

## GENERAL INFORMATION/POLICIES

OLLI annual memberships run from September 1 through August 31. Prorated memberships are \$60.

### Monthly Meetings

Members enjoy monthly meetings each year that feature a speaker and a chance to socialize with other members. Guests are welcome to attend one OLLI monthly meeting.

### Interest Groups

Interest groups offer a chance to meet on a regular basis with others who share a passion for a sport, social activity or specific interest. For more information, visit svsu.edu/olli, or call the OLLI office at (989) 964-4475.

### Member Newsletter

Monthly electronic copies of *The Adventurer* and regular emails update members on OLLI programs and other SVSU activities, such as lectures, concerts and theatre productions.

### Member Discounts

#### Classes

OLLI offers unique classes that are all about learning — but without tests, grades and homework! Classes meet a variety of times and days; there are no long-term commitments.

#### Travel

We offer educational and “just plain fun” day trips and multiple-day domestic and international travel opportunities with OLLI members.

#### Ryder Center

With proof of your OLLI membership, you can purchase a Ryder Center for \$200 per year. Please contact the Ryder Center at (989) 964-4906 for current guidelines and regulations.

### Locations for OLLI Classes

Each class description includes a room number; the letter that precedes the number indicates the building. **On-campus locations include:**

- C – Curtiss Hall (#12 on campus map)
- R – Ryder Center (#36 on campus map)
- A – Arbury Fine Arts Center (#1 on campus map)
- G – Gilbertson Hall, South Wing (#19 on campus map)

#### Off-campus locations include:

- Memorial Park Building, 150 Park St., Freeland

For a map of campus, go online to: [svsu.edu/media/visit/docs/Campus\\_Map.pdf](http://svsu.edu/media/visit/docs/Campus_Map.pdf).

### Cancellation Policy for Classes

There is a \$10 cancellation fee. The balance of the registration fee will remain as a credit on your account, or be refunded (minus the cancellation fee); if less than one week, no refund will be given. If the university is closed due to weather or other reasons, we will make every reasonable attempt to reschedule missed classes.

### Cancellation Policy for Day Trips

Day trips are non-refundable unless we can fill your spot, from that trip waitlist, in which case you will receive your registration fee, minus a \$10 cancellation fee. If the university is closed due to weather or other reasons, day trips will go on as scheduled unless you are directly notified of other plans.

### Weather Cancellation Policy

If SVSU is delayed or closed, the OLLI office and classes will also be delayed or closed accordingly. Missed classes may be rescheduled. Day trips will go on as planned.

### Four Easy Ways to Register

You may register online at [svsu.edu/olli](http://svsu.edu/olli), in person in Curtiss Hall room 201, by calling (989) 964-4475, or by mail. Payment is accepted by credit card or check. We accept Visa, Mastercard, American Express and Discover. Please do not leave any registration or credit card information on our voicemail.

## OLLI TRAVEL WEEK



**February 12-15, 2024**

- 2025 Previews & 2026 Reveals
- Classes on Upcoming Travel Destinations
- Featured presenters include Patrick Twomey, Go Ahead Tours, Grand Circle Travel and Collette Tours

#### Monday, February 12

- 11 a.m. – Economics of Travel Lunch & Lecture
- 2 p.m. – Baltic Region Overview with Patrick Twomey
- 4 p.m. – Preview: Grand Baltic Sea Voyage (Grand Circle Travel)

#### Tuesday, February 13

- 9 a.m. – Preview: Iceland (Go Ahead Tours)
- 10:30 a.m. – Preview: Italy Food & Wine Trip (Go Ahead Tours)
- 12 p.m. – Preview: Spain/Portugal (Go Ahead Tours)
- 2 p.m. – Overview: Spain & Portugal with Patrick Twomey

#### Wednesday, February 14

- 9:30 a.m. – Monthly Meeting: 2026 OLLI Travel Unveiled
- 3 p.m. – Preview: New York (Collette Tours)

#### Thursday, February 15

- 9 a.m. – Overview: Iceland with Patrick Twomey
- 1 p.m. – Overview: Southern Italy with Patrick Twomey

*To register for these events, see Travel & Adventure (Page 15).*

## MULTI-DAY TRAVEL SCHEDULE

Below is a summary of our multiple day travel opportunities for 2024 and 2025. Members receive detailed trip brochures with registration information as it becomes available. Our multiple day travel typically includes programming prior to the trip to learn more about the destination we are traveling to, a pre-trip dinner and post-trip gathering, airport transfers from SVSU, professional destination program director and some meals. Plan to attend the Travel Orientation (see Class 257 on Page 13) for more information.

### 2024

**TRIP FULL! Holland & Belgium in Springtime – April 7-18, 2024**

**TRIP FULL! Alaska Discovery Land & Cruise – June 5-16, 2024**

**TRIP FULL! Fall Foliage Tour: The Canadian Maritimes – September 17-28, 2024**

**STILL AVAILABLE! Fall Foliage Tour: The Canadian Maritimes – September 1- 9, 2024, for the Base Trip**

**Three-Day Optional Extension to Newfoundland: September 9-12, 2024**  
**Travel Partner: EF Go Ahead Tours**

Enjoy rural scenery and rugged coastal landscapes as you journey off the beaten path to discover one of Canada's most storied regions. Uncover immigrant history, fascinating Acadian culture, and the tranquil lifestyles of quaint fishing villages as you get to know Nova Scotia, New Brunswick, and Prince Edward Island. Picturesque sea views, small-town charm, and a colorful past collide on this breath-taking trip.

**STILL AVAILABLE! Greece: Athens, Mykonos & Santorini**

**Travel Dates: October 13-23, 2024**

**Travel Partner: EF Go Ahead Tours**

Travel to Greece with fellow OLLI friends to experience the history, culture and islands of this region. Cobblestone streets, arched white facades, ocean blue roofs and larger-than-life windmills are just a few of the picturesque Greek landscapes you can expect to find on this tour. Experience ancient history and open-air museums in the capital of Athens. Then, the quintessential, beautiful Greek islands you've been dreaming of come to life on the isles of Mykonos and Santorini.

### 2025

**Grand Tour of Spain & Portugal – March 13-25, 2025 (Go Ahead)**



The seafaring history and Moorish architecture that the Iberian Peninsula is known for only tells part of the region's story. The other half lies in the local culture, which is best experienced at a bustling Portuguese taverna or in a colorfully tiled Spanish plaza. Dive into the delights of classic destinations like lovely Lisbon and sunny Seville while also enjoying time to marvel at sites such as the captivating Chapel of Bones in Évora and awe-inspiring Alhambra in Granada.

**Preview Date: Tuesday, 2/13 • 12 - 1:30 p.m.**

**Registration Date: Tuesday, 2/20 • 9 a.m.**

**Grand Baltic Sea Voyage – May 15-28, 2025 (Grand Circle)**



**Grand Baltic Sea Voyage/Seven Countries:**

**Denmark, Poland, Lithuania, Sweden, Latvia, Estonia & Finland**

Set out across the Baltic Sea and discover enchanting castles, whimsical villages, and medieval squares on a Baltic and Scandinavian voyage. Discover seven countries and immerse yourself in the distinct and unique cultures of each region as you explore on this small ship adventure. On this tour you'll have people-to-

-people experiences that will offer you insights into customs and culinary traditions of the region.

