



JULY 2022

Program Guide

Office 989-358-7207



*“In the good old summer time”*

Nat King Cole

## JULY PROGRAMS



### HEALTH BENEFITS OF MASSAGE THERAPY

THURSDAY, JULY 1

10:00 AM

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Kathy Crawford

Phone: 989-370-3819

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 857 3982 1148 Passcode: 256150

There are so many health benefits associated with massage therapy. Come Friday morning and discover how massage could benefit you.

**Rose McWilliams-Nowak** is a Licensed Massage Therapist. She has 23 years experience, is the owner of Better Living Massage & Wellness and is currently working on opening the Alpena Institute of Massage. She lives in Alpena with her husband Roy and two cats Seamus and Charlotte.

### GUIDED WATER PADDLE TOUR OF THE ALPENA WILDLIFE SANCTUARY

THURSDAY, JULY 7 (RAIN DATE IS JULY 8 )

2:00 PM

**Limit of 6 kayaks or canoes**

Coordinator: Tom Orth

Phone: 989 354 2640

Bring your kayak or canoe and explore many places in the Alpena Wildlife Sanctuary, our in-town wildlife sanctuary, including special out of the way places only seen from the water. Discover some of the nature and wildlife that abounds in our midst. The Alpena Wildlife Sanctuary is 443 acres of water and islands, including Island Park, of the Thunder Bay River between Chisholm Street and Bagley Street. Guided by Tom Orth, we will also talk some about photography.

**Tom Orth** is a member of the Alpena Wildlife Sanctuary Board, the city of Alpena board that cares for the Sanctuary, helping to preserve it and maintain it as a spot for quiet recreation in the midst of Alpena. He has been paddling on the waters of the Sanctuary for nearly 16 years and seriously photographing there the last few .

### EVERGREEN CEMETERY HISTORIC FEATURES

SATURDAY, JULY 9

10:00 AM

**Evergreen Cemetery** *rescheduled*

Coordinator: Judy Nichols

Phone: 517-282-4858

This event will be a walking tour through Evergreen Cemetery noting the historic design, results of lack early record keeping, customs of use, and past features now gone. Park at Crow Memorial - restrooms available. Bring your own water bottle. Register with ALL by phone at 989-358-7205 or email [all@alpenacc.edu](mailto:all@alpenacc.edu).

**Marcia Simmons** attended high school and community college in Alpena. She has had a longtime interest in local history with an initial focus on documenting the burial locations of the local Civil War Veterans, over 170 in Alpena County. Marcia has done history related presentations at the George N. Fletcher Public Library.

## **SENSING GREATNESS**

**TUESDAY, JULY 12**

**12:30 PM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Marcia Connolly

Phone: 989-356-2582

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 860 1116 1187 Passcode: 781080

Patty DeCaire DeDurr will help us better understand Attention Deficit Hyperactivity Disorder. Many of us know individuals with inattention, impulsivity and hyperactivity. Patty will better define symptoms of ADHD, discuss assessment and ways to find school accommodations. She will name and define the major learning disabilities and discuss tips to manage them, both as children and adults.

**Patty DeCaire DeDurr** is an Alpena native who now lives in Iowa with her husband and two children with neurodiversity's. She is a physical therapist assistant who is passionate about helping people with disabilities. She has written a children's book about ADHD, has a Facebook page, YouTube channel, podcasts and website and has done numerous trainings on this topic.



## **ART AND THE ISMS**

**TUESDAY, JULY 12**

**3:00 PM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Linda Ferguson

Phone: 402-679-7669

Zoom host: Tyler Winowiecki

Zoom connection: Meeting ID: 815 9651 8190 Passcode: 124830

Danyeal Dorr will present a short visual tour of Art History with a general exploration of why art is art. For example, she will answer questions like, "Why are Jackson Pollock's Paint splatters art?", or, "My grandchild draws as well as Grandma Moses, is she a genius artist?"

**Danyeal Dorr** is an Alpena native who has studied art history and has a degree from Kendall College of Art and Design in Grand Rapids. She was a curator at Besser Museum for nine years and taught painting and ceramics at Alpena Community College. She has been involved for over 40 years as an artist. Her medium of choice is working in charcoal.



## **UKRAINE IN CRISIS: HOPE OFFERED**

**THURSDAY, JULY 14**

**11:00 AM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Rocky Roland

Phone: 512-718-9666

Zoom host: Ron Young

Zoom connection: Meeting ID: 853 8061 8018 Passcode: 297500

This will be an overview of a recent trip to Eastern Europe where Dr. Bushéy offered therapy support to refugees of Ukraine. Topics will include primary needs of the refugees at the time of the visit and types of play and narrative therapy that was provided in order to offer a safe environment for them to grieve.

