



WELCOME

Welcome to the Siegal Lifelong Learning Program at Case Western Reserve University. Throughout the year, we offer innovative and engaging programs in a variety of locations around Northeast Ohio, including CWRU's main campus at University Circle and our Beachwood facility on Science Park Drive. Our courses, lectures and workshops cater to adults of all ages who are inspired to pursue their love of learning. Whether you are looking to learn a new skill, engage in lively dialogue, interact with scholars who share their cutting-edge research, or travel around the globe, Siegal Lifelong Learning has opportunities for you. For those who have never taken a class or attended a lecture with Siegal, we invite you to join us. My colleagues and I continually work to expand our slate of programs while welcoming new and returning learners to our community.

Brian Amkraut
Executive Director

For information, visit
case.edu/lifelonglearning
or call us to request a
catalog at 216.368.2090
or 216.368.2091.

INSIDE

- ▶ **One of Cleveland's Best-Kept Secrets**
- ▶ **Exercise Your Mind**
- ▶ **Travel the World with Siegal**

THE BEST-KEPT SECRET

BY ELANA GOODWIN



Siegal is more than just a place where adults can continue their studies and commitment to learning – it’s a community.

Participants develop a strong sense of camaraderie with their fellow participants and teachers, forming friendships and connections that extend beyond the classroom. These connections drive students back to Siegal Lifelong Learning each semester, eager to not only augment their knowledge, but to fortify existing friendships and forge bonds with new learners.

“The support and encouragement I received from my teachers and classmates at Siegal during a very difficult time of my life when I was caring for both a mother and husband with Alzheimer’s simultaneously was amazing,” divulged Fitzgerald. “I could never have continued my studies without their understanding and help.”

Adults with time constraints can still attend one-time lectures from renowned speakers who share their expertise on topics including art,

“Siegal Lifelong Learning is the best-kept secret in Cleveland,” gushed longtime participant Eileen Fitzgerald, who has been coming to Siegal classes for over 14 years.

Well, maybe not such a secret, considering how many hundreds of lifelong learners attend lectures and classes each semester. Since becoming a part of the Case Western Reserve University in 2012, The Laura and Alvin Siegal Lifelong Learning

Program has expanded its reach in Northeast Ohio, providing ever-increasing high-quality non-credit adult education opportunities every year.

Each semester, Siegal Lifelong Learning offers innovative and engaging programs for adults of all ages who are inspired to pursue their love of learning, enrich their knowledge, and interact with experts and peers along the way.

EXERCISE YOUR MIND

WITH SIEGAL LIFELONG LEARNING

Cutting-edge research shows that there are a multitude of benefits to maintaining an active mind including improved brain health as well as overall physical health. In addition, those who engage in activities such as lifelong learning are more likely to feel fulfilled and happy, see an increase in self-esteem and enjoy a more enriching life.

A recent Harvard Business Review article explains that engaging in ongoing education can offset cognitive decline and improve memory. The article states, “Those who dedicate themselves to learning and who exhibit curiosity are almost always happier and more socially and professionally engaging than those who don’t.”

For an expert opinion, we checked in with Loren Greenberg, MD, Geriatrician and Assistant Professor of Medicine at Columbia University who explained, “Scientists used to believe that only the young brain had significant plasticity or ability to make new connections necessary

for learning, but now we know that the older adult brain maintains the ability to learn new complex ideas and people should continue to do so throughout their lives.”

“One of the best ways to maintain memory is to take on new cognitive challenges,” Greenberg continued, “Other strategies demonstrated to help with memory include socializing, adequate sleep and aerobic exercise. I encourage my patients to take a class or learn a new skill, especially one that involves a social component.”

With a broad variety of more than 250 learning opportunities on Case’s Main Campus, in its Beachwood facility as well as in locations around the Cleveland area, Siegal likely has an offering that will appeal to you. These courses generally allow for an

TOP FIVE REASONS TO EXERCISE YOUR MIND

1. **Keep your brain healthy and improve memory**
2. **Improve physical health**
3. **Increase happiness & decrease boredom**
4. **Raise self esteem**
5. **Enrich your life**

EXPLORE THE WORLD. SEE THE SIGHTS. GO ON AN ADVENTURE.

history, religion, theater, science, contemporary issues, and more, or attend shorter-term or evening classes at Siegal, depending on their schedule.

For those with more availability who are interested in ongoing weekly courses throughout the year, Siegal Lifelong Learning has a wide range of classes taught by passionate and high-caliber instructors on a plethora of subjects. From literature to music to politics and history to nature to philosophy, and beyond, Siegal's course offerings always ensure there is truly something for everyone, no matter their interests.

It's never too late to learn, and Siegal Lifelong Learning is just the place, with its dedication to enriching individuals' lives and helping build a community of lifelong learners in Northeast Ohio.

"I love coming to Siegal and feel privileged to have studied there all these years," Fitzgerald concluded. "I can't say enough good things about it."



interactive learning environment that opens the door to discussion, debate and sharing of experiences and knowledge. Siegal is a great place to quench your curiosity, learn a new skill, develop friendships and keep your mind fit. To find out more, visit case.edu/lifelonglearning.

Join the world travelers who visit global destinations with Siegal Lifelong Learning. These fabulous trips, led by Case Western Reserve University faculty experts, are designed with the senior traveler in mind. The carefully crafted itineraries have recently included a Safari in Tanzania, a trip to see the Northern Lights, a culinary tour of Burgundy and Alsace, a land and sea visit to Alaska and so much more. Participants learn about the history and culture of their destination, visit wondrous sites, explore local shopping and dining, and develop new friendships.

Thalia Dorwick recently participated in a Siegal Lifelong Learning trip to Cuba. She praised all aspects of the trip and encourages others to consider these travel opportunities. "My trip was wonderful in all ways," said Thalia, "It was highly educational, with a wide variety of cultural experiences, but there were also many informal people-to-people encounters. There was a great balance between organized activities and free time. The academic leader and trip leaders were outstanding, as were the accommodations and food. I highly recommend traveling with Siegal Lifelong Learning."

For information on upcoming trips, contact Educational Travel at Case Western Reserve University's Siegal Lifelong Learning at 216.368.2090 or 216.368.2091. Information can also be found on the website at case.edu/lifelonglearning/travel.

**"I HIGHLY
RECOMMEND
TRAVELING WITH
SIEGAL LIFELONG
LEARNING."**

—Thalia Dorwick





THE LAURA & ALVIN SIEGAL
LIFELONG LEARNING
PROGRAM

WHETHER YOU ARE LOOKING FOR A LECTURE, SERIES OR A ONE-SHOT EDUCATIONAL EXPERIENCE
CHECK OUT SIEGAL LIFELONG LEARNING IN THE CLE



OVER **4000** PARTICIPANTS



**WIDE RANGE OF
COURSE OFFERINGS**

ART | MUSIC | LITERATURE | HISTORY | POLITICS | RELIGION



**SIEGAL
LIFELONG LEARNING
IN THE CLE**

Programs,
courses
and events
held in

36+
locations



**EDUCATIONAL
TRAVEL OPPORTUNITIES**

**ANNUAL
MEMBERSHIP
AVAILABLE**



DISCOUNTS ON COURSES, AT
LOCAL BOOKSTORES, AND MORE

FOR MORE INFORMATION, PLEASE VISIT
CASE.EDU/LIFELONGLEARNING OR CALL OUR
OFFICE TO REQUEST A CATALOG AT 216.368.2090.