**Preview Date: Monday, 2/12 • 4 - 5 p.m.**

**Registration Date: Tuesday, 2/20 • 9 a.m.**

**Iceland: The Golden Circle & Ring Road – July 16-26, 2025 (Go Ahead)**



Some of Earth's most astounding and extreme landscapes can be found in Iceland, where every corner of the country offers something new. Learn about fascinating maritime history and taste traditional fare as you journey from the culturally rich capital to the most remote parts of the coast. Glacier-fed waterfalls, boiling mud pools, moss-covered cliffs — see it all on this small group Adventure Tour through the Land of Fire and Ice.

**Preview Date: Tuesday, 2/13 • 9 - 10 a.m.**

**Registration Date: Tuesday, 2/20 • 9 a.m.**

**Food & Wine: Campania, Puglia & the Amalfi Coast – September 2025 (Go Ahead)**



Similar to the boot it's shaped like, Italy keeps its "soul" on the bottom. Just think of the corner cafes, where you only hear conversations in Italian. When you feast on sfogliatella pastries with a side Primitivo wine, you'll get a taste for recipes that have been passed down from one generation to the next. Everywhere you look on this small group Food & Wine Tour, you'll find that even though times change, some things stay the same.

**Preview Date: Tuesday, 2/13 • 10:30 - 11:30 a.m.**

**Registration Date: Tuesday, 2/20 • 9 a.m.**

**Spotlight on New York City Holiday – December 2025 (Collette Tours)**



Experience the "the Big Apple" alive with the holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, New York City shines even brighter during the holiday season. Spend four nights in the heart of Midtown close to Central Park's skating rink and Times Square all dressed up for the holidays. Take your seat and watch the curtain rise for an exciting Broadway show. See the Christmas Spectacular at Radio City

Music Hall, featuring the world-famous Rockettes! Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and 9/11 Memorial. Enjoy plenty of free time on your own to shop and see the elaborate 5th Avenue holiday window displays and the Christmas tree at Rockefeller Center. Get ready to "start spreading the news!" Watch for upcoming information and dates for this New York experience!

**Preview Date: Wednesday, 2/14 • 3 - 4 p.m.**

**Registration Date: TBD**

## MONTHLY MEETINGS

Come join us at the OLLI Monthly Meetings — doors open at 8:45 a.m., with the meeting beginning at 9:30 a.m. Meetings will be held in the Curtiss Hall Banquet Rooms. RSVP is required.

### January 10, 2024 – OLLI Health and Wellness Fair

With the start of the new year, January brings great hope and wellness for 2024. Your OLLI will host a wellness fair for our January monthly meeting. You will have the opportunity for cholesterol, body fat and blood pressure screenings at no cost during the wellness fair. Included will be door prizes and raffles — over 20 vendors of wellness goods and services will provide information and wellness goodies. A healthy YOU makes a healthier SVSU OLLI!

### February 14, 2024 – SVSU OLLI Travel Week

**Presented by Patrick Twomey**

The world is our oyster, and this will be our chance to look for some pearls. During the winter months it is so nice to contemplate travel - whether virtual or in person! We have invited our global tour guide Patrick back this February to discuss some of our - and his - favorite destinations around the world. For this monthly OLLI meeting, come ready to guess some global quiz questions! We have asked Patrick to speak on some specific destinations and he will also introduce us to one or two of the more remote places most of us only manage to visit through stories.

### March 13, 2024 – Accelerated Futures: Unpacking the AI Phenomenon

**Presented by SVSU professors Phillip Hanson and Erik Trump**

Explore the rapid advancements in AI and what it means for everyday life, demystifying the technology and discussing practical applications. SVSU professors Phillip Hanson and Erik Trump will address common AI misconceptions, distinguishing real AI from fictional robots. Through live demonstrations and discussions of AI's role in education, particularly on our campus, they will delve into its practical applications. Engage them in a reflective conversation on past tech adaptations, shedding light on how we might navigate the unfolding AI landscape. Join us for an insightful examination of AI's impact and potential.

### April 10, 2024 – Bay City's Jefferson Project

**Presented by Avram Golden**

Join Avram Golden as he shares his vision and highlights the key milestones in the creation of an arts district in a lesser-known part of downtown Bay City. This unique arts district will feature a projection experience, a sculpture park, and a market for farmers, artists and makers. The focal point of this initiative is The Historic Jefferson Building, constructed in 1902, which will be a beacon of art, technology, manufacturing and community.

## SOCIAL EVENTS

### (11) Zehnder's Snowfest

**Friday, January 26, 2024 • 10 a.m. - 2 p.m.**

Bundle up in your heavy coat and warm boots to join OLLI as we visit Zehnder's Snowfest festivities. Zehnder's Snowfest has been host to one of the top snow and ice sculpting events in North America for the past 32 years. Visitors have enjoyed larger-than-life snow sculptures and beautifully detailed ice carvings each year. We will begin the morning with a self-guided tour of the sculptures. At 11:30 a.m. we will all get together at the Bavarian Inn for a traditional Frankenmuth chicken lunch.

**Location: Bavarian Inn Restaurant, 713 S. Main St., Frankenmuth**

**Price: \$25 for members • \$45 for non-members**

### (12) Tai Chi/Qigong Festival

**Saturday, February 10, 2024 • 9:15 a.m. - 2 p.m.**

This gentle form of exercise can help maintain strength, flexibility, and balance. Tai Chi is often described as “meditation in motion.” Transform your quality of life as millions of Chinese have. According to the Mayo Clinic, per the Harvard Medical School, “The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyle and improves health.” This event will be hosted by Jim Bush, SVSU OLLI's Tai Chi facilitator and founding member of Cloud Hands Michigan. Students and teachers from around the state will explore the latest developments and techniques. The sessions focus on interesting aspects of these arts, led by outstanding instructors from around Michigan. Sessions will be relaxed and suitable for beginners as well as more advanced practitioners. There will be sufficient breaks, with lunch included in the cost. Wear comfortable clothing suitable for movement. Please note per SVSU policy that swords or weapons are not allowed. Registration is required for this event.

**Location: Curtiss Hall Banquet Rooms**

**Price: \$40 for members and non-members**

### (13) OLLI at SVSU Basketball Day

**Saturday, March 2, 2024 • 1 - 5 p.m.**



Join OLLI as we cheer on the SVSU Cardinal basketball teams. The first game starts at 1 p.m. as the women's team takes on the Warriors of Wayne State University. Then at 3 p.m., the men's team will also compete with Wayne State. Price includes admission to both games and vouchers to the concession stand.

**Location: James E. O'Neill Jr. Arena (Ryder Center)**

**Price: \$20 for members • \$40 for non-members**

## LIVE AT SVSU

### (14) The World of Coca-Cola

This presentation will include an interesting look at the development, history, facts and rumors about Coca-Cola and The Coca-Cola Company from its beginning in 1886 to present day. You'll learn about Confederate Colonel John Pemberton, who was wounded in the Civil War and developed the prototype Coca-Cola recipe in a quest to find a substitute for the dangerous opiate morphine. Our presenter is Lee Scott, a retired vice president of The Coca-Cola Company and a veteran of nearly 60 years in the soft drink industry. Following his retirement in 2001, he has continued to work for The Coca-Cola Company and the bottler in Michigan, focusing his efforts on public affairs issues.

**Instructor: Lee Scott**

**Date & Time: Tuesday, 1/30 • 11 a.m. - 12:30 p.m.**

**Location: C 100**

**Price: \$15 for members • \$35 for non-members**

**(15) Navigating Shallow Waters: Maritime Museums Around the World**

In today's fast-paced world, we forget that autos and airplanes have been part of the travel equation only for about 60 years. Before that, it was trains and ships. Prior to the 1840s — and going back millennia — the easiest way to move things was by boat. One fact that surprises people is that we remain a maritime-dependent society. Over 90 percent of the products that Americans consume have spent time on a ship. In this context, maritime museums — a significant niche in the cultural landscape worldwide — remain important to our collective memory. However, with the current competition for both audiences and funding, maritime museums are constantly navigating shallow waters. They have interesting stories to tell about our attraction to the water, the shifting sands of maritime acculturation, and how these shrines to sailing and sailors fit into our future.

