



March 2023
Program Guide
989-358-7207



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

THE HAPPENING

Thursday, March 23, 2023

11 am—2 pm

Alpena Community College

CTR 104



Spring is coming very soon and SOON we will be done with the snow and mess, and it will be pretty again! Come join us for “The Happening”. Our guest speaker will be Don MacMaster who will speak about what is going on at the college.

It will be a potluck style luncheon so bring a soup or salad. We will be honoring our past coordinators.

WRITING WORKSHOP

Wednesday, March 1, 2023

11 am – 12:30 pm

M. Briggs Center

In Person Only

Number of attendees? Minimum #: 3 Maximum #: 12

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 and share techniques for writing, revising, and editing. Participants and/or the presenter bring short pieces of writing (2-3 page max) that they want to share and discuss with others in a comfortable, no-pressure atmosphere.

MaryAnn Krajnik Crawford has taught writing for many years; she especially enjoys creative nonfiction and memoir writing. She moved to Alpena after retiring from Central Michigan University as emeritus professor of English and director of the Writing Center. She edits and teaches writing online and continues to write for the fun of it.

STATE OF THE DISTRICT

Monday, March 6, 2023

1:30 pm

M Briggs Center

Coordinator: Mike Mandrick

989-255-2699

Zoom Connection: Meeting ID: 832 0343 6120 Passcode: 139665

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.

BOOK LOVER’S GATHERING

Tuesday, March 7, 2023

1:30-3 pm

M. Briggs Center

Number of attendees? Minimum #: 3

In Person Only

“ You can never get a cup of tea large enough or a book long enough to suit me.” C.S. Lewis. Bring a cup of tea, coffee, or water and join us in sharing a recent book or two you’ve recently enjoyed or in past years. We are a warm and friendly group who share a common interest.

Carey Rapin finds it rewarding to be able to share and hear what others are reading.

CREATING PASTA CARABONARA WITH FATHER TYLER

Tuesday, March 7, 2023

3:30 pm

Alpena Senior Center

Coordinator: Linda Ferguson

402-679-7669

Cost: \$5

A hands on cooking program. Participants will learn how to cook pasta from scratch. The pasta will be used as an ingredient for making Pasta Carbonara.. Call 989-358-7207 to register and save your place at this event.

Born and raised in Tawas City, MI Fr. Tyler graduated from Tawas Area High School in 2007. He started his seminary studies in Columbus Ohio in 2008. From 2011 to 2015 he studied in Rome, Italy to become a Catholic Priest. He was ordained in 2015. He currently serves as the pastor of All Saints Parish in Alpena.

OSTEOPOROSIS UPDATE

Monday, March 9, 2023

10 am

M. Briggs Center

Coordinator: Mary Jo Oke

989-590-0633

Zoom Information: Meeting ID: 863 5928 0564 Passcode: 715601

Osteoporosis is a common condition, often misdiagnosed and misunderstood. This program will provide an overview of Osteoporosis, preventative measures and treatments.

Alex Bates, DPT has an undergraduate degree in education from Michigan State University and a Doctorate in Physical Therapy from the Oklahoma Health Sciences Center in 2019. Alex worked in outpatient PT in Oklahoma City for two years prior to moving home to Alpena where he works for MyMichigan Health in the outpatient physical therapy department. He attained his Board Certification as an Orthopedic Clinical Specialist in 2021.

BENEFITS OF AQUATIC EXERCISE FOR ARTHRITIS

Thursday, March 9, 2023

12:30 pm

Alpena Plaza Pool

Coordinator: Mary Jo Oke

989-590-0633

This class will be part lecture and part exercise so bring a bathing suit. We will start off by learning about arthritis and the properties of water that support strengthening in the water. For the second part of the class we will get in the water and put these techniques to use. You do not need to be able to swim or float to participate in this class.

Lisa Jackowiak, PT, graduated from Oakland University in 2009 and has been a physical therapist at Thunder Bay Fyzical since 2011. She has a background in aquatics including swimming competitively and coaching. While in college she taught water aerobic classes 2 days a week.

WHOLEHEARTED LIVING

Friday, March 10, 2023

10 am

M. Briggs Center

Coordinator: Judy Nichols

517-663-4970

In Person Only

Scientologist Brene Brown coined the phrase “Wholehearted Living” in her book, “The Gifts of Imperfection”. We will look at the role of courage, compassion, and connection as they pertain to living “wholeheartedly”. We will review the ten Guideposts for Wholehearted Living and explore ways in which we might help our children and grandchildren choose to engage their lives from a place of worthiness and intentionally embark on this lifelong journey sooner rather than later.

Rev. Laura Hoffman is the Spiritual Care Manager for MyMichigan and the Chaplain at MyMichigan-Alpena. She has 30+years in the spiritual care arena. Laura was chosen by Gift of Life Michigan to receive the Hospital Spiritual Care Champion Award for 2023. Laura and her husband, Warren, lived in Alpena from 1998-2005 and found their way back in 2018. Having grown up in West Texas, Laura loves living on the shores of Lake Huron with her husband and her two furry children (yellow labs), Augie and Dieter. Laura holds a BSE, a MSE and a MDIV in Pictorial Counseling. She is a certified Life Coach and a lover of really good tea!

THE DONATIONS AND CHARITIES WE SUPPORT

Monday, March 13, 2023

1:30 pm

M. Briggs Center

Coordinator: Sandy Paquette

989-354-3906

In Person Only

Cheryl and Ron Lemke will speak about the work they have done to support over 25 individual charities, including those in Northeast Michigan, and the Indian Reservation , and in the Ukraine.

Cheryl and Ron Lemke have been married for 45 years and have made it their mission to serve others. Cheryl is a nurse, worked at the hospital, private duty nursing for Hospice and was the school nurse for 26 years. Ron was employed by Alpena Schools for 35 years in many capacities. They have been awarded the Older Citizen Award by the Senior Citizens, the Red Crittenden Make a Difference for the Boys and Girls Club and last year were Citizen of the Year by the Alpena Chamber of Commerce. This past 4th of July Ron was the Grand Marshall for the 4th of July Parade. Ron has also been Santa Claus for the past 56 years.

NOTE: If the college is closed for any reason (snow, lack of power, etc.) programs in Briggs Center are cancelled.

COMPUTER BASICS

Thursday, March 16, 2023

1:30 pm

EPTC 150 (Ferris T. Werth Building)

Coordinator: Kathy Crawford

989-340-3819

Hands-on computer class that will cover Microsoft Windows Basics (organizing files and folders, utilizing built-in programs), as well as tips & Tricks for browsing the web.

Lauren Mantlo currently works in the ACC Library. Prior to her career as a librarian, she spent over a decade working in Information Technology. She is also an adjunct instructor at ACC and teaches Intro to Microcomputers. She resides in Alpena with her husband, 4 huskies and 3 cats.

LAUGHTER ON THE 23RD FLOOR

Sunday, March 19, 2023

2:00 pm

Alpena Civic Theatre 401 River St., Alpena, MI

Cost: \$14 and must be paid to the ALL Office by March 10 to reserve a seat.

Come join with your ALL friends as you enjoy this live production at our local theatre.

Laughter On The 23rd Floor is a play by **Neil Simon**. It focuses on the star and writers of a TV comedy-variety show in the 1950's, inspired by Simon's own early career experience as a junior writer (along with his brother **Danny**) for **Your Show of Shows** and **Caesar's Hour**. This play is directed by Lucas Moquin.



MOVEABLE FEAST AT PLAYER'S PUB & GRUN

Sunday, March 19, 2023

4:30 pm

113 S. Ninth, Alpena

Coordinator: Sue Nagy

989-726-7105

Player's Pub is the perfect place to relax, have a drink and maybe discuss your reaction to the play you just attended with other ALL members. They have a great menu, including homemade soups. Even if you did not attend the theatre you are welcome to join the group. Just give Sue a call by Thursday, March 16th so there will be a seat for you.

The ALL office prefers that you register for a program but if things change in your schedule give the coordinator a call to let them know you are coming.

Office Phone: 989-358-7207

Hours: M., T, Th, F 9 am—12 pm

A modest donation from guests for the value of your experience is greatly appreciated.

EAVERS THEN AND NOW

Wednesday, March 22, 2023

1:30 pm

M. Briggs Center

Coordinator: Denny Doubek

989-884-1102

Zoom Information: Meeting ID: 865 7130 4426 Passcode: 580598

This presentation will focus on the early and current fur trading and trapping histories. The emphasis will feature primarily the trapping and trading of beaver and the current legal regulations of today applied to the harvesting and processing of beaver. Andrew does have a moral compass which causes him to fully utilize what he may shoot or trap. Throughout the early history of North American Beaver trading became the first source of economic stability. Slides and pictures will be displayed.

Andrew Doubek is a Physical Therapist who enjoys the outdoors. He does hunt, fish, and trap beavers. **Gramps** is a retired teacher and will add a bit of history on the beaver trade.

HABITAT FOR HUMANITY NORTHEAST MICHIGAN'S IMPACT ON HOUSING

Thursday, March 28, 2023

1:30 pm

M. Briggs Center

Coordinator: Wanda Discher

989-742-3222

Zoom Information: Meeting ID: 865 3014 2086 Passcode: 438380

Seeking to put God's love into action, *Habitat for Humanity Northeast Michigan* brings people together to build homes, community, and hope. Come and learn all that is going on with Habitat for Humanity in our area. You could also learn about the opportunities for volunteering with the organization.

As Executive Director **Ted Fines** provides leadership and vision for Habitat for Humanity Northeast Michigan, consistent with the overall mission and values set forth by the Board of Directors. He promotes and upholds the covenant with Habitat for Humanity International. In addition, he reports to the Board and is responsible for staff management, internal and external public relations, donor solicitation and recognition, volunteer recruitment and recognition, family selection, budget development and adherence, oversight of the ReStore operations, and ensure that board policies, procedures and goals are implemented by each committee. He is a non-voting member of the Board and Executive Committee, and an ad hoc member of all other committees. The affiliate's current revenue is \$1.2 M., \$2.1M assets, 14 board members and 12 staff members serving Presque Isle, Alpena, Alcona, Montmorency, and Oscoda Counties.

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

JOURNAL WRITING

Wednesday, March 29, 2023
M. Briggs Center

11 am – 12:30 pm

Coordinator: Mary Ann Crawford

989-916-5540

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. This is writing as fun and insight in a no-pressure atmosphere. You can write in response to prompts, or write about whatever you choose, and you can do as much or as little writing and sharing as our time allows. The purpose is to have an hour devoted to exploring our creative spirits through writing. Bring paper (journal), pens or pencils or a computer – whatever you need to be comfortable writing.

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

HOSPICE AND PALLIATIVE CARE

Thursday, March 30, 2023

1:30 pm

M. Briggs Center

Coordinator: Linda Ferguson

402-679-7669

In Person Only

Hospice and Palliative Care introduces the critical concepts of hospice care—palliation, core services, quality of life and the approach of total care to the patient and family.

As an advisor for Hospice of Michigan for nine years **Wendy Servia** has helped many patient and families to use the hospice Medicare benefit when eligible. Wendy along with her husband and children moved to Northern Michigan from the Metro Detroit area over 17years ago.

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.



PICKLEBALL

Mondays, Wednesdays, & Fridays 9-11 am

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



FOCUS ON FUN CAMERA CLUB

We, the active camera club members, have decided to have the camera club enter a winter hibernation time until the May meeting.

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.

Welcome New Members:

**Marilyn Klingshirn, Bill Powell, Richard Genschaw, Ron Lemke,
Joyce Boboltz**

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!

GAMES AND CARDS



DOMINOES

Tuesday, March 7, 14, 21, 28

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, March 1, 8, 15, 22, 29

1-3 pm

M. Briggs Center

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



CONTRACT BRIDGE

Fridays, March 3, 10, 17, 24, 31

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, March 3, 10, 17, 24, 31

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? Singles welcome--no partner needed. We are Mainstream dancers with Plus lessons mixed in.

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!

ALL is always open to new ideas, topics, and activities! If you have a passion for topic and want to share it or if you have a suggestion for a program please call ALL at 989-358-7207 or e-mail: all@alpenacc.edu

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	S
			1 Pickleball 9—11 am Writing Workshop 11 am—12:30 pm Pinochle 1:00 pm	2	3 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm	4
5 Pickleball 9—11 am State of the District 1:30 pm	6 Pickleball 9—11 am State of the District 1:30 pm	7 Dominoes 9:30 am Book Lover's Gathering 1:30—3:00 pm Creating Pasta Carra- bonara	8 Pickleball 9—11 am Pinochle 1:00 pm	9 Osteoporosis 10 am Pool Exercise 12:30 pm	10 Pickleball 9—11 am Whole Hearted Living 10 am Bridge 12:30—3 pm Square Dancing 4—6 pm	11 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm
12	13 Pickleball 9—11 am The Donations and Charities We Support 1:30 pm	14 Dominoes 9:30 am	15 Pickleball 9—11 am Pinochle 1:00 pm	16 Computer Basics 1:30 pm	17 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm	18 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm
19 Laughter on the 23rd Floor 2 pm Moveable Feast Player's Pub 4:30 pm	20 Pickleball 9—11 am	21 Dominoes 9:30 am	22 Pickleball 9—11 am Pinochle 1:00 pm Beavers Then and Now 1:30 pm	23 The Happening 11 am—12 pm	24 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm	25 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm
26	27 Pickleball 9—11 am	28 Dominoes 9:30 am Habitat For Humanity 1:30 pm	29 Pickleball 9—11 am Journal Writing 11 am—12:30 pm Pinochle 1:00 pm	30 Hospice & Palliative Care 1:30 pm	31 Pickleball 9—11 am Bridge 12:30—3 pm Square Dancing 4—6 pm	



665 Johnson St.
Madeline Briggs Building
Alpena, MI 49707