



## The Illuminated Life

Dr. Abe Arkoff, Emeritus Professor of Psychology, UH-Manoa

Wednesdays 1 p.m. - 3 p.m.

September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20

Classroom to be announced.

Class size limited to 30.

Find new insights to your past and discover your full potential in this participatory exploration that pursues 14 important "life questions." Ten sessions of mini-lectures, presentations, and group exercises help participants review life experiences to enrich their elder years and awaken the potential of change.

## Marine Environment

Dr. Art Reed, Emeritus Professor of Zoology, UH-Manoa

Thursdays 10 a.m. - 11 a.m.

September 19, 26, October 3, 10, 17, 24

Classroom to be announced.

Class size limited to 30.

This six-part series focuses on the sea as a habitat for marine life and examines reef biology and reef development, fish behaviors, wave characteristics, and the interaction between man and aquatic environment.



## Emeriti Lecture Series

Back by popular demand, this monthly series features outstanding lecturers representing the emeriti faculty of UH-Manoa Arts and Sciences. In one-hour informal talks at the UH Campus Center, speakers share their observations on a lifetime in academia. Fall 1996 Lecture Schedule will be available July 1. Call 956-8224 for information.

## "What I Learned From My Career as a ..."

If you enjoy good storytelling, reminiscences, and discovering what other people learned during their careers, this series is for you. Six retired professionals from the community offer their perspectives in one-hour stories filled with humor, wisdom, compassion, and humanity. The Fall 1996 "What I Learned" Schedule will be available July 1. Call 956-8224 for information.



## The Academy for Lifelong Learning

University of Hawai'i at Manoa  
Colleges of Arts & Sciences

1996 Fall Preview



## Join us at the Academy!

The Academy for Lifelong Learning at the University of Hawai'i at Manoa is a membership program for persons 50 years and older. Short courses, workshop series, and multidisciplinary projects are taught by peer seniors and outstanding UH-Manoa emeriti faculty. Membership in the Academy, renewable annually, entitles students to enroll in low-cost courses, participate in free special events, and receive a quarterly newsletter. The Academy for Lifelong Learning operates under the guidance of the Colleges of Arts and Sciences in cooperation with volunteers who handle planning, course selection, publicity, enrollment, and special events coordination.

If you'd like to join, please complete the form below and mail to: **Academy for Lifelong Learning, UH-Manoa, 2500 Campus Road, Hawaii Hall 105, Honolulu, HI 96822.**

## Living with Dying

Dr. Mitsuo Aoki, Emeritus Professor of Religion, UH-Manoa

Tuesdays 9 a.m.-10:30 a.m.

September 17, 24, October 1, 8, 15, 22, 29.  
Classroom to be announced.

Class size limited to 40.

This 7-week series explores the myriad aspects of death and dying. Participants will reflect together on awakening to mortality, anticipation of dying, the process of dying, the mystery surrounding dying, and what happens after we die.

## Drawing: A Closer Look

Dr. Duane Preble, Emeritus Professor of Art, UH-Manoa

Studio time TBA. Class limited to 12.

Individualized tutorials in two-dimensional visualization and rendering of forms, spaces and ideas through a variety of approaches and media.

## The Healthy Body

Dr. Art Reed, Emeritus Professor of Zoology, UH-Manoa

Wednesdays 10 a.m. - 11 a.m.

September 18, 25, October 2, 9, 16, 23  
Classroom to be announced.

Class size limited to 40.

Students in this course will find out how to strengthen muscles and bones by learning about physiological changes on the cellular and molecular level. Learn how to boost nutritional status and build a stronger, healthier body.

## Move It: Loosening, Toning & Strengthening for Older Adults

Joanna Witt, Physical Therapist  
Exercise Room, Hemenway Hall 201,  
1-2 hour sessions. Time TBA. Class size limited to 10. Fee of \$60 for 10 sessions. Exercises focus on improving range of motion and toning.

- Please send me enrollment information for A.L.L. courses, 1996-97.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

- I'd also like to join The Academy for Lifelong Learning at UH.

Enclosed is my check for \$10 payable to UH Foundation, 18-079-0.

Return this form to: **A.L.L.,  
UH-Manoa, College of Social  
Sciences, 2500 Campus Rd.,  
Hawaii Hall 105, Honolulu, HI  
96822.**