**Instructor:** Joel Stone, Curator Emeritus, Detroit Historical Society

**Date and Time:** Tuesday, 2/6 • 11 a.m. - 12:30 p.m.

**Location:** C 100

**Price:** \$15 for members • \$35 for non-members

**(16) Smugglers on the Strait: 300 Years of Smuggling on Detroit's Waterways**

Since the arrival of Europeans on the strait known as the Detroit River, smugglers have been actively profiting from contraband. The narrow river separating two countries offered the perfect opportunity, and the city's legacy of fast cars, fast boats and international border crossings provided the vehicles. Over time, this risky trade has included furs, liquor, books, drugs, even humans — and it continues to this day. Of particular interest are the Prohibition years, a period of new technologies, great music, economic upheaval, changing social mores, and the growth of organized crime. In southeast Michigan, with an exploding population of immigrants, migrants, and first-generation Americans — many of whom had a cultural affinity to alcohol — there was little support for Prohibition, and Canadian neighbors were particularly happy to provide what satisfied their thirst.

**Instructor:** Joel Stone, Curator Emeritus, Detroit Historical Society

**Date and Time:** Tuesday, 2/6 • 1 - 2:30 p.m.

**Location:** C 100

**Price:** \$15 for members • \$35 for non-members

**(17) Soda Pop Soldier: The Civil Wars of James Vernor**

Vernors ginger ale is a Detroit and Michigan staple for over a century and a half, with a combination of nostalgia and pleased taste buds making it a favorite for young and old alike. But what made the man who made the drink, James Vernor? The man who made Michigan's favorite drink returned from the Civil War, and less than a year later began producing the pop that bears his name. Discover the experiences of the man, the soldier, and the ginger ale king through nearly three years of war in our nation's bloodiest conflict, and how that war shaped his life, his work and his legendary product.

**Instructor:** Jeff Pollock, Public Historian

**Date & Time:** Thursday, 2/29 • 11 a.m. - 12:30 p.m.

**Location:** C 100

**Price:** \$15 for members • \$35 for non-members

**(18) Detroit Train Station**

Bailey Sisoy-Moore will take you on a captivating journey through the rich history of Michigan Central Station, affectionately known as The Detroit Train Station. She will unravel the fascinating tales of this iconic architectural marvel, from its grand opening in 1913 to its eventual closure in 1988, and the subsequent decades of abandonment. Discover the station's pivotal role in shaping Detroit's history and its recent renaissance as a symbol of revitalization and community engagement. Bailey will delve into the station's architectural significance, its cultural impact and stories of those who have been touched by this landmark. Through her engaging narrative and expert insights, you'll gain a newfound appreciation for the enduring legacy of Michigan Central Station in the heart of Detroit.

**Instructor:** Bailey Sisoy-Moore, Ph.D., Detroit History Tours

**Date & Time:** Thursday 3/7 • 11 a.m. - 12:30 p.m.

**Location:** C 224

**Price:** \$15 for members • \$35 for non-members

**(19) Wild Women of Detroit**

Detroit may have been founded in 1701 by the French explorer and adventurer Antoine Laumet de La Mothe sieur de Cadillac, but it was his wife Marie who decided much of the town's original layout. From the very beginning, Detroit has been a dame's town. Home to broads, women, cats, ladies, and Rosies, the Motor City's story is interlaced with the triumphs, adventures, dalliances and deeds of its female inhabitants. Join Bailey Sisoy-Moore of Detroit History Tours to hear about some of their stories. From Madam Cadillac to Motown greats, prostitutes to murderers, cults to saints and so much more. We'll talk about civil war spies and prohibition smuggling. You'll learn the verdict of

the first all-female jury in Michigan and the story of a woman known as "Rocking Chair."

**Instructor:** Bailey Sisoy-Moore, Ph.D., Detroit History Tours

**Date & Time:** Thursday, 3/7 • 3 - 4:30 p.m.

**Location:** C 100

**Price:** \$15 members • \$35 for non-members

**DAY TRIPS****Motor Coach/Day Trip Rules**

- Some venues require vaccination or testing before entering.
- PLEASE PLAN FOR A FULL DAY. Motorcoach trips run approximately from 7 a.m. to 7 p.m.
- Trip details will be made available 48 hours in advance.
- Contact the OLLI office at 989-964-4475 for more information.

**(20) A Comedy at Purple Rose Theatre: *The Antichrist Cometh***

*The Antichrist Cometh* is a comedy about a happily married man discovering he might be the Antichrist. Will he be able to enjoy a small dinner party with his loving wife, former college roommate and his fanatically religious fiancée? Or will their home-cooked meal usher in the Apocalypse?

Prior to the performance, we'll enjoy lunch at the Valiant Bar & Grill in Chelsea. This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch. *A world premiere comedy by David MacGregor and directed by Rhiannon Ragland*

**\*Contains adult language and subject matter.**

**Date & Time:** Saturday, 3/23 • 8 a.m. - 7 p.m.

**Price:** \$140 for members • \$160 for non-members

**(24) Moulin Rouge! The Musical at The Wharton Theatre**

Pop the champagne: *Moulin Rouge! The Musical* is the winner of 10 Tony Awards®, including Best Musical! Enter a world of splendor and romance of eye-popping excess, of glitz, grandeur and glory! A world where Bohemians and aristocrats rub

elbows and revel in electrifying enchantment. Welcome to *Moulin Rouge! The Musical*. Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award® winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of truth, beauty, freedom and — above all — love. *Moulin Rouge! The Musical* is more than a musical — it is a state of mind. This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch prior to the performance at Bravo Italiano.

**Date & Time:** Sunday, 4/7 • 8 a.m. - 6 p.m.

**Price:** \$170 for members • \$190 for non-members

**(22) Country Hits: Songs From Nashville at the Detroit Symphony Orchestra**

Like a Nashville recording session brought to life, experience a who's who of the Grand Ole Opry, featuring the songs of Patsy Cline, Dolly Parton, Willie Nelson, Johnny Cash, Garth Brooks, Tim McGraw, Kacey Musgraves and more. Watch out for spontaneous line dancing! This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch following the performance at Fishbone's in Detroit.

**Date & Time:** Friday, 4/26 • 7 a.m. - 6 p.m.

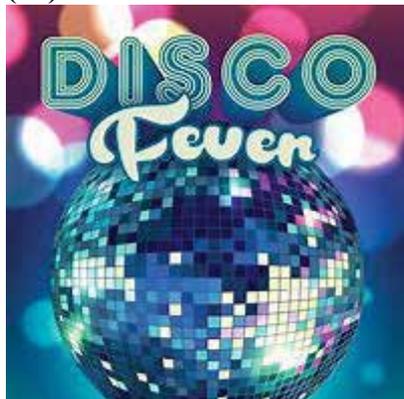
**Price:** \$140 for members • \$160 for non-members

**(23) Route 66 at Meadowbrook Theatre**

Take a dollop of *Grease*, mix in some *Pump Boys and Dinettes*, and add a generous dose of *Forever Plaid* and you've got the high-octane fun of *Route 66!* Beginning with the sounds of 1950s Chicago and traveling along the "Main Street of America" to the California coast with the surf music of the 1960s, this exciting musical revue features 34 of the greatest "Rock-n-Road" hits of the 20th century. Songs include "Dead Man's Curve," "King of the Road," "Little Old Lady from Pasadena," "Beep Beep; Six Days on the Road," "Little GTO," "Fun, Fun, Fun" and many more. Get your kicks with this smash coast-to-coast hit musical revue! This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch prior to the performance at Kruse & Muer in Rochester.

