

ASSOCIATION OF LIFELONG LEARNERS

JANUARY, FEBRUARY, MARCH 2019 WINTER PROGRAM SCHEDULE



THE HOLIDAY HAPPENING

Thursday, December 13, 2018

St. Bernard's Friendship Room

Doors open at 3:30 pm, dinner at 4:00 – 5:30 pm

Join others for dinner and show support for the homeless and less fortunate in our community. Please bring a NEW unwrapped gift and/or a donation. Gifts appropriate include: clothing (socks, gloves, hats, scarves, sweatshirts, new please); toiletries such as shampoo, conditioner, deodorant, soap; kid's toys/games, etc.

PLEASE DO NOT WRAP YOUR GIFT.

THE HAPPENINGS

“Brainstorming Format for Future Programs”

Thursday, March 28, 2019

11 am – 2:00 pm

1st Congregational Church – 201 S. 2nd Ave., Alpena

We Will Be Honoring Our Past Coordinators

SPECIAL INTEREST GROUPS AND ONGOING ACTIVITIES



W01 - PICKLEBALL

Date: Mondays, Wednesdays & Fridays 1/7 thru 3/29/2019

9:00 am to 12:00 pm

Location: Aplex

Cost: \$3.50 per hour Payable to the Aplex

Coordinator: Dick Bremer

Phone: 727-8028

See you on the court when we play Pickleball at the Aplex. All skill levels welcome.



W02 - DOMINOES —“MEXICAN TRAIN EXPRESS”

Dates: Tuesdays, 1/8 thru 3/26/2019

Time: 9:30 to 11:30 am

Location: M. Briggs Center

Coordinators: Barb and Jerry Meek

Phone: 354-6923

Ready for a fun, addictive and fast-moving game that has lots of surprising twists and turns? Join us for Mexican Train Express. This dominoes game does not have partners and can be played with two, three, four, five or more players. We will show you some tricks and techniques. You may join our class any time during the year.



W03 - THE TRAVEL FORUM

Date: Wednesday, 2/6/19

Time: 1:00 to 2:00 pm

Location: CTR 106

Coordinators: Debra Westgate 595-2173

Ron Young 884-4011

Member participants share details of recent travel adventures. Get in on the ground floor and join your fellow travelers or travel wannabes as we kick-start ALL's Travel Special Interest Group: **The Travel Forum**. The group will be designed with you in mind. Items for discussion will include designing group travel adventures with ALL members; exchanging tips and ideas; identifying potential travel topics for ALL membership programs; connecting single travelers with travel buddies; and any other travel-related topics you'd like to talk about.

Deb Westgate is a retired public health nurse and enjoys travel adventures to new places.

Ron Young is a retired county highway engineer who has traveled extensively for work and pleasure. Ron serves on the Board of Directors for ALL and is an avid fisherman and is always up for a new adventure.



W04 - JOURNAL WRITING

Date: Thurs: 1/17, 2/7, 2/21, 3/7 & 3/21, 2019

Time: 12:00 to 1:30 pm

Location: M. Briggs Center

Minimum #: 4 **Maximum #:** 15

Coordinator: Carey Rapin

Phone: 354-3046

This session invites us to write – for ourselves or for others. Journal writing is a first step for creating stories, capturing memories, and exploring our ideas and feelings. We will write for fun and insight, in a no-pressure workshop. Sessions will provide prompts for writing, but you will be free to write about whatever you choose and do as much or as little writing and sharing as our time allows. The purpose is to have time devoted to exploring our creative spirits through writing. Bring paper (or journal), pens or pencils or a computer – whatever you need to be comfortable writing.

Carol O'Connor uses journaling to capture thoughts and feelings about daily life, to bring more understanding about the small moments that help shape her beliefs and connection to others.

Carey Rapin began journaling as a teenager, used it as a tool in the grief support groups she facilitated for Hospice, which encouraged expression of feelings, and has begun writing her legacy for her children.

MaryAnn Krajnik Crawford has been a personal journal writer and teacher of writing for many years. Retired from Central Michigan University as emeritus professor of English and director of the CMU Writing Center, she continues to write for the fun of it.



W05- CONTRACT BRIDGE

Dates: Fridays, 1/11 thru 3/29, 2019

Time: 12:30 to 3:00 pm

Location: M. Briggs Center

Coordinator: Joyce Iles

Phone: 989-471-8098

This is an ongoing group of card players who welcome any players at any time. We are a teaching class but welcome experienced players also.



W06 – WRITING WORKSHOP: SHARING OUR STORIES

Date: Wednesday, 1/9, 2/13 & 3/13, 2019

Time: 2:00 to 3:30 pm

Location: M. Briggs Center **Minimum #: 4**

Maximum #: 12

Coordinator: Mary Ann Crawford

Phone: 278-8575

This writing workshop series focuses on writing, sharing, and feedback. Everyone has stories, some are told, some are written, and some, like memoir, are written to be shared with others. Sessions will examine issues with writing, share techniques for writing and revising, and practice some editing. Participants write between sessions, share their writing at sessions, and get feedback that they can use for revising and polishing their stories.

