



The Association of Lifelong Learners

JANUARY 2023

Program Guide

989-358-7207



*Production of the A.L.L. Program Guide generously sponsored by
McFalda Law Office.*

SNOWSHOEING ALPENA AREA LOCATIONS

Date: To Be Determined (TBD)

Time: (TBD)

Location: Alpena Winter Sports Trail (located behind the Alpena Events Complex (Aplex) 701 Woodward Ave, Alpena, MI and other locations to be determined such as Norway Ridge, Reid Lake, Mini Hunt, etc.

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.

COORDINATOR'S WORKSHOP

Thursday, January 5, 2022

10:30 am

Location: M Briggs Center

Coordinator: Ron Young

989-884-4011

If you have coordinated an ALL program or would like to coordinate an ALL program, this workshop is for you. We will be discussing the coordinators important role in delivering ALL programs. Sharing coordinator best practice procedures and answering you questions.

Ron Young is a retired County Highway Engineer-Manager. He is an avid fly fisher, bridge player, and outdoor enthusiast. He enjoys sharing his interests with others and learning new things. He serves on the ALL Executive Board as Secretary.

EXERCISE !! YOU KNOW YOU SHOULD!



Tuesdays & Thursdays: January 10, 12, 17, 19, 24, 26, 31 & 2/2

Time: 1 –2 pm

Location: ACC Wellness Center Newport Center Building Room 101

Number of Attendees: 15 maximum

Coordinator: Ron Young

989-884-4011

Plan to exercise in the New Year! Not sure where to start? Here is a great opportunity to tap into what ACC has to offer right here on campus. Join Noel Curtis and Sharlene Kozlowski for an overview of the ACC Wellness Center. Review the various options available for exercise, try out different pieces of equipment and engage in conversation on developing a program that keep in mind those problem area whether it be shoulder, hip, knee or back. Either way we are here for you. Participant will get eight days to explore the wellness center and try it out. If you are unable to attend all 8 days, please feel free to drop in on any of the scheduled days and times and we will be happy to give you an overview.

Noel Curtis obtained her bachelors degree in Corporate Health and Fitness in Preventative and Rehabilitative Programs with a Public Health minor and a

master's degree in Exercise Science from Central Michigan University with a diverse group of students, seniors, and community members.

Sharlene Kozlowski is the Health Fitness Activities Technician in the wellness center. She obtained her bachelor's degree in Physical Education from Taylor University with a minor in Music Education. Sharlene's professional background consists of working in Corporate Fitness at the World Headquarters of OSRAM Sylvania and the YMCA in Salem, MA. Where she has performed fitness assessments, worked with members to achieve goals, taught exercise classes, develop, and implemented incentive programs and monitored the exercise of high-risk members who graduated from a hospital cardiac rehab program.

WHEN THE WOLF HOWLED

Tuesday, January 10, 2022

6:30 pm

M. Briggs Center

Coordinator: Sandy Paquette

989-354-3906

Zoom Connection: Meeting ID: 862 3114 8889 Passcode: 480569

In November of 1905 Lake Superior was hit with a severe storm system that wrecked or damaged 29 vessels including the dramatic story of the Mataafa at Duluth, MN. When the storm was over, Lake Superior's north shore was littered with the broken hulls of steel ships which led to the building of the iconic lighthouse at Split Rock, MN

As a local history teacher and part time Great Lakes sailor, **Jeff Thomas** draws on both experiences to tell the story of Great Lakes shipwrecks. He finds the small details that bring the stories to life in a story-telling experience that puts the viewer "in the moment " of these dramatic tales.



MOVEABLE FEAST

Wednesday, January 11, 2023

Noon

JJ's Steak and Pizza House 411 N. Second

Coordinator: Sue Nagy

989-736-7105

The business started out on October 3, 1993. John Benson and his father started out with a small little family restaurant with a small little kitchen with a pass-through window. After 20 years of business in the same location they are looking to continue to serve their customers and friends for the next 20 years. Whether it be a large everything on it pizza or just a plain burger they have you covered with a menu so large even the pickiest of eaters will be able to find just what they were looking for. Bring a friend to introduce them to ALL and give Sue a call with your reservation.

SANCTUARY FLM FESTIVAL SNEAK PEEK!

Thursday, January 12, 2022

1—2 pm

Great Lakes Maritime Heritage Center 500 W. Fletcher St, Alpena

Coordinator: Judy Hompstead

989-358-7207

Come and see a selection of trailers and shorts from the upcoming 11th annual Thunder Bay International Film Festival (TBIFF),, hosted by Thunder Bay National Marine Sanctuary. Hear about the festival's special features and latest content from sanctuary staff and learn to to make the 2023 TBIFF a fun and educational experience.