**Dr. Kelly L. Bushéy** has a PhD in psychology. She is a psychologist, motivational speaker and is also a Nationally Certified Counselor (NCC) and a Board Certified Tele-mental Health Counselor. Dr. Bushéy is a Native of Ossineke and is an adjunct faculty member for ACC.

**PICNIC TIME**

**TUESDAY, JULY 19**

**11:00 to 3:00 PM**

**Lost Lake Woods 4243 N. Lost Lake Trail Lincoln**

Take US 23 S to Barlow Rd/F41 (Chippewa Point), then 4.5 miles south to Lost Lake Woods

Coordinator: Sue Nagy 989 736 7105

It's summertime which means it's time for a good old fashioned picnic. Join fellow ALL members, get to know new friends and enjoy the company of other like minded people. Bring the grandkids too—they can enjoy the playground and swimming at Bear Lake which is right next to the pavilion. Hamburgers and veggie burgers will be provided, along with ice water and lemonade. What you need to bring is yourself, your table setting and a dish to pass. Help the coordinator, Sue, plan by giving her a call to let her know you are coming.



**FOCUS ON FUN CAMERA CLUB**

**WEDNESDAY, JULY 20**

**1:30 PM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Jeanette Vredenburg 989 - 471 - 2997

Zoom host: Mark Kinney

Zoom connection: Meeting ID: Passcode:

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. Eileen Cote, a professional portrait photographer summering in Presque Isle, will be demonstrating her equipment and techniques. Free portrait photos will be provided. Bring along an SD flash card Come join us.

**“STUFF” COSTS MONEY – 7 CREDIT TIPS EVERYONE SHOULD KNOW**

**THURSDAY, JULY 21**

**2:00 PM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Maureen Brown Phone: 989-464-3865

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 852 1043 1673 Passcode: 299728

Do you and the young people in your life want to build great credit? Alison Jakubcin has a passion for financial education and for helping ensure that our area youth are financially literate as they enter adulthood. This program will empower you, personally and help you to speak with youth in your life about great ways to improve credit-ratings, what impacts your credit and how you can start establishing credit. This is an excellent intergenerational program,

pertinent to people of all ages.

**Alison Jakubcin** has been employed with Alpena Alcona Area Credit Union for ten years. She is Marketing Specialist and Wildcat Branch Supervisor for the credit union. Alison currently attends Alpena Community College and Northwoods University to complete her bachelor's degree in Business Administration with a minor in Marketing. Alison was honored at Alpena Chamber of Commerce Young and Professionals and designated a Michigan Hero as part of the Michigan Community Service Commission. Alison serves on the Friends Together Fundraising Committee, Hospice of Michigan Alpena Fundraising Committee, and as Secretary of United Way of Northeast Michigan Board of Directors.

### **FACT OR CRAP? A FUN EXPLORATION OF COMMON BELIEFS**

**MONDAY, JULY 25**

**1:30 PM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Judy Nichols

Phone: 517-282-4858

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 851 8383 6112 Passcode: 990079

Sometimes it can be hard to separate fact from fiction, especially when so many of the "facts" we've spent our whole lives believing are actually enduring myths and misconceptions. Let's have some fun exploring many of these common "myths". Is what we believe we know "fact or crap"?

**Rocky Roland** is a retired USAF colonel, having spent 27 years in the Air Force as a fighter pilot. When on the faculty of the Naval War College, he taught tactical and operational planning as well as Effective Writing. Rocky is a frequent presenter for ALL, giving many talks on travel experiences and recently on more arcane topics like "Mosquitoes", "Neologisms", and "Maslow's Hierarchy of Needs". He loves to study, research and share his findings and ideas with ALL.

### **THE ART OF WILDLIFE PHOTOGRAPHY**

**TUESDAY, JULY 26**

**2:00 PM**

Center Bldg. 109 S. Second Ave., Alpena, Loft 3, Lower Level

**Limit of 10**

Coordinator: Linda Ferguson

Phone: 1 402-679-7669

Zoom Host: Dick Bremer

Using his photos Jeff will take us behind the scenes in how he creates his wildlife photo master pieces. His photo not only display his own artistry but will bring to the viewer an understanding of nature and an appreciation of human relationship with wildlife.

**Jeff Fairchild** has been involved in photography for over 20 years. An award-winning photographer he had three of his photos chosen for the 2021 PBS nature calendar. After years away, Jeff returned "Home" to Alpena in the fall of 2021.



## **FORT FISHER**

**WEDNESDAY, JULY 27**

**7:00 pm**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Tommy Wolff

Phone: 828-774-4550

Zoom host: Ron Young

Zoom connection: Meeting ID: 840 3429 6243 Passcode: 780861

The last stronghold during the Civil War was Fort Fisher. And during this presentation you will learn how the Union navy and army assembled a huge joint amphibious force to capture the South's last coastal fort at Wilmington, NC in the last months of the Civil War.

**Richard Wolff** is a retired Rockford, Illinois lawyer who has spent summer vacations on Lake Avalon for more than 70 years. A hobby of his is research on the Union and Confederate Navy in the Civil War.

## **ACE: ADVERSE CHILDHOOD EXPERIENCES**

**THURSDAY, JULY 28**

**10:30 AM**

**M. Briggs Ctr ( in person and Zoom)**

Coordinator: Marcia Connolly

Phone: 989-356-2582

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 894 6433 5058 Passcode: 409872

Come explore the biological and behavioral impact of trauma on children. Learn what are considered traumatic experiences. You may be surprised. Abuse, neglect and household dysfunction can result in behavioral, physical and mental health problems. Resilience is what heals and buffers the impact of trauma and adversity, and it can be built throughout our lives. Research suggests that just one caring, safe relationship early in life gives any child a much better shot at growing up healthy.

**Mary Schalk**, Program Director for Partners in Prevention, began her career in this organization as a volunteer in 1993 with Maggie Clay who was well-known to the local human services and educational community. She now plans and provides training programs in Alpena, Alcona, Montmorency and Presque Isle counties on effects of ACE on children and adults as well as fetal alcohol syndrome and suicide prevention and intervention.

**One way to access Zoom programs for this month is to go to ALL's website**

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

**Click on Calendar, then click on the date for the program. Scroll until you see the information needed.**



**CHURCH BASEMENT LADIES –AWAY IN THE BASEMENT**

**SUNDAY, JULY 31**

**2:00 PM**

**Alpena Civic Theatre**

**401 River St**

**Tickets are \$14 and must be paid to the ALL office by July 21st to reserve a seat.**

Coordinator: Sue Nagy

989 736 7105

And out of the basement shall come a Church Basement program of good tidings, great humor and joy! The ladies are serving it up again, this time around it's an all-new holiday show. Away in the Basement: A Church Basement Ladies Christmas takes us back to 1959 and the day of the Sunday School Christmas Program. As they mend old bathrobe costumes, discuss the politics of who's going to play the various roles, little do the ladies know what surprises are in store for them. Known for their hilarious antics and subtle charm, they are once again called upon to step in and save the day!



**MOVEABLE FEAST**

**SUNDAY, JULY 31**

**4:30 PM**

**Pompeyos Mexican Grill**

**1120 S. State**

Coordinator: Sue Nagy

989 736 7105

After the play or just looking for dinner do come and join fellow ALL members for the monthly Moveable Feast. As one reviewer said, "Fresh warm chips with excellent friendly service. Great food." Just let either the office ( 989 358 -7207) or Sue know that you are coming.

**GAMES AND CARDS**

**MEXICAN TRAIN EXPRESS DOMINOES**

**TUESDAYS, JULY 5,12,19,26**

**9:30 AM to 11:30 AM**

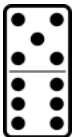
**M. Briggs Ctr**

Coordinator: Eileen Wikaryasz

Phone: 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 Express!

You may join our class any time during the year.





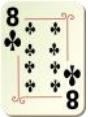
### PINOCHLE

WEDNESDAYS, JULY 6,13,20,27

1:00 PM TO 3 :00 PM

M. Briggs Ctr

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



### CONTRACT BRIDGE

FRIDAYS, JULY 1,8,15,22,29

12:30 PM to 3 PM

M. Briggs Ctr

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.

## ONGOING PROGRAMS



### PICKLEBALL at the APLEX

MONDAY, WEDNESDAY AND FRIDAY 9 AM TO 11 AM

Pickleball continues. Call the Aplex for additional information: 354- 6164 Aplex fees apply.