Mary Ann Krajnik Crawford has taught writing for many years; she especially enjoys creative nonfiction and memoir writing. She moved to Alpena after retiring from CMU as emeritus professor of English and director of the Writing Center. She serves on the ALL board, teaches writing online, and continues to write for the fun of it.



W07 - FOCUS ON FUN CAMERA CLUB

Dates: Third Wednesdays, 1/16, 2/20 & 3/20/2019

Time: 1:30 to 3:30 pm

Location: M. Briggs Center

Coordinator: Ray Zielinski

Phone: 379-4766

Picture an informal monthly meeting where you share the joy of photography. From beginning photographers to experts, members have widely varying degrees of photographic expertise and experience and are willing to share their knowledge. Each month a photographic topic is chosen and the fun begins. You will be welcomed.



W08 - LEARNING TO PLAY THE UKULELE

Date: Mondays 1/7 thru 3/25, 2019

Time: 1:00 to 2:30 pm

Location: M. Briggs Center

Coordinator: Not Needed

This special interest group meets weekly on Mondays to learn the basics of playing the Ukulele. Come join the fun and see how easy it is to become a ukulele player. Limited loaner Ukuleles available to try. **Gloria Beth** led twelve ukulele beginners at Pittsfield Senior Center for four years.



W09 X-COUNTY SKIING NORWAY RIDGE PATHWAY

Date: To Be Determined (TBD)

Time: (TBD)

Location: Norway Ridge Pathway - Werth Road, 3 miles south west of US 23 on the north side (see sign)

<http://www.michigandnr.com/parksandtrails/details.aspx?id=57&type=SFPW#map-tab>

Cost (if any): Recreation Passport Required for Parking at Site

Number of attendees? Minimum #: 4

Maximum #: 12

Coordinator: Ron Young

Phone: 989-884-4011

This is a group outing for X-County Skiing for ALL members and guests with appropriate equipment. This is an Ad-Hoc event in that the date and time will be determined in consultation with interested participants when weather and trail conditions warrant. If X-cross country skiing the Norway Ridge Pathway interests you, preregister and you will be contacted to work out possible date(s) and time(s) when conditions seem appropriate.

The Norway Ridge Pathway is a multiuse pathway established by the Michigan DNR. For cross country skiing the pathway is groomed by the volunteer efforts the Thunder Bay Trails Association <http://thunderbaytrails.org/> There are several loop options on the trail that are appropriate for various skill levels.



W10 SNOWSHOEING ALPENA WINTER SPORTS TRAIL

Date: To Be Determined (TBD)

Time: (TBD)

Location: Alpena Winter Sports Trail (located behind the Alpena Events Complex (Aplex) 701 Woodward Ave, Alpena, MI.

Number of attendees? Minimum #: 4

Maximum #: 12

Coordinator: Ron Young

Phone: 989-884-4011

This is a group outing for Snowshoeing for ALL members and guests with appropriate equipment. This is an Ad-Hoc event in that the date and time will be determined in consultation with interested participants when weather and trail conditions warrant. If Snowshoeing with ALL interests you, preregister and you will be contacted to work out appropriate date(s) and time(s). The Alpena Winter Sports Trail is a modest, easy trail to gauge interest. If there is sufficient interest, other snowshoe outings can be considered among the participants.

OFFERINGS FOR WINTER

W11 COORDINATOR TRAINING – TIPS & TRICKS

Date: Thursday, January 3, 2019

Location: M. Briggs Center

Coordinator: Ron Young

This program is for new and experienced ALL coordinators. Learn the tricks of the trade for working with the office, contacting speakers, notifying registrants and setting up for the session. Introducing you and the speaker and conducting evaluations. Learn what to do when things go wrong. Where to go for help. Experienced will be expected to share their experiences with do's and don'ts.

Ron Young is the current president of ALL. He has coordinated a number of all programs, assisted with others and presented for all. He is a retired county highway engineer, enjoys travel and is an avid fly fisherman.

Time: 10 am to 11:30 am

1 pm to 2:30 pm

Phone: 989-884-4011

W12 RETHINKING CHRISTIANITY IN THE 21ST CENTURY

Date: Tuesday, January 8, 15, 22, 2019

Location: M. Briggs Center

Coordinator: Mary Neubert

This will be a three part series on the thought of the late progressive Christian New Testament scholar, Marcus Borg. The title of his discussion book is "Embracing an Adult Faith: on what it means to be a Christian." Marcus Borg will begin the discussion via a DVD followed by participation of the attendees. Included will be the topics God, Jesus, Salvation, Practice and Community.

Bob Case is a pastor emeritus from the First Congregational United Church of Christ and is beginning to enjoy his full retirement. He is a popular regular presenter for ALL.