TBIFF is a festival of independent ocean and Great Lakes films from all over the world. Themes range from adventure and science to marine life and coastal cultures. Films are selected to not only entertain audiences but also inspire people to participate in environmental and stewardship efforts in our ocean and Great Lakes.

PS: There will be FREE POPCORN!

TECHNOLOGY WORKSHOP

Wednesday, January 18, 2022

3:00—5:30 pm

M. Briggs Center

Coordinator: Linda Ferguson

402-679-7669

The Business Professionals of America (BPA) Club of Alpena High will answer technology questions on devices and applications.. Bring your devices and questions. This workshop is free but good will donations are appreciated

BPA is a National Career and Technical Student Organization for High School, Middle School, and College Students preparing for careers in business and information technology. BPA has the ability to enhance student participation in professional, civic and social endeavors. BPA members participate in these activities to accomplish its goals of self-improvement, leadership development, professionalism, community service career development, public relations, student cooperation and safety and health.

INTRODUCTION TO TAI CHI

Thursday, January 19, 2023

10:00 am

BTC 201

Coordinator: Kathy Crawford

989-370-3819

Learning Tai Chi in a group environment can feel supportive and dynamic!

Modern Tai Chi is “movement meditation.” Researched and proven to provide: stress relief blood pressure reduction; improved sleep quality; improved balance; improve flexibility; increase strength, increased mental focus/awareness. And much more.

Tai Chi is not a learning event where you keep learning more moves and/or forms. It is a “horizontal and vertical” learning event that lasts a lifetime!

In this introduction we will cover a basic understanding of what Tai Chi is, learn a warmup, and two movements, as well as get the opportunity to see the Yang Style, 24 short form performed.

Non competitive and focused on relaxation and connection. Tai Chi is for all ages and all fitness levels. We encourage anyone and everyone to join us...come as you are!

Since the age of 13, **Julie Gandulla**, has been a student of various hard-style martial arts, including Kenpo, taekwondo, Karate and Mixed Martial Arts. It has been in studying Tai Chi that Julie enjoys a truly holistic practice of moving meditation. Blending soft style martial movements and breathwork and Taoism. Tai Chi has become one of the great loves of her life and one that she enjoys sharing with others. In addition to a Tai Chi instructor, Julie is an author, philosopher and educator at rewild (reWildmt.com). At rewild she works with individuals to reframe and rehabilitate their lifestyles to support their body and mind's natural expectations.

Students should bring clean, slippers or bare feet to practice, as well as loose fitting, comfortable clothing.

STATE OF THE DISTRICT

THURSDAY, January 19, 2023

1:30 pm

M. Briggs Center

Coordinator: Mike Mandrick

989-255-6136

Zoom Connection: Meeting ID: 825 0386 1899 Passcode: 829373

David Rabbideau is pleased to present to ALL members the "state of the district" - that's the Alpena School District. During this presentation he will cover School Safety; Academics; Finances; Safe, Warm and Dry Bond; and Current Social Issues. There will also be time for questions and answers.

David Rabbideau has been the Superintendent of Alpena Public Schools for the past two years. He has twenty plus years of experience in public education, coming to Alpena from Harper Woods Public School District. He holds a degree from Oakland University

THE ROLE OF PROBATE COURT

Monday, January 23, 2023

Time: 12:15 PM

M. Briggs Center

Coordinator: Mike Mandrick

989-255-6136

This will be a discussion of the Probate Court and its role in the process of obtaining guardianships/conservatorships and what that means to a family.

Alan Curtis has a BA from Western Michigan University, and a law degree is from the University of Denver which he received in 2010. He practiced law until November of 2022 when he took over as Alpena County Probate Judge.

WENDELL BERRY, AGRARIAN PROPHET

Date: Tuesday, January 24, 2023

2:00 pm

Location: Zoom Only

Coordinator: Judy Homestead

989-358-7207

Zoom Connection: Meeting ID: 876 4336 4537 Passcode: 698647

As a fifth-generation yeoman farmer in Henry County, Kentucky, Wendell Berry (born 1934) has made time to write fifty books of poetry, fiction, and criticism. He reveres the nearly bygone connectedness of people to the land in small rural communities. With equal passion he decries how agribusiness, coal mining, and chain stores degrade the land, small towns, mom-and-pop enterprises, and each one of us. Like the Amish, he works his own modest homestead with horses. Like Tolstoy, who spent his final years working the fields as a peasant, he thunders against war from the standpoint of Christian pacifism. Like Faulkner, he sets his characters' interwoven life narratives in a mythic region modeled after the real one in which he lives.

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before coming in 2004 as president of ACC. In retirement since 2015 he and his wife Patricia move around to be near family, most recently landing in Bowling Green, Kentucky.

TOUR OF THE WORLD CENTER FOR CONCRETE TECHNOLOGY AT ACC

Wed. January 25, 2023

10 AM

WCCT Room 106

Coordinator: Wanda Discher

989-742-3222

Participants will receive a presentation on the history of the WCCT and the partnerships established throughout the concrete industry. We will then go on a walking tour, narrated with details about the various activities within the facility: testing; training; and production.