**Date & Time:** Wednesday, 5/1 • 7 a.m. - 6 p.m.

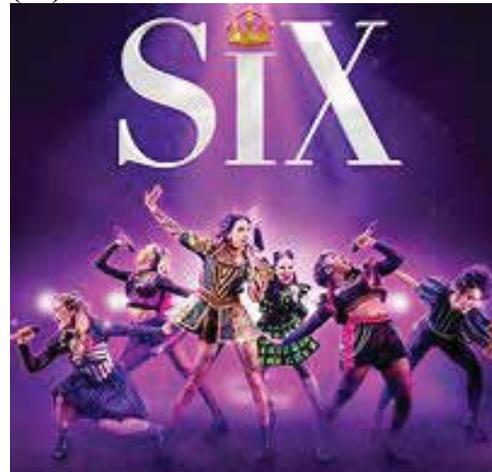
**Price:** \$125 for members • \$145 for non-members

**(24) Disco Fever at the Detroit Symphony Orchestra**

Get to Orchestra Hall and get down with the DSO, featuring an onstage danceoff and non-stop hits, including "That's the Way (I Like It)," "It's Raining Men," "We Are Family," "I Will Survive," "Stayin' Alive," "The Hustle," "Hot Stuff" and more. It's time to boogie with the best. This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch following the performance at the Caucus Club in Detroit.

**Date & Time:** Friday, 5/17 • 7 a.m. - 6 p.m.

**Price:** \$165 for members • \$185 for non-members

**(25) SIX at the Wharton Theatre**

From Tudor Queens to Pop Icons, the *SIX* wives of Henry VIII take the microphone to remix 500 years of historical heartbreak into a euphoric celebration of 21st century girl power. This new original musical is the global sensation that everyone is losing their head over! *SIX* has won 23 awards in the 2021-2022 Broadway season, including the Tony Award® for Best Original Score (music and lyrics) and the Outer Critics Circle Award for Best Musical. *The New York Times* says *SIX* "TOTALLY RULES!" (Critic's Pick) and *The Washington Post* hails *SIX* as "Exactly the kind of energizing, inspirational illumination this

town aches for!" The *SIX: LIVE ON OPENING NIGHT* Broadway album debuted at No. 1 on the Billboard cast album charts and surpassed 6 million streams in its first month. This trip includes motorcoach transportation from SVSU, tickets to the performance and lunch prior to the performance at Bravo Italiano.

**Date & Time:** Sunday, 5/19 • 7 a.m. - 7 p.m.

**Price:** \$195 for members • \$215 for non-members

**(26) Ella, First Lady of Song at Meadow Brook Theatre**

*Ella, First Lady of Song* traces the 60-year career of the woman Mel Tormé called "the best singer on the planet." The story of Ella Fitzgerald truly challenges the age-old saying, "The show must go on." From the Apollo Theater to the Côte d'Azur, this jazz musical covers Fitzgerald's hardscrabble childhood to her enduring legacy in the music world and beyond. Songs include classics such as "Sweet Georgia Brown," "A Tisket-A-Tasket" and "It Don't Mean a Thing (If It Ain't Got That Swing)." This trip includes motor coach transportation from SVSU, tickets to the performance and lunch prior to the performance at Nino's Italian House in Auburn Hills.

**Date & Time:** Wednesday, 6/19 • 7 a.m. - 6 p.m.

**Price:** \$125 for members • \$145 for non-members

## ARTS & CRAFTS

### (201) Stitch Away the Winter

Join with your OLLI friends this winter to create a counted cross-stitch project. We will have an assortment of beginner projects to choose from. Whether you are a beginner or a pro working with a needle, it will be fun to work on our crafts together. If you have done quilting, needlepoint or embroidery, this will be like picking up where you last left off. All are welcome and encouraged to join us.

**Instructor:** Mary Walk

**Date & Time:** Tuesdays, 1/23, 1/30, 2/6 • 3 - 4 p.m.

**Location:** C 129

**Price:** \$30 for members • \$50 for non-members

### (202) Joy of Painting



Create your own Bob Ross-style masterpiece in just one day! Ted Simpson, certified Bob Ross instructor, shows you how to paint “happy trees” and “fluffy little clouds.” Everyone goes home with a completed painting. All supplies to create a one-of-a-kind canvas are included in the cost of this class. No previous painting experience required.

**Instructor:** Ted Simpson

**Date & Time:** Tuesday, 2/20 • 11 a.m. - 2 p.m.

**Location:** A 107

**Price:** \$90 for members • \$110 for non-members

### (203) Art Appreciation: Modernism in Europe and America, 1940s to 1960s

Join Andrea Ondish, curator of education for the Marshall M. Fredericks Sculpture Museum, to learn about Modernism in Europe and America, 1940s to 1960s: Abstract Expressionism, Pop Art, Minimalism, Post Minimalism, and Post Modernism movements and styles.

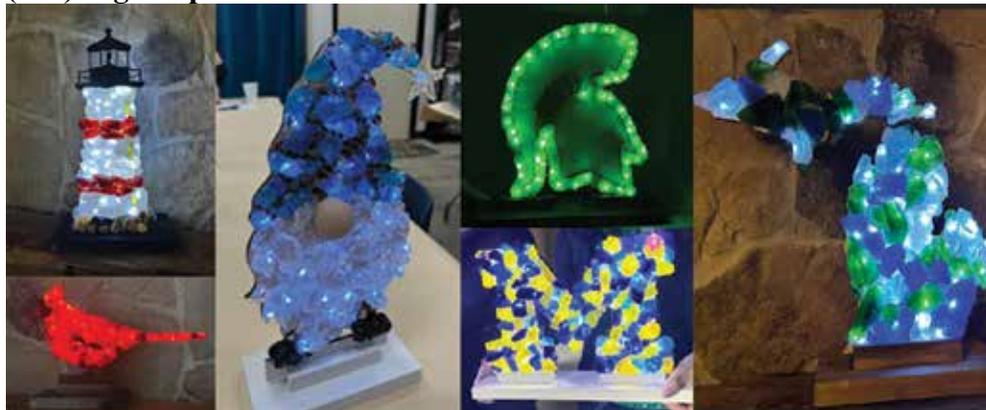
**Instructor:** Andrea Ondish

**Date & Time:** Tuesdays, 3/12, 3/19, 3/26 • 1 - 3 p.m.

**Location:** A 107

**Price:** \$30 for members • \$50 for non-members

### (204) Light Up Beach Glass Art



Grab a friend and join OLLI as you create your own unique piece of art utilizing glass and wood. Each piece of art is approximately 14 inches tall and comes with 50 battery-operated LED lights with eight light functions that are operated by a remote control. Choose from a variety of glass colors including sea glass, stained glass, fire glass as well as other glass elements. Choose from: Lighthouse; Gnome; Cardinal; Michigan State University; University of Michigan; or State of Michigan.

**Instructor:** Tammy Walton

**Date & Time:** Wednesday, 3/20 • 1 - 4 p.m.

**Location:** C 129

**Price:** \$68 for members • \$88 for non-members

### (205) Rock Art Cafe



Working on rock painting projects and making crafts with painted rocks is a great way to be creative and is a wonderful meditative art activity. Join OLLI for a fun and relaxing day of painting rocks. Then display your artwork in your garden or share it with a friend. Coffee and tea will be provided for this class.