Time: 1:30 to 3:00 pm

Phone: 989-590-2869

W13 ALPENA HIGH SCHOOL FOREIGN EXCHANGE STUDENTS

Date: Thursday, January 10, 2019

Location: M. Briggs Center

Coordinator: Wanda Discher

Alpena High School is enjoying the presence of several foreign exchange students this academic year. Come hear about their home countries and their experience as foreign exchange students.

Jaime Diaz Truchuelo Sanchez Melini – Spain; Nomunzul Bayarzorg – Mongolia; Victor Chiu – Cheng, Taiwan

Time: 10:00 to 11:30 am

Phone: 989-742-3222

W14 WINTER ROAD MAINTENANCE

Date: Friday, January 11, 2019

Location: M. Briggs Center

Coordinator: Kathy Crawford

Winter Road Maintenance emphasizing the environmental impact of salt and sand usage as well as best maintenance practices and safety. Time may permit discussion of planned alternative state truck line routes caused by traffic incidents.

Eric Precord is the Maintenance Coordinator for the Alpena Transportation Service Center. This job entails coordination of all aspects of road maintenance with the seven counties addressed by the TSC. This work has a wide range, from grass cutting, to rain runoff improvements, to driver safety improvements and to our topic of today, winter road maintenance. He has 23 years in with the Michigan Department of Transportation.

Time: 11:00 am to 12:00 pm

Phone: 989-370-3819

W15 MOVEABLE FEAST – THUNDER BAY RIVER RESTAURANT

Date: January 16, 2019

Location: 1315 W. Chisholm St., Alpena, MI 989-340-0831

Cost: Order from menu

Number of attendees? Minimum #:

Maximum #:

Coordinator: Linda Wallace

Time: 12 Noon

Phone: 379-2760

We have had a chance to catch our breath after a hectic Christmas. Let someone else do all the meal preparation and join us for a relaxing lunch. The snowy Thunder Bay River will provide a beautiful setting. Invite a friend to join us – simply contact the coordinator for this event.

W16 WHAT DOES A VOLUNTEER FIREFIGHTER DO?

Date: Thursday, January 17, 2019

Time: 10:00 to 11:30 am

Location: Presque Isle Fire Department, 23445 U.S. 23 in Presque Isle Township

Coordinator: Mike Mandrick

Phone: 989-356-6136

What would you ask a Fire Chief about his job if you could have the opportunity? Would you like to know why he does it, what training he has, how often he gets a call, or perhaps, what you could tell your kids about being a firefighter? Bill Forbush can answer all your questions and proudly show you all the equipment that has been gifted to Presque Isle Township or purchased at very reasonable prices. Maybe you will also get to meet some of the volunteers.

Bill Forbush is the Fire Chief for the City of Alpena. At this time he is also the interim Fire Chief for the Presque Isle Fire Department. He and his corps of volunteers rescued the Presque Isle Fire Department from insolvency and bankruptcy and created a functioning agency to benefit Presque Isle Township.

W17 UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACES)

Date: Thursday, Jan. 17, 2019

Time: 2:00 to 3:30 pm

Location: M. Briggs Center

Coordinator: Carey Rapin

Phone: 354-3046

The Adverse Childhood Experience (ACE) Study provides a discovery – a common framework and language – that we can use to profoundly improve the health and well-being of our society now and for future generations. Those who attend this 90-minutes presentation will be able to:

- *Understand* the basic biological foundation of ACEs;
- *Explain* key elements of the ACE Score;
- *Name* the three core protective systems; and
- *Identify* personal action steps.

Carlene Przykucki, BSW, of *Partners in Prevention* is an ACE Master Trainer with the Michigan ACE Initiative and has delivered numerous public presentations and professional development trainings on this topic locally, as well as to regional and state conference audiences.

W18 TOUR OF BESSER COMPANY

Date: Friday, January 18, 2019

Time: 9:00 to 10:00 am

Location: Besser Company 801 Johnson St. Alpena, MI

Coordinator: Wanda Discher

Phone: 989-742-3222

Come along on this tour to first hand Besser Company. This people driven company has been around since 1904, having a huge impact on the Alpena economy. You will learn about the history with Jesse Besser, see what the engineers are doing and view many of their current products and projects.

W19 AN EVENING OF ART CHAT

Date: Tuesday, January 22, 2019

Time: 7:00 to 8:30 pm

Location: Studio Rubedo, 101 Sable St., Alpena, MI 49707

Number of attendees? Minimum #: 4 Maximum #: 8

Coordinator: Dottie Haase

Phone: 989-340-2123

An Evening of Art Chat is an opportunity to gather as a group to share and discuss artwork of all kinds. For example, you may ask specific questions about a piece of art that you are working on, share a famous artwork that you enjoy, or ask a general question about how to interpret contemporary art. Art Chat is an open, safe environment intended to provide constructive criticism, support and understanding. Please bring a piece of art that you would like to share with the group. It may be your own work-in-progress or a completed work. If you are not an artist with your own art, please bring someone else's art or a printed example of any other artwork (famous, infamous or somewhere in between).