Dawn Stone, Director of the WCCT and Dean of Workforce Development, has been with the College for nearly 10 years. An MSU grad with over 25 years in workforce development, she has been managing the WCCT for 7 of those years, implementing process improvement activities, revenue generating to establish and maintain self-sufficiency, and fostering relationships with many organizations within the concrete industry,

WRITING AND SHARING STORIES

Wednesday, January 25, 2023

11AM -12:30 PM

M. Briggs Center

Coordinator: Mary Ann Crawford

989-916-5540

In her recent book, *Write For Your Life*, Anna Quindlen maintains that we all need to write, whether *writing* for ourselves or for sharing with others. In this session, we will explore a variety of issues about writing and the process of writing. We will look at what writing means to us, how and when we write, and forms of writing that we use or want to use more, which might include journal writing, memoir, fiction,

poetry, etc. we will also discuss whether we want to continue meeting as a writing group, how often, and what topics/focus we might want for addition sessions on "Writing".

Mary Ann Krajnik Crawford has taught and edited writing for many years and been a personal-journal writer for many more. She has taught writing in schools and online, has conducted numerous writing workshops, and is retire from Central Michigan University as emeritus professor of English and director of the Writing Center. Yet she still struggles to call herself "a writer" as do many others. Regardless, she continues to write the fun of it and hopes that others can find that fun as well.

PANEL DISCUSSION WITH AREMINAN EXCHANGE STUDENTS

THUR, JAN 26, 2023

2:30 PM

M. Briggs Center

Coordinator: Linda Ferguson

402-679-7669

Zoom Connection: Meeting ID: 818 8320 4673 Passcode: 786946

Alpena High School exchange students from Armenia will discuss and answer questions about Armenia and their life as a student at Alpena High School.

INTRO TO FLY TYING

Saturday, January 28, 2022

9:00 AM – 5:00 PM

M. Briggs Center at ACC

Coordinator: Ron Young

989-884-4011

Cost: \$40

Number of attendees? Minimum #: 8

Maximum # 12

Register with ALL no later than Friday, January 13th by calling 989-358-7207 or e-mail: all@alpenacc.edu for more information.

Materials, and Lunch will be provided.

This day-long program is for anyone interested in learning how to tie flies for fly fishing. It is meant for those who are at a beginning level or for those intermediate tiers who want to improve on basic technique. We will focus on specific techniques prior to tying examples of streamers, nymphs, and dry flies later in the session. This session is great for anyone interested in starting to fly fish or interested in supplementing their fly-fishing skills.

Fly Tying Equipment will be available for use from Headwaters Chapter of Michigan Trout Unlimited or bring your own Fly-Tying Equipment.

Bob Baughman has been fortunate to have been tying flies and flyfishing for more years than he cares to admit. Fly fishing has taken him to many destinations both domestic and international. He enjoys teaching as much as actual fishing.

VISITING GREECE, VISITING ANCIENT HISTORY

Tuesday, January 31, 2023

1:30 pm

M. Briggs Center

Coordinator: Annette Fortier

989-370-7778

Zoom Connection: Meeting ID: 878 1329 8750 Passcode: 76259

This session will present my recent travel tour to Athens, Delphi and Santorini, Greece. The trip included all of today's modern accommodations, wonderful food, non-stop sunshine and reasonable prices despite today's inflation. The museums and ruins in Athens and Delphi exhibit the history and culture that produced many of our western ideas and ideals: beautiful architecture, numerous philosophers, playwrights, plays, libraries that could compete with our modern ones. However, what I found enthralling was walking over and through the literal and figurative "ruins" on the islands of Santorini, with its thriving 7000-year-old Minoan civilization, decimated by volcanic eruption in 1700 BC.

Mary Ann Krajnik Crawford retired from Central Michigan University as emeritus professor of English and director of the Writing Center. She enjoys traveling but especially so when a trip makes human cultural history come alive as did her recent trip to Greece.



PICKLEBALL

MONDAY, WEDNESDAY AND FRIDAY

9-11 AM

Pickleball continues. Call the Apex for additional information. 989-354-6164. Apex fees apply.



FOCUS ON FUN CAMERA CLUB

WEDNESDAY, DECEMBER 21, 2022

1:30 pm

M. Briggs Center (in person and Zoom)

Coordinator: Jeanette Vredenburg

989-417-2907

Zoom Connection: Meeting ID: 847 0459 7928

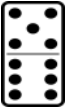
Passcode: 635146

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.

