET
DATE: Thursdays, April 30, May 7 & 14
TIME: 3:45 – 5:00 p.m.
INSTRUCTOR: Ralph Veldboom
LOCATION: Science Center Room 019
FEE: $20
DESCRIPTION: Learn to use the Internet in a slicker, quicker, and safer manner. Learn about connecting via a service provider. Learn new sites and how to find information. Learn search techniques to quicken your searches and enhance your shopping skills. Learn about some firewalls and anti-virus programs to protect your system.
NOTE: Maximum 24 students

TO SIGN UP FOR SALT CLASSES, PLEASE CALL 708.597.3000

For more information contact:
Ruth De Bruyn, Development Coordinator.
708.239.4827 or ruth.debruyn@trnty.edu
Online at www.trnty.edu/about/salt

The mission of the Senior Academy of Learning at Trinity (SALT) is to stimulate learning and discussion among those 55 and older that will enrich their lives, foster relationships, and strengthen the varied communities in which they live. In addition, SALT will create an opportunity for individuals in the area to share their knowledge, talents, and experience.

DIRECTIONS TO TRINITY CHRISTIAN COLLEGE
6601 W. COLLEGE DRIVE, PALOS HEIGHTS, ILLINOIS 60463

FROM THE SOUTH:
Take I-294 northbound to the 127th Street exit; at the stoplight, turn left, cross Cicero Avenue and then just over bridge, turn right onto Route 83; Trinity is about two miles ahead on the left, just past the stoplight at Ridgeland Avenue.

FROM THE NORTH:
Take I-294 southbound to the 127th Street exit; at the stoplight, turn right; just over the bridge, turn right onto Route 83; Trinity is about two miles ahead on the left, just past the stoplight at Ridgeland Avenue.

FROM THE WEST:
Take I-80 to the Harlem Avenue (SR-43) northbound exit; take Harlem about eight miles to Route 83 (also called West College Drive and Cal Sag Road); turn right at Route 83; follow Route 83 about 3/4 mile to Trinity, which will be on your right.

FROM THE EAST:
Take I-80 or I-94 to I-294; see “south” directions once on I-294.