Anyone with an interest in art is encouraged to attend. Refreshments will be served.

Brian Schorn is an award-winning artist, gallerist and arts educator. He recently opened Studio Rubedo, a contemporary art gallery and artist workshop, in the downtown district of Alpena, MI. His art and design are in permanent collections throughout the world and his art is represented by regional, national and international galleries. Visit www.brianschorn.com for more information.

W20 OUR COURTS

Date: Wednesday, January 23, 2019

Location: M. Briggs Center

Coordinator: Marlene Bartz

Judge Thomas LaCross will speak on the jurisdiction of Probate and the 88th District Court. Judge LaCross will also update and comment on the addiction epidemic including the remedies that are being attempted along with what is happening in the drug court. **Judge Thomas LaCross** has been a judge for ten years, following 23 years of work as an attorney. His education includes CMU, Madonna University and a law degree from Wayne State University.

Time: 12:15 to 1:15 pm

Phone: 989-340-1718

W21 GREAT DECISIONS

Date: Thursdays, January 24, February 28, March 28, 2019

Location: M. Briggs Center

Coordinator: Mike Mandrick

The Association of Lifelong Learners will continue the series of Great Decision discussions that started in January of 2018. There are again eight topics centered on foreign policy for the coming year. January's topic is Refugees and Global Migration; February it is The Middle East: Regional Disorder; and March the topic is Nuclear Negotiations; Back to the Future? No special background needed to join in for a lively, informative discussion. Contact the ALL office to place an order for a discussion book for yourself.

Time: 3:30 to 5:00 pm

Phone: 356-6136

W22 ChEARS TO THE NEW YEAR!

Date: Tuesday, January 29, 2019

Location: M. Briggs Center

Number of attendees? Minimum #: 10

Maximum #: 32

Coordinator: Carey Rapin

An introduction to effective communication and hearing ability; a focused conversation about quality of life through better communication abilities, hearing loss, treatment options for hearing loss, introduction to Ear, Nose and Throat Services in Alpena including sinus, nose, throat, ear and allergy services.

Kristen Kowalski, A.U.D., received her undergraduate from Michigan State University in 2007. In 2011, she earned her Doctor of Audiology degree from Wayne State University. Dr. Kowalski completed her externship training at the University of Michigan Health System in 2011. After graduation, she joined the University of Michigan Health System's Division of Audiology as a clinical audiologist working in the audiology clinic for the MidMichigan Health System in Alpena, Michigan. Dr. Kowalski is delighted to work with Great Lakes Ear, Nose and Throat Specialists serving patients at three locations – Alpena, Petoskey and Gaylord. Her specialized areas of interest include auditory processing disorders, tinnitus, cognitive health/dementia, adult aural rehabilitation and pediatric evaluation and management.

Time: 1:30 to 2:30 pm

Phone: 354-3046

W23 "NO PLACE LIKE HOME" PART 1

Date: Tuesday, January 29, 2019

Location: CTR 106

Coordinator: Sue Maxwell

This will be a two part celebration of the joy and trials of growing up and growing older in this small northern Michigan community we call "home". It includes an occasional reading, and a little music, but mostly reminiscing.

Keith S. Titus, born in Cheboygan, MI called Alpena home for most of his life from the age of six through 56, and again from 68 to the present ripening age of 79. During his time in Alpena he taught Interpersonal Communication for 30 years at ACC, founded Thunder Bay Theatre and ran it for its first 28 years, and served as an Alpena County Commissioner for three terms. Since his departure for 12 years (1995-2006) he became an ordained minister (along with his wife Virginia) served several churches in SW Michigan and founded a non-profit corporation that has served the Oglala Lakota Indian Nation for 20 plus years, living in the Pine Ridge Reservation, SD. Since their return to "home" in 2006 they served a U.C.C. church in Atlanta, retiring in 2018.

OPEN TO THE PUBLIC

Time: 7:00 pm

Phone: 989-471-2235

W24 CAMP BLACK LAKE: LEGACY OF THE CIVILIAN CONSERVATION CORPS (CCC) IN PRESQUE ISLE COUNTY

Date: Wednesday, January 30, 2019

Location: M. Briggs Center

Coordinator: Ron Young

Camp Black Lake in Presque Isle County (now known as the Ocqueoc Outdoor Center) is one of only two surviving Civilian Conservation Corps (CCC) Camps in the State of Michigan. This presentation highlights the history and accomplishments of the CCC during the Great Depression, by showcasing the park and public works projects constructed by Camp Black Lake enrollees that are still in active use today. Creation of the CCC and Camp Black Lake is placed in the social and political context of Roosevelt's New Deal program to address the social and economic challenges of the Depression era. Current efforts to save and restore Camp Black Lake are also featured, especially recent activities of the non-profit group, Friends of the Ocqueoc Outdoor Center. Ten historic photos of the Camp will be on display, and a Friends brochure will be distributed including historical information about the Camp.