### SQUARE DANCING

FRIDAYS, JULY 1,8,15,22,29

4:00 TO 6:00 PM

M. Briggs Ctr

Coordinator: Katie Taylor

803 292 96133

**Great exercise for the body and the brain!**

Come brush up on your Mainstream and Plus dancing. Lessons will be held for experienced dancers on Fridays, from 4-6 PM at the Madeline Briggs Center starting June 3, 2022. Fabulous caller Dave Boggs, of Desert Aire, Washington, will be reviewing Mainstream calls and teaching and reviewing Plus calls.

**No partner, no problems – Singles are very welcome!**

Those who want to start beginning lessons can find beginning lessons for the summer being taught in Presque Isle. **These lessons are not an ALL sponsored event.** For more information on these lessons contact Glenn Taylor at [gxtaylor11@gmail.com](mailto:gxtaylor11@gmail.com).

**The Association of Lifelong Learners Office Hours are:**

**Monday & Friday 9 am—12 PM**

**Tuesday & Thursday 9 am—1 PM**





Would you like to find out why mosquitos exist, take a virtual tour of an artist's studio, learn to enhance your sense of humor, receive great recommendations for movies to watch on TV, see local sights from a drone's perspective, find out about post-covid cruise vacations and virtually go to Antarctica, the Appalachian Trail, China, and San Francisco? These are just the tip of the iceberg of FREE experiences waiting for you on You Tube, compliments of the Association of Lifelong Learners and generous, accomplished presenters.

Take a look! There are past programs about honeybees, religion, local theatre renovations, birds, and sink holes ready for your viewing at [www.associationoflifelonglearners.org](http://www.associationoflifelonglearners.org)

When you get to the YouTube site, at the top of the page, click on link to ALL YouTube channel and away you go on a pleasure trip of education at no charge.

There's more. If you believe that providing continuing education for people of all ages is a great thing, there's something you can do to promote that goal. Call the Association of Lifelong Learners at 989-358-7207 and make arrangements to become a supporting member. For only \$60 per year you can help provide in-person, Zoom, and YouTube programs. In most instances these are offered for everyone! As a member you can take advantage of over one hundred activities per membership year. You can be physical: Kayak, hike, square dance, play cards, learn about photography, meet friends for group dinners, attend tours of businesses...you name it. And you can light up your mind with all kinds of learning adventures. A.L.L. is for all.

~Jodene Compton

Published in The Alpena News on June 20, 2022



# July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 Health Benefits of Massage Therapy 10 am</p> <p>Bridge 12:30—3 pm</p> <p>Square Dancing 4—6 pm</p>	2
3	4	<p>5 Dominoes 9:30—11:30 am</p>	<p>6 Pinochle 1— 3 pm</p>	<p>7 Guided Water Paddle Tour of The Alpena Wildlife Sanctuary 2 pm</p>	<p>8 Bridge 12:30—3 pm</p> <p>Square Dancing 4—6 pm</p>	<p>9 Evergreen Cemetery Historic Features 10 am</p>
10	11	<p>12 Dominoes 9:30—11:30 am Sensing Greatness 12:30 pm Art And The Isms 3:00 pm</p>	<p>13 Pinochle 1— 3 pm</p>	<p>14 Ukraine in Crisis: Hope Offered 11 am</p>	<p>15 Bridge 12:30—3 pm</p> <p>Square Dancing 4—6 pm</p>	16
17	18	<p>19 Dominoes 9:30—11:30 am</p> <p>Picnic Time 11 am - 3 pm Lost Lake Woods</p>	<p>20 Pinochle 1— 3 pm</p> <p>Camera Club 1:30 pm</p>	<p>21 "Stuff" Costs Money 2:00 pm</p>	<p>22 Bridge 12:30—3 pm</p> <p>Square Dancing 4—6 pm</p>	23
24	<p>25 Fact or Crap? A Fun Exploration of Common Beliefs 1:30 pm</p>	<p>26 Dominoes 9:30—11:30 am</p> <p>The Art of Wildlife Photography 2:00 pm</p>	<p>27 Pinochle 1— 3 pm</p> <p>Fort Fisher 7 pm</p>	<p>28 ACE: Adverse Childhood Experiences 10:30 am</p>	<p>29 Bridge 12:30—3 pm</p> <p>Square Dancing 4—6 pm</p>	30
<p>31 Church Basement Ladies— Away In A Basement 2 pm</p> <p>Moveable Feast Pompeyos Mexican Grill 4:30 pm</p>	<p><i>Production of the A.L.L. program guide generously sponsored by Judy McFalda.</i></p>					



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