**“Whose woods these are I think I know.
His house is in the village though.
He will not see me stopping here
To watch his woods, fill up with snow.”**

**– Robert Frost, Stopping by Woods on a Snowy Evening
Set Magazine, 1/99**

GAMES AND CARDS



DOMINOES

TUESDAYS, JANUARY 3, 10, 17, 24, 31

9:30— 11:30 AM

Coordinator: Eileen Wikaryasz :

989-340-0608

Ready for a fun, addictive and fast-moving game that has lots of surprising twists and turns? Join us for Mexican Train Dominoes! You may join our class any time during the year.



PINOCHLE

Wednesday, January 4, 11, 18, 25

1-3 pm

M. Briggs Center

Julie Byrnes is inviting you to join her and others in single deck Pinochle on Wednesdays in January



CONTRACT BRIDGE

FRIDAYS, JANUARY 6, 13, 20, 27

12:30—3:30 pm

M. Briggs Center

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



SQUARE DANCING

FRIDAYS, January 6, 13, 20, 27

4—6 pm

M. Briggs Center

Coordinator: Katie Taylor

803-292-9613

Shake off the winter blues and come join Square Dancing!

Looking for something to do with your significant other or with other people? No dancing experience required. We start from the beginning. Two left feet? No problem! Singles welcome--no partner needed.

New, beginning Square Dance classes starting in January. We meet in Alpena on Fridays from 4-6 PM at the Madeline Briggs Center of Alpena Community College. Call Glenn at 803-292-9613 to get details.

Let's dance!

Did you miss some of our programs? Check out the offerings on [YouTube](#) by going to:

<http://www.associationoflifelonglearners.org/>

follow the link to:

Association of Lifelong Learners @ Alpena Community College

In an effort to have things a little more organized we have developed some playlists and are listed as such:

Bob Case's Programs

Rocky Roland's Programs

Our Northeast Michigan Heritage

Great Lakes Maritime History

While at this site you can also see many of the other offerings.

DUPLICATE BRIDGE

Mondays

Time: 12:15 – 5:00 PM

Location: Call for Location in Alpena

Call Marci at 989-354-2306 or Bev at 989-595-5119 for more information

Cost (if any): \$2

A form of Bridge where partners play a fixed set of hands in competition with several other partners to see who does the best. This form of Bridge is for Experienced Bridge partners interested in some friendly competition. It is also appropriate for individual experienced bridge players interested in subbing from time to time.

NEED A RIDE?

We have some ALL members willing to provide a ride to and from some ALL programs from time to time. The TBTA schedule doesn't always mesh with our great ALL program schedule! If there's a program you'd like a ride share for, call the ALL office at least a day before – leave a message including your name and your phone number. Our Office Manager Judy will do her best to coordinate a ride and you will be notified. Remember the office is closed on Wednesdays so be sure to call in earlier in the week if it's a Thursday program. Kudos to Judy and some special ALL members willing to go above and beyond on this one!

“January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rainfall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come.”

Rosalie Muller Wright, Editor of Sunset Magazine, 1/99

January 2023

S	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Dominoes 9:30 am	4 Pickleball 9-11 am Pinochle 1 pm, Square Dancing 4 pm	5 Coordinator Training 10:30 am Wellness 1 pm	6 Pickleball 9-11 am Bridge 12:30 pm Square Dancing 4—6 pm	
8	9	10	11	12	13	14
	9 Pickleball 9-11 am Duplicate Bridge 12:15 pm	Dominoes 9:30 am Wellness 1 pm When The Wolf Howled 6:30 pm	11 Pickleball 9-11 am Moveable Feast 12 pm Pinochle 1 pm Square Dancing 4 pm	12 Wellness 1 pm International Film Festival 1 pm	13 Pickleball 9-11 am Bridge 12:30 pm Square Dancing 4—6 pm	
15	16	17	18	19	20	21
	16 Pickleball 9-11 am Duplicate Bridge 12:15 pm	Dominoes 9:30 am Wellness 1 pm	18 Pickleball 9-11 am Pinochle 1 pm Camera Club 1:30 pm Teen Workshop 3 pm	19 Tai Chi 10 am Wellness 1 pm State of the District 1:30 pm	20 Pickleball 9-11 am Bridge 12:30 pm Square Dancing 4—6 pm	
22	23	24	25	26	27	28
	23 Pickleball 9-11 am Duplicate Bridge 12:15 pm	24 Dominoes 9:30 am Wellness 1 pm Wendell Berry, Agrarian Prophet 2 pm	25 Pickleball 9-11 am Tour of WCCT 1 0 am Writing 11 am—12 pm Pinochle 1 pm	26 Wellness 1 pm Armenian Exchange Students 2:30 pm	27 Pickleball 9-11 am Bridge 12:30 pm Square Dancing 4—6 pm	28 Intro to Fly Tying 9 am—5 pm
29	30	31				
	30 Pickleball 9-11 am	Dominoes 9:30 am Wellness 1 pm				



The Association of Lifelong Learners

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