**Instructor:** Sue Smith

**Date & Time:** Monday, 4/22 • 1 - 3 p.m.

**Location:** C 129

**Price:** \$25 for members • \$45 for non-members

### (206) Shard Art (Fused Glass) at Village Glass Works



Shard art is a fun way to create original glass abstract art to decorate your window or windowsill. Using our vibrant and original broken glass ornaments, glasses, bowls and other glass materials, you can create a beautiful original 4x11-inch piece of art. Decorate your windows year-round with your own art!

**Instructor:** Sarah VanTol

**Date & Time:** Tuesday, 4/23 • 10 a.m. - 12 p.m.

**Location:** Village Glass Works; 118 W Midland Rd, Auburn

**Price:** \$75 for members • \$95 for non-members

## CURRENT TOPICS

### (207) Life Discussion

Our first class experimenting with team learning by sharing our individual education, experience and growth went well. Maturation and critical thinking have resulted in a large reservoir of wisdom. We will depend on team members to direct the conversation from their personal growth and experiences from books, significant people and events. If needed, the instructor will be prepared to introduce topics for discussion.

**Instructor:** Ron Taylor

**Date & Time:** Thursdays, 2/22, 2/29, 3/7 • 9:30 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$40 for members • \$60 for non-members

### (208) How to Talk to Your Doctor

This class will discuss how we communicate (and sometimes mis-communicate) with doctors, using real stories from Dr. Constan's book, *Two Minds, Your Body*. Special attention will be given to dealing with medicines (including necessity, price and side effects); how to understand all those tests and procedures your doctor orders (both the necessary and unnecessary ones); and which lifestyle changes are most important, and which are less important.

**Instructor:** Lou Constan

**Date & Time:** Thursdays, 3/14, 3/21, 3/28 • 10 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$40 for members • \$60 for non-members

**(209) Saginaw Area LGBTQ**

The Saginaw Valley had open and closeted LGBTQ for years, but few people discussed this publicly. Since March 2023, LGBTQ people are protected legally — finally. In this class learn about past and present LGBTQ people, groups and allies in the Saginaw Valley.

**Instructor:** Leo Romo, retired teacher, father and LGBTQ activist

**Date & Time:** Wednesday, 4/17 • 10 a.m. – 12 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

**(210) Reforming the U.S. Supreme Court**

Following a series of controversial decisions, ethics scandals and fraught confirmation battles, calls to reform the U.S. Supreme Court have reached a fever pitch. This class explores various proposed reforms of the U.S. Supreme Court, including enlarging the Court's size, establishing term limits for justices and requiring justices to adhere to a code of ethics, among others. Expect healthy discussion as we work through proposed reforms, evaluating their merits and legality, while also addressing the more fundamental question about the role of the Supreme Court in the American political system.

**Instructor:** Kevin Lorentz II

**Date & Time:** Wednesday, 4/17 • 3 - 5 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

## FASHION

**(211) Eyewear for Everyone**

Find affordable and fashionable eyeglasses online. Join OLLI manager Heather O'Hearn as she helps you with selecting and ordering through online eyeglass websites. In this class, we will review the several sites to buy prescription and non-prescription eyewear, how to get the right size of frame, how to enter your specific prescription and payment. Most online sites will accept flexible spending and HSA account payments. Must have a current eye prescription, just need to ask your optometrist. Refreshments will be provided.

**Instructor:** Heather O'Hearn

**Date & Time:** Wednesday, 2/21 • 10 a.m. – 12 p.m.

**Location:** C 140

**Price:** \$20 for members • \$40 for non-members

## FITNESS

All OLLI members and non-members taking a fitness class MUST obtain a Ryder Center identification card. This I.D. is separate from your OLLI membership card. Please show up to your first class at Ryder at least 30 minutes early to get a card at the desk or stop in anytime beforehand. Users must enter through the Fitness Center south recreation entrance off Lot R.

**(212) Healthy Traveler**

Feeling well, no matter where you are, is the best way to get the most out of your travel experiences. This course is designed to provide a fitness foundation through the means of walking. In this class, we will develop walking techniques, conditioning, stamina, muscle strength, and endurance. This class will get you ready to travel! A healthy traveler is a happy traveler! This class is also listed under the Travel & Adventure section.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30 • 8:15 - 10 a.m.

**Location:** Ryder Fitness Center Track

**Price:** \$30 for members • \$50 for non-members

**(If registered for an OLLI multiple day trip in 2024, fee is waived; call the OLLI office to register).**

**(213) Senior Strength Training**

This class is for beginners and anyone already strength training — but want a fun group class to kick it up a notch. The class will have fun variations to exercises you may already be doing. Get ready for a stronger body and entertaining workout.

**Instructor:** Rachel Winter

**Time:** 10 - 11 a.m.

**(213a) Session 1: Dates:** Tuesdays & Thursdays, 1/23, 1/25, 1/30, 2/1, 2/6, 2/8

**(213b) Session 2: Dates:** Tuesdays & Thursdays, 2/13, 2/15, 2/20, 2/22, 2/27, 2/29

**(213c) Session 3: Dates:** Tuesdays & Thursdays, 3/5, 3/7, 3/12, 3/14, 3/19, 3/21

**(213d) Session 4: Dates:** Tuesdays & Thursdays, 3/26, 3/28, 4/2, 4/9, 4/11, 4/16

**(213e) Session 5: Dates:** Tuesdays & Thursdays, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7

**Location:** Tuesdays, Auxiliary Gym; Thursdays, R 244

**(Park in Lot R and enter through the Fitness Center)**

**Price:** \$40 for members per session • \$60 for non-members per session

**(214) Yoga**

This class will include building strength in the core, and increasing balance, flexibility and range of motion.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 2/27, 3/5, 3/12, 3/19, 3/26 • 10:30 - 11:15 a.m.

**Location:** R 244

**Price:** \$30 for members per session • \$50 for non-members per session

**(215) Lift and Burn**

This class is a challenging mix of lunges, squats and strength exercises that will help you burn calories and take your fitness to the next level.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 4/2, 4/9, 4/16, 4/23, 4/30 • 11:30 a.m. - 12:15 p.m.

**Location:** R 244

**Price:** \$30 for members per session • \$50 for non-members per session

**(216) Pilates**

Join OLLI for pilates! We will use repetitive exercises that promote strength, stability and flexibility.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 1/23, 1/30, 2/6, 2/13, 2/20 • 10:30 - 11:15 a.m.

**Location:** R 244

**Price:** \$30 for members • \$50 for non-members

**(217) Healthy Moves**

Join OLLI for a class that combines fun exercise and dance. This class will utilize light weight equipment, fitness dance moves to upbeat music.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 1/23, 1/30, 2/6, 2/13, 2/20 • 11:30 a.m. - 12:15 p.m.

**Location:** R 244

**Price:** \$30 for members per session • \$50 for non-members per session

**(218) Free Senior Fitness Test**

The Senior Fitness Test is for seniors 60-94 years of age. Under the supervision of SVSU faculty, kinesiology and occupational therapy students will guide you through each activity. Results and interpretation of these activities will be discussed with you, and a copy of this information will be provided to take with you when you leave. Wear tennis shoes and comfortable clothing.