Time: 1:30 pm to 3:00 pm

Phone: 989-884-4011

Dr. Mary Ann Heidemann is a community planner with a love of the outdoors, and special interest in historic sites and structures. She holds Master degrees in Public Administration and Historic Preservation, as well as a Doctorate in Land Resources. During her career, Mary Ann has worked with communities throughout Northeast Michigan to improve land use, infrastructure, and the quality of life.

W25 WHAT IS INSPIRE ALCONA?

Date: Thursday, January 31, 2019

Time: 1:30 to 3:00 pm

Location: M. Briggs Center

Coordinator: Marcia Connolly

Phone: 989-356-2582

What do a school therapy dog, writer's retreat, farming conference and a Smithsonian traveling exhibit have in common? They are among an amazing number of activities promoted by Inspire Alcona. They are dedicated to idea that the friendly, rural beauty of Alcona County can help them develop a new economic base and encouragement and cultural activity for visitors and residents. They have successfully sponsored art, writing and music retreats, school programs, concerts, dances, film festivals and farm to fork culinary events for 7 years.

Come learn how they did it and see what they have planned for the future of Alcona County!

Judy MacNeill is an involved resident of Alcona County who has been on the Inspiration Alcona board since its beginning. She was joined by a newspaper editor, judge, banker, engineer, educators, chef, librarian and website developer to design this organization, its vision, mission and strategic plan to create a haven and destination for artists of all kinds.

W26 EUROPEAN AFFAIRS

Date: Thursday, January 31, 2019

OPEN TO THE PUBLIC

Time: 7:00 to 8:30 pm

Location: CTR 114

Coordinator: Marlene Bartz

Phone: 989-340-1718

Having just returned from Brussels and Belgium as well as Luxembourg Tim will share sights, experiences, and European thoughts about unification and Brexit. Is the rise of tribalism and the new right something that the United States needs to pay attention to? These subjects are worthy ones for ALL members to consider and examine.

Tim Kuehnlein is an instructor of Political Science and History and was the Endowed Teaching Chair Award recipient for 2016 at ACC. He continues to bring art to the community as he concludes his tenure as president of the Thunder Bay Arts Council.

W27 GET CONNECTED AND STAY CONNECT: ACCESSING YOUR HEALTH INFORMATION WITH THE MYMIDMICHIGAN PATIENT PORTAL

Date: Tuesday, February 5, 2019

Time: 2:30 to 4:00 pm

Location: Auditorium Side 1 at MidMichigan Medical Center-Alpena (1501 W. Chisholm Street, Alpena, MI 49707)

Number of attendees? Minimum #: N/A

Maximum #: 50

Coordinator: Sue Nagy

Phone: 989-736-7105

The MyMidMichigan portal offers patients a convenient and secure website to help manage their health by staying connected with their health care teams and accessing medical information online. Patients can use MyMidMichigan to: make appointments; review medical histories; view test results; manage accounts for dependent children and spouse; request prescription refills; and use secure messaging with providers. During the presentation, attendees can sign up for their MyMidMichigan accounts and get hands-on experience with a demonstration portal account. In addition, members of the Telemedicine Department will help attendees' set-up a proxy of their choosing for their MyMidMichigan account.

Members of the MidMichigan Health Telemedicine Department will lead the education session and will help attendees with obtaining and learning the functionalities of their new MyMidMichigan account.

W28 BOWLING FOR FUN

Date: Thursday, February 7, 2019

Time: 11:00 am to 1:00 pm

Location: Thunder Bowl Lanes 2192 U.S. 23 South - Alpena MI 49707 - (989) 354-2411

Cost: \$11 per person – 1 ½ hours of bowling (2 games) with ball, shoes, pizza, and a pitcher of beer or pop for each group of 4 people – payable to Thunder Bowl Lanes

Number of attendees? Minimum #: 4

Maximum #: The more the merrier!

Coordinator: Pam Borchert

Phone: (989) 464-6044

How about bowling for fun? Those of all ability levels are invited to try this fun and exciting leisure activity. You can even get a free lesson! Lunch is included. Enjoy pizza and a beverage. The fall session was a hoot and is being repeated on request of those that participated.



W29 IS THERE MORAL REALISM?

Date: Tuesday, Feb 12, 2019

Location: M. Briggs Center

Coordinator: Wanda Discher

How do you avoid the twin catastrophes of moral fundamentalism, both secular and religious, and moral relativism? How do you ground morality on a solid basis without being brought into the quagmire of these two positions? Can we agree on a solid basis of determining right and wrong? How do we oppose "undo suffering" in the world and bring about more "well-being"? We will look at the insights of Sam Harris, a modern atheist, and Jordan Peterson, Rupert Sheldrake, modern theists and religious thinkers and find they have more in common than most would think.

Bob Case is a pastor emeritus from the First Congregational United Church of Christ and is beginning to enjoy his full retirement. He is a popular regular presenter for ALL.

Time: 1:30 to 3:00 pm

Phone: 989-742-3222

W30 TAXES

Date: Thursday, Feb 14, 2019

Location: M. Briggs Center

Coordinator: Cec Murray

During this one hour presentation Judy will discuss property taxes and the Homestead Exemption. What are the requirements to qualify and what are some of the property tax traps?

Judy McFalda is an attorney who lives in Rogers City and practices throughout the state of Michigan specializing in family law, elder law, and estate planning.

Time: 10:30 to 11:30 am

Phone: 989-356-2556

W31 PAINTING A BIRDHOUSE

Date: Thursday, February 14, 2019

Location: M. Briggs Center

Cost: \$5 payable upon registering

Number of attendees? Minimum #: 3 Maximum #: 15

Coordinator: Deloris Law

Participants will paint a small birdhouse (about 5 inches high) during the session. Come enjoy a creative afternoon with Ellen and take home something you have created. All materials will be provided.

Ellen LaCross is a longstanding Northeast Michigan Artists Guild member. She has studied with many teachers and is interested in watercolor, acrylics, mixed media and collage.

Time: 1:00 to 3:00 pm

Phone: 989-356-2846

W32 IMMUNIZATIONS FOR ADULTS (RESCHEDULED)

Date: Tuesday, February 19, 2019

Location: M. Briggs Center

Coordinator: Sue Nagy

This presentation will review the current recommendations from the Centers for Disease Control and the World Health Organization in regard to immunizations for adults and senior citizens. The presentation will focus on the influenza, pneumonia and shingles vaccines, and, time permitting, we will talk a little bit about other vaccines that may be indicated for people with certain health conditions. While discussing the immunizations, we will also review the disease processes and how the immunizations are produced so that there can be a greater understanding of the importance of maintaining proper immunization status.

Dr. Tina Rossi, MD has been a Board-Certified Family Physician for almost 30 years. She practiced for 20 of those years at Alpena Medical Arts and has maintained an active educational presence in the community even though she is not currently working for medical reasons. In particular, she has coached health-related subjects to the Science Olympiad team at Alpena High School and has been active in Science Olympiad for more than 12 years. At her peak, Dr. Rossi cared for more than 4000 patients and had an active obstetrical practice in addition to her usual family practice centered office.

Dr. Rossi is the wife of ACC President Dr. Don MacMaster and the mother of four wonderful children: Rachel, Joseph, Rebecca, and Sarah. Interests include photography, graphic design, walking and hiking, cooking, and taking care of her pets.

Time: 1:00 to 2:30 pm

Phone: 989-736-7105

W33 A YEAR IN THE LIFE OF A BEEKEEPER

Date: Thursday, Feb 21, 2019

Location: M. Briggs Center

Coordinator: Jacinta Boyk

Gerald will be showing what is done in the spring to start - getting the new bees; then showing what it takes to get to the harvest. He will finish with getting the bees ready for winter.

Gerald Lucas is a beekeeper with seven hives of his own plus taking care of two others. He likes to garden, hunt, make maple syrup and bake.

Time: 10:00 to 11:00 am

Phone: 989-255-8114



W34 THE BEAUTY OF UPCYCLING

Date: Tuesday, February 26, 2019

Time: 1:30 to 3:30 pm

Location: ReStore – 400 W. Chisholm St., Alpena, MI

Cost: \$10.00

Number of attendees? Minimum #: 5

Maximum #: 20

Coordinator: Kathy Crawford

Phone: 989-370-3819

We will explain the benefits of “Upcycling” items from shops like the ReStore and demonstrate a simple but useful example. Everyone will construct a unique tiered stand, made with items found throughout the ReStore. You will take 2 -3 bowls of your choosing from the ReStore floor, add candlesticks or knickknacks for height and learn what adhesives work best to hold it all together. There are unlimited designs and set combinations for these trays and we will have additional paint, jewels and fun things to decorate. Snacks provided.

Nichole Keyes has been managing the ReStore since 2017. She was raised on a small farm downstate where she learned the importance of recycling and reusing items on hand. Nichole loves crafting, reading and sharing her passions.

W35 MOVEABLE FEAST 19TH HOLE

Date: Wednesday, February 27, 2019

Time: 12 Noon

Location: 19th Hole, 1081 US-23, Alpena, MI

Cost: Order from menu

Number of attendees? Minimum #:

Maximum #:

Coordinator: Linda Wallace

Phone: 989-379-2760

Are you experiencing cabin fever? You are not alone. Why not join the ALL group gathering for lunch? The conversation will be lively and the atmosphere wonderfully relaxing. As always, we encourage guests to all our events. When your coordinator calls just advise her of guests attending.

W36 BASIC CARD MAKING

Date: Thursday, Feb. 28, 2019

Time: 1:00 to 3:00 pm

Location: M. Briggs Center

Cost: \$5 per person for supplies

Number of attendees? Minimum #: 5

Maximum #: 10

Coordinator: Jacinta Boyk

Phone: 989-255-0949

Come and join Nancy in this beginner card making class. You will be taking something home that you have created and something that you can use in your correspondence to friends and family.

Nancy Pohl has been scrapbooking and card making since 2003. She has always dabbled with many different crafts and got into scrapbooking after becoming a widow and wanted to do a memory book for my husband. From there she attended a card making class...and the rest is history.



W37 DISTRICT HEALTH DEPARTMENT PROGRAMS AND SERVICES

Date: Thursday, March 7, 2019

Time: 10:00 to 11:30 am

Location: M. Briggs Center

Coordinator: Kathy Crawford

Phone: 989-370-3819

The role of Public Health along with a little history will be discussed. Services provided by District Health Department No. 4 will be presented.

Cathy Goike is a Certified Health Education Specialist. She has worked in Public Health for over 30 years, 27 in NE Michigan. Her major focus and passion is Youth Development programming. Over the years she has developed programming on all areas of health. To name a few: Heart Health, Worksite Wellness, Emergency Preparedness, Adolescent Brain Development, Talking to Your Child about Difficult Topics, and Boys and Girls Learn Differently. She also has secured over \$3,500,000 by grant writing and generating community support for DHD4.

W38 BOOK LOVER’S GATHERING

Date: Tuesday, March 12, 2019

Time: 1:30 to 3:00 pm

Location: M. Briggs Center

Coordinator: Carey Rapin

Phone: 989-354-3046

Consider joining us for an opportunity to share with others the books you have read during these cold winter months. For newcomers, our informal group briefly shares their opinion about a recent book they have read or a favorite author. A list is made in order for us to have ideas for future reads. It is also a time to bring a book or two to lend or give to others. “Think before you speak. Read before You Think.” Fran Leibowitz. This program remains one of **Carey’s** favorites.

Carey Rapin is grateful for the many years she has shared her favorite past time and loves to see our “regulars” and new faces.

W39 TRADE, TARIFFS AND TRUMP (RESCHEDULED)

Date: Thursday, March 14, 2019

Time: 1:30 to 3:00 pm

Location: M. Briggs Center

Number of attendees? Minimum #: 8

Coordinator: Kathy Crawford

Phone: 989-370-3819

Protectionism and trade is at the fore-front of today's economy via President Trump's policies. We will discuss both sides of the protectionist platform – for and against and discuss President Trump's current policies.

Joe Gentry – former adjunct economics instructor for ACC.

W40 MOVEABLE FEAST - LIGHTHOUSE RESTAURANT – ROGERS CITY

Date: Saturday, March 16, 2019

Time: 5:30 pm

Location: 377 N 3rd St, Rogers City, MI 49779

Cost: Order from menu

Number of attendees? Minimum #:

Maximum #:

Coordinator: Judy McFalda

Phone: 989-464-3206

How exciting? Plan to attend an early dinner at the Lighthouse Restaurant in downtown Rogers City then stroll to the Rogers City Theatre for a live production of "Momma Mia." You won't want to miss this fun-filled evening! We welcome guests, call the ALL office for the necessary details for guests.

W41 MAMMA MIA! THE MUSICAL

Date: Saturday, March 16, 2019

Time: 7:30 pm

Location: Rogers City Community Theatre

Cost (if any): \$12 must be paid by March 8 to the ALL office

Number of attendees? Minimum #:

Maximum #: 25

Coordinator: Judy McFalda

Phone: 989-464-3206

Here is a wonderful opportunity to take in an exciting, fun musical at the community theatre in Rogers City. They are doing *Mamma Mia!* Which is a jukebox musical based on the songs of ABBA. It has played in 50 countries and had 5773 appearances on Broadway before closing. You will come away humming those familiar songs like "Super Trouper", "Money, Money, Money" and "Dancing Queen". It promises to be a most enjoyable evening, made even more so by being with the other ALL members. Payment must be made by March 8 to the ALL office to hold your seat.

W42 CAREGIVER BY DEFAULT

Date: Tuesday, March 19, 2019

Time: 1:00 to 2:30 pm

Location: M. Briggs Center

Number of attendees? Minimum #:

Maximum #: 10

Coordinator: Kathy Crawford

Phone: 989-370-3819

Caregiver by Default. It's a job – now your job. One you may not have applied for. One you probably are not trained for. This class will provide practical tips, resource list, and encouragement from a former inexperienced "Caregiver by Default" who learned much from the Alzheimer's Association, Veterans Affairs, NEMCSA, Hospice, and a myriad of other dedicated professionals. She'll share some ideas on how to maintain your loved ones' sense of independence – and peace in your own household – as you meet his/her increasing physical, medical, and financial needs.

As a businesswoman, **Kathleen Lutes** gained much experience in diverse industries and in various positions, but *none* as a caregiver. When her aging parents' needs increased, she found herself as the "Caregiver by Default". Skills learned in totally unrelated fields enabled her to work on her parents' behalf with the VA, healthcare providers, and more. She and her husband, Tim, helped make her parents' final years peaceful and comfortable.

W43 "NO PLACE LIKE HOME" Part 2

Date: Tuesday, March 19, 2019

OPEN TO THE PUBLIC

Time: 7:00 pm

Location: CTR 106

Coordinator: Sue Maxwell

Phone: 989-471-2235

This will be a two part celebration of the joy and trials of growing up and growing older in this small northern Michigan community we call "home". It includes an occasional reading, and a little music, but mostly reminiscing.

Keith S. Titus, born in Cheboygan, MI called Alpena home for most of his life from the age of six through 56, and again from 68 to the present ripening age of 79. During his time in Alpena he taught Interpersonal Communication for 30 years at ACC, founded Thunder Bay Theatre and ran it for its first 28 years, and served as an Alpena County Commissioner for three terms. Since his departure for 12 years (1995-2006) he became an ordained minister (along with his wife Virginia) served several churches in SW Michigan and founded a non-profit corporation that has served the Oglala Lakota Indian Nation for 20 plus years, living in the Pine Ridge Reservation, SD. Since their return to "home" in 2006 they served a U.C.C. church in Atlanta, retiring in 2018.

W44 POVERTY IN NE MI

Date: Thursday, March 21, 2019

Location: M. Briggs Center

Coordinator: Wanda Discher

Time: 2:00 to 3:00 pm

Phone: 989-742-3222

New to our community Sonya will speak about her coming to Alpena and talk about what brought her to Alpena – United Way. **Sonya Thomas**, executive director of the United Way of NE Michigan is native to Ohio. She was born in Toledo and later moved to Dayton, which she considers her hometown. She describes herself as a servant leader and says her greatest accomplishment is her children. Her daughter is a successful allied health professional who resides in NYC and her son is a marketing director for a national printing firm and resides in Seattle.

W45 ALPENA COUNTY JAIL BUILDING PLAN

Date: Tuesday, March 26, 2019

Location: M. Briggs Center, ACC

Coordinator: Marcia Connolly

Time: 1:30 to 3:00 pm

Phone: 356-2582

This will be a discussion of the completed plans for the new jail facility. There will be a blue print review of the changes required for the care and safety of prisoners and meeting the community and state expectations of the Sheriff's office. We may be able see the 3D mock-up of the completed building as well.

Undersheriff Terry King will provide the update on the Alpena County Jail facility.

W46 RED CROSS

Date: Wednesday, March 27, 2019

Location: M. Briggs Center

Coordinator: Jim Falk

Time: 2:00 to 3:30 pm

Phone: 989-379-3305

Nancy will give first hand insight on her work with the American Red Cross as she experienced the aftermath of Hurricane Katrina. **Nancy Pohl** work for 25 years with the American Red Cross Disaster Action Team. She worked tornadoes, floods, fires and hurricanes.

MARTIN LUTHER KING, JR. DAY CELEBRATION

Date: Monday, January 21, 2019

PUBLIC WELCOME

All events are at ACC

Alpena Community College, CTR 106, 2:30--3:45 p.m.

Discussion led by Matt Dunkel, Geography & History faculty member at ACC on “Race as a Cultural Construct.” ALL members are encouraged to join in this discussion with the college students. This event is free and open to the public.

Alpena Community College, Lumberjack Shack, 5:00 – 6:15 p.m.

Chili Supper – Adults \$8.00, Students \$4.00

Proceeds benefit “Wash Your Coat” project that provides free laundromat service to those in need.

Alpena Community College, Granum Theatre, 6:30 p.m.

Discussion on Diversity in Alpena

Rev. Tom Orth, Pastor of Grace Lutheran Church and Rev. Bill McClure, Rector of Trinity Episcopal Church will lead a discussion with a panel of members from our community from several different ethnic backgrounds.

This event is free and open to the public.

Association of Lifelong Learners
665 Johnson Street
Alpena, MI 49707



Please pre-register for programs.

Mail registration form and any payment due, to *ALL* at
665 Johnson Street, Alpena, MI. 49707

Purchase gift memberships for any occasion.

Annual Single Membership is \$50 or \$90 per couple or \$110 per family from July 1 to June 30.

A charge of \$5 will be assessed for non-members attending without a guest pass.

Guest passes for a one-time attendance are available from *ALL* board members or the *ALL* Office.

Program fees are non-refundable unless *ALL* cancels an activity, then fees will be refunded.

Inclement weather: If ACC closes and the activity is at ACC the program is cancelled.

Activities at other locations may not be cancelled.

Please retain a copy of your registration form for your records.

For general information call 989-358-7207 or you can email questions to all@alpenacc.edu

*The opinions expressed by the presenters of an ALL program do not necessarily reflect the views of the
Association of Lifelong Learners.*