**Instructor:** Jill Brown

**Dates & Times:**

**(218a) Session 1: Tuesday, 4/2 • 10 - 11 a.m.**

**(218b) Session 2: Tuesday, 4/2 • 11:30 a.m. - 12:30 p.m.**

**Location:** Ryder Center – Recreation Basketball Courts 2 & 3

**(Park in Lot R and enter through the Fitness Center)**

**Price:** Free for members and non-members

## FOOD AND WINE

**(219) Master the Art of Making Gourmet Candies**

All you need is some chocolate, some imagination and Sue Smith, a.k.a., “Listen to the Mrs.” We will use gourmet chocolate bark to make decadent truffles and other candies.

**Instructor:** Sue Smith

**Date & Time:** Monday, 2/5 • 1:30 - 3:30 p.m.

**Location:** GS 113

**Price:** \$40 for members • \$60 for non-members

**(220) The Art of Charcuterie**

Learn the art of creating a tasty and appealing Charcuterie Board. Join OLLI as we create a delicious board you could recreate for any holiday or together. All supplies are included.

**Instructor:** Heather O’Hearn

**Date & Time:** Monday, 3/11 • 4 - 6 p.m.

**Location:** C 129

**Price:** \$70 for members • \$90 for non-members

**(221) Wine 101**

Do you enjoy drinking wine and learning about it? Would you like to better understand why you like what you like and why you don’t like what you don’t like? Do you want to branch out and try new wines, but you don’t know where to start? Join us for this monthly series created just for you. We will explore wines from here in the U.S. and around the world. Whether you are new to wine or a connoisseur, this series will always be fun and never be snobby!

**(221a) Wine 101: Cab Ride Around the World**

Hop in for a ride across the globe to discover the difference that climate and winemaking style makes to the “King of Grapes” — Cabernet Sauvignon. And we promise your driver won’t smell.

**Instructor:** Ann Puszykowski, Territory Manager Mid-Michigan, Bay Region, Woodberry Wine

**Date & Time:** Monday, 1/29 • 4 - 6 p.m.

**Location:** Nino’s Family Restaurant, 1705 Columbus Ave, Bay City

**Price:** \$65 for members • \$85 for non-members

**(221b) Wine 101: A Match Made in Heaven**

White wine with fish, red wine with steak? Sure, but not necessarily. We will get more familiar with the principles of wine and food pairing, while always remembering the most important rule: The wine to pair with what you’re eating is the wine you like!

**Instructor:** Ann Puszykowski, Territory Manager Mid-Michigan, Bay Region, Woodberry Wine

**Date & Time:** Monday, 2/26 • 4 - 6 p.m.

**Location:** Nino’s Family Restaurant, 1705 Columbus Ave, Bay City

**Price:** \$65 for members • \$85 for non-members

**(221c) Wine 101: Separated at Birth**

Taste side-by-side examples of three different grapes grown in different regions of the world. We’ll taste what’s the same and what’s different and why in these three sets of “twins.”

**Instructor:** Ann Puszykowski, Territory Manager Mid-Michigan, Bay Region, Woodberry Wine

**Date & Time:** Monday, 3/25 • 4 - 6 p.m.

**Location:** Nino’s Family Restaurant, 1705 Columbus Ave, Bay City

**Price:** \$65 for members • \$85 for non-members

**(221d) Wine 101: You Can Drink White Before Memorial Day**

White may not be the fashion from September to the end of May, but in the world of wine, white wine isn’t just for summer porch-pounding. We will taste through a lovely array of white grape varietals that can bring you delight all year round.

**Instructor:** Ann Puszykowski, Territory Manager Mid-Michigan, Bay Region, Woodberry Wine

**Date & Time:** Monday, 4/29 • 4 - 6 p.m.

**Location:** Nino’s Family Restaurant, 1705 Columbus Ave, Bay City

**Price:** \$65 for members • \$85 for non-members

**(222) Delicious – The Ultimate Mexican Cuisine Class**

Join Alexandra as she shares with OLLI her talent for making authentic Mexican cuisine. This class will have a detailed explanation of ingredients to be used as we learn how to make Chile Colorado and corn tortillas.

**Instructor:** Alexandra Delgado

**Date & Time:** Monday, 4/29 • 10 a.m. - 1 p.m.

**Location:** Tittabawassee Township Memorial Park Building, Freeland

**Price:** \$75 for members • \$95 for non-members

## GAMES

### (223) Bridge Power: Unlock Your Card Playing Potential

Are you ready to learn how to play bridge? Whether you are just starting, returning to the game or wanting to “test the waters” before playing, sign-up for this class for hands-on learning.

**Instructor:** Bruce Pynonen

**Date & Time:** Fridays, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15 • 9 - 11 a.m.

**Location:** C 129

**Price:** \$130 for members • \$150 for non-members

### (224) Beginners Bridge Power: Learn the Game

This course is truly for the beginner! Join OLLI for an introductory class where you will learn the game’s mechanics, including bidding and play of hand. Materials are included, and no previous knowledge of the bridge is required.

**Instructor:** Bruce Pynonen

**Date & Time:** Fridays, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15 • 6 - 8 p.m.

**Location:** C 129

**Price:** \$130 for members • \$150 for non-members

## GEOGRAPHY

### (225) Growing Up in a Dutch Home

The small country of the Netherlands (smaller than 41 of the U.S. states) has made a disproportionately large impact on our world. Join Linda Kaiser as she defends this statement and tells stories and facts from the country of her heritage. Growing up in a Dutch home and then spending her adult years in the Dutch town of Holland, Michigan, has given her a unique vantage point. Linda will share her knowledge of travel to and in the Netherlands, having completed many trips to visit family, most recently in April 2023. Learn some key words to help you communicate with the locals and gain an understanding of the culture of the Netherlands.

**Instructor:** Linda Kaiser

**Date & Time:** Thursday, 1/25 • 1 - 2:30 p.m.

**Location:** C 224

**Price:** \$15 for members • \$35 for non-members

### (226) The Geography of Spain and Portugal

This class will examine the physical landscape and climate of Spain and Portugal before examining historical and contemporary human settlement of the two countries. We will begin with the prehistoric period and then examine the Roman and Moorish influence on the region. The building of the nation-state in the 1400s and the subsequent exploration of the New World will then be examined before turning our attention to the present-day cultural (foodways, language differences, sport, etc.) characteristics of Spain and Portugal.

**Instructor:** Dr. Evelyn Ravuri, Professor of Geography, SVSU

**Date & Time:** Wednesday, 3/20 • 10 a.m. - 12 p.m.

**Location:** C 224

**Price:** \$15 for members • \$35 for non-members

## HEALTH & WELLNESS

### (227) Kick the Sugar Habit!

Come learn the seven secrets to fighting your sugar cravings. Join certified health coach Alina Warner to discover why you crave sugar at certain times and why sometimes those cravings feel out of control. Master your cravings and kick the sugar habit — without giving up the sweetness.

**Instructor:** Alina Warner

**Date & Time:** Wednesday, 1/24 • 2 - 3:30 p.m.

**Location:** C 140

**Price:** \$20 for members • \$40 for non-members

### (228) Dementia and Caregiving Discussion

Join this roundtable discussion on concerns of wellness and aging. Is someone you care for experiencing dementia? Are you now a caregiver and not sure you’re doing it right? Do you feel like you have more questions than you have answers? We’ll talk about the changing brain as we age and learn some caregiving tips you can try for yourself.

**Instructor:** Kristal Corrion

**Date & Time:** Thursday, 1/25 • 1 - 3 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (229) Finding Relief from Sciatica Pain

Sciatica is one of the most common and also most misunderstood types of pain. Symptoms can include pain, numbness and tingling, or a sharp burning sensation in the lower back, hip or leg. While medication can sometimes provide temporary relief, pain will usually return. Join us to hear Mel Svorinic, PT, DPT, OMPT, explain the causes of sciatica and treatment options that can help eliminate pain and prevent flare ups.

**Instructor:** Mel Svorinic, PT, DPT, OMPT

**Date & Time:** Monday, 2/5 • 11 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (230) How’s Your Balance?

With one in four adults aged 65+ falling each year, balance is an important topic to highlight! And when a person falls once, it can nearly double their risk of falling again in the future. Join us to hear Dr. Alicia Heading from Renue Physical Therapy provide tips on how to improve your balance and prevent falls so you can stay active and age well.

**Instructor:** Alicia Heading, PT, DPT

**Date & Time:** Wednesday, 2/7 • 11 a.m. - 12 p.m.

**Location:** C 140

**Price:** \$20 for members • \$40 for non-members

### (231) Pelvic Health Series

Pelvic health is important for both men and women of all ages, but it’s common for pelvic strength to decline as we age. Though pelvic conditions like incontinence, painful intercourse, pelvic pain and more are common, they are not normal and can be corrected through targeted exercises, building healthy habits and proper breathing.

**Instructor:** Gina Grantham, PT, DPT

**Date & Time:** Mondays, 2/26, 3/4, 3/11, 3/18 • 11 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$50 for members • \$70 for non-members

### (232) Marvelous Movement

Join OLLI for a class on Marvelous Movement, which focuses on learning about the impact of prolonged sitting on your body and mind. How to move more at work, home or when traveling and strategies to make your movement routine stick. We will include some gentle stretching and hands-on exercises in class. Participants will receive handouts to continue the movement routine at home.

**Instructor:** Alina Warner

**Date & Time:** Tuesday, 3/12 • 2 - 3:30 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (233) Simple Stretches to Avoid Pain & Stiffness

As we age, pain and stiffness can start to creep in during different activities, and sometimes out of nowhere! Join us for a four-week session to learn some simple stretches to avoid pain and stiffness from Dr. Russell Leonard of Renue Physical Therapy. Each week will focus on different activities and areas of the body to help you avoid pain and stiffness before it starts.

**Instructor:** Kristen Rice, PT, DPT

**Date & Time:** Tuesdays, 3/26, 4/2, 4/9, 4/16 • 11 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$50 for members • \$70 for non-members

**(234) Smash Therapy**

Come and learn how to blow off some of your stress, anxiety, anger, frustration (you get the idea) with Smash Therapy. As a result of this project, you will start off with being ready to smash something, but leave with a creative work of art. Calming, fun and artsy for all. Come get smashed! Actually, you do the smashing. So come and smash.

**Instructor:** Sue Smith

**Date & Time:** Monday, 4/8 • 1 - 3 p.m.

**Location:** C 129

**Price:** \$25 for members • \$45 for non-members

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## HISTORY

**(235) Saginaw Black History**

Saginaw has a rich history of the “firsts” by African Americans, including outstanding contributions to the development of the Saginaw Valley in the later 1800s. Learn about the first African American residents in Saginaw and Bay City, professional photographers, a wealthy lumber mill owner and politician, physician, lawyer and graduate of Howard University, local Civil War soldiers, visits by Frederick Douglass and Sojourner Truth and more. Instructor Leo Romo, retired schoolteacher and history enthusiast, will lead the discussions on these local important figures.

**Instructor:** Leo Romo

**Date & Time:** Wednesday, 2/7 • 10 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

**(236) Living Behind the Iron Curtain**

Alina Warner shares from her experience as a child growing up in communist Romania, witnessing the isolation of the people and the hardship of the totalitarian regime. Warner remembers living as a teenager through the Revolution that freed the people from the dictatorship of Nicolae Ceausescu. The session will end with a Q&A. This class is offered on two different dates, but the content will be the same for both classes.

**Instructor:** Alina Warner

**Date and Time:**

**(236a) Wednesday, 2/21 • 10 a.m. - 12 p.m.**

**(236b) Wednesday 4/24 • 10 a.m. - 12 p.m.**

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

**(237) History of Mandate Palestine**

Join OLLI and professor Jason Szilagyi as he leads a history of mandate Palestine discussion about the formation of modern Israel.

**Instructor:** Jason Szilagyi

**Date & Time:** Thursdays, 2/22, 2/29, 3/7, 3/14, 3/21 • 1 - 3 p.m.

**Location:** C 224

**Price:** \$50 for members • \$70 for non-members

**(238) Biographies of Historical Women**

Join professor Christina De Clerck-Szilagyi to learn about some of the most prominent women in history and how their influence continues into the modern day.

**Instructor:** Christina De Clerck-Szilagyi

**Date & Time:** Wednesdays, 3/13, 3/20, 3/27, 4/3 • 1 - 3 p.m.

**Location:** C 140

**Price:** \$40 for members • \$60 for non-members

**(239) Arab-Israeli Wars**

Join OLLI and professor Jason Szilagyi as he leads this class on the Arab-Israeli Wars, discussing the history of the Middle East from 1947 to the present.

**Instructor:** Jason Szilagyi

**Date & Time:** Thursdays, 3/28, 4/4, 4/11, 4/18, 4/25 • 1 - 3 p.m.

**Location:** C 224

**Price:** \$50 for members • \$70 for non-members

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## HOBBIES

**(240) Tell Me Your Life Story**

Create a timeless keepsake that future generations will treasure. Tell Me Your Life Story is a beautifully designed gift to capture precious memories and wisdom. This class will use a simple guided journal that helps parents and grandparents record their life stories. Once completed, this gift will become a precious treasure and personal keepsake of your most essential recollections, stories, and life lessons that can be passed down to your children and grandchildren and cherished by future generations.

**Instructor:** Mary Walk

**Date & Time:** Tuesdays, 2/20, 2/27 • 3 - 4 p.m.

**Location:** C 129

**Price:** \$40 for members • \$60 for non-members

**(241) Family History for Beginners**

Family History for Beginners is for those starting their genealogy journey. The class will present the fundamentals of family research and explore digital resources.

**Instructor:** Leo LeFevre

**Date & Time:** Wednesday, 3/20, 3/27 • 10 a.m. - 12 p.m.

**Location:** C 129

**Price:** \$30 for members • \$50 for non-members

**(242) Basket Making**

Baskets, though often used for decoration today, for thousands of years have served as useful containers, custom-made for the task at hand. Join OLLI and make a beautiful and practical basket. There will be two single-day classes. Participants pay a \$35 supply fee (cash or check only) to the instructor for each class.



**(242a) Napkin Basket –**  
8x8 inches x 3.5 inches high

**Instructor:** Sue Collins

**Date & Time:** Friday, 3/22 • 12:30 - 4:30 p.m.

**Location:** G 115

**Price:** \$20 for members • \$40 for non-members



**(242b) Small Market Basket –**  
6x10 inches x 5 inches high, with a wooden handle and filled bottom

**Instructor:** Sue Collins

**Date & Time:** Friday, 4/19 • 12:30 - 5:30 p.m.

**Location:** G 115

**Price:** \$20 for members • \$40 for non-members

## LANGUAGE

### (243) Greek 101

In this class, you will learn the Greek alphabet, learn basic greetings and phrases, and learn some Greek culture before going on your trip to Greece. Class is also listed under the Travel & Adventure section.

**Instructor:** Camden Hugo

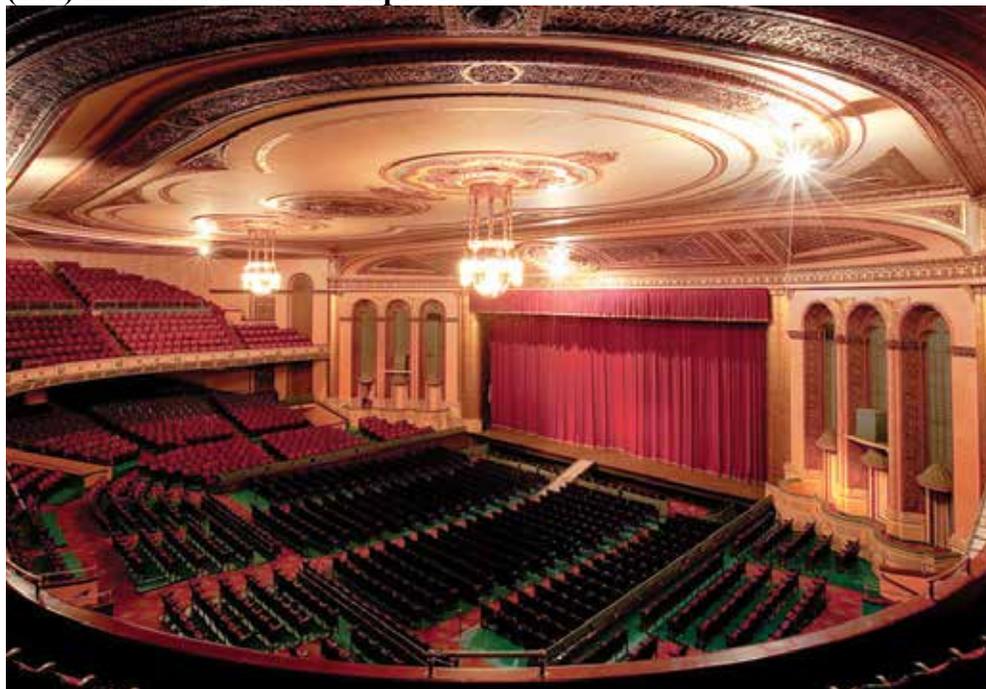
**Date & Time:** Thursdays, 2/1, 2/8 • 2:30 - 4 p.m.

**Location:** C 129

**Price:** \$35 for members • \$55 for non-members

## LOCAL COMMERCE

### (244) Historic Masonic Temple Tour



The 130-year-old Historic Masonic Temple building is an architectural gem in the heart of Bay City. For over 100 years, it served as the home of Joppa Lodge Masons. In 2005, it was purchased by the Bay Arts Council. Today, the building is owned by the Friend of the Historic Masonic Temple, which is dedicated to the mission of preserving and restoring the building while working to establish a community school for the arts.

**Instructor:** Historic Masonic Temple

**Date & Time:** Wednesday, 1/31 • 10:30 a.m.

**Location:** 700 N. Madison, Bay City

**Price:** \$20 for members • \$40 for non-members

### (245) ATS Printing Tour

Founded in 1989, Advanced Tex Screen Printing, Inc. (ATS Printing) started as a single-person start-up operating out of a 1,200 sq. ft. shop in Hemlock, providing customized apparel to local and national customers. Following rapid expansion, ATS Printing moved to Merrill to add additional space and equipment, including an automatic printing press, embroidery equipment and a warehousing facility. In 2017, ATS celebrated the new year by moving to its current location in Bay City. The new facility is 60,000 sq. ft. and employs more than 70.

**Instructor:** ATS Printing

**Date & Time:** Thursday, 2/1 • 10 a.m.

**Location:** 4177 3 Mile Rd, Bay City

**Price:** \$20 for members • \$40 for non-members

### (246) The Jefferson Project Tour

The Jefferson Project, a non-profit organization, now encompasses the vision for the arts district, seamlessly integrating with existing programs in Bay City, including “Raise a Flag Bay City – est. 2010” and the “Third Street Star Bridge – est. 2016.” Avram Golden will host the talk and tour at The Jefferson Building, located at 409 1st Street in Bay City. Come and explore the unfolding story of the arts district and its impact on the local community.

**Instructor:** Avram Golden

**Date & Time:** Tuesday, 4/23 • 1 - 2 p.m.

**Location:** The Jefferson Building, 409 1st St, Bay City

**Price:** \$20 for members • \$40 for non-members

### (247) Fabiano Brothers Tour

Established in 1885, Fabiano Brothers is a family-owned business with over 130 years of service to the communities in its distribution area. The company takes pride in providing customers with sales, delivery and customer service teams that are efficient, dependable and responsive to the needs of customers. Fabiano Brothers serves over 24 counties in Michigan and Wisconsin.

**Instructor:** Fabiano Brothers

**Date & Time:** Tuesday, 2/20 • 10:30 a.m.

**Location:** 1885 Bevanda Ct, Bay City

**Price:** \$20 for members • \$40 for non-members

### (248) Live Oak Coffee House – Coffee Lovers Class



Join OLLI at Live Oak Coffee House near downtown Midland to learn more about coffee. You will learn about the various blends of coffee and about the coffee bean itself, with samples, of course! Staff will also show how to make a few specialty drinks that you can replicate at your home coffee bar.

**Instructor:** Live Oak Coffee House

**Date & Time:** Monday, 4/15 • 11 a.m. - 2 p.m.

**Location:** 711 Ashman St., Midland

**Price:** \$20 for members • \$40 for non-members

## MEDITATION

### (249) Mindfulness Meditation

Mindfulness meditation helps us learn to live in the present moment with nonjudgmental awareness and acceptance of what is. It helps us to flow more easily with the ups and downs of our lives. It is a practice that helps us to create a more peaceful mind and a heart open to deeper wisdom. Nan Spence holds master's degrees in counseling and theology and has trained for over 20 years with nationally recognized teachers.

**Instructor:** Nan Spence

**Date & Time:** Tuesdays, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 • 10 - 11:30 a.m.

**Location:** C 140

**Price:** \$100 for members • \$120 for non-members

## MUSIC & DANCE

### (250) Learn How to Play a Guitar II



This class is a continuation of our Learn How to Play a Guitar course, where you will build upon your fundamentals of guitar technique, reading music and chord study in a group setting. Students should have a copy of Mel Bay's *Modern Guitar Method Grade 1*, or the instructor will provide information on how to obtain this book on the first day of class. Continue your guitar learning journey. Bring your own (or we will have one for you to borrow) six-string, acoustic (can be nylon or steel string) guitar. Plectrums will be provided by the instructor.

**Prerequisite:** Completion of Learn How to Play a Guitar (class was offered in Fall 2023) or approval of instructor.

**Instructor:** Monica Borrello

**Date & Time:** Wednesdays, 1/31, 2/7, 2/21, 2/28, 3/6, 3/13 • 1:30 - 3 p.m.

**Location:** C 129

**Price:** \$50 for members • \$70 for non-members

### (251) Adult Tap

This tap class is for those who have a lifetime of experience or for those who have had it on their bucket list and always wanted to learn to TAP! This tap course is geared for beginners through advanced dancers who just love to dance. We will be doing warmups, across the floor, special tap combinations and even learning a routine in this inspiring four-week course. Comfortable clothing, tap shoes, soft sole shoes, or tennis shoes. Tappers can dance at their own level. Each step can be modified for the level in which you are comfortable.

**Instructor:** Megan Carigan

**Date & Time:** Wednesdays, 1/17, 1/24, 1/31, 2/7 • 1 - 2 p.m.

**Location:** C 181

**Price:** \$40 for members • \$60 for non-members

### (252) Lyrical Jazz Class

This Lyrical Jazz class is for those who love the art of dance. We will be utilizing ballet lyrical moves as well as faster paced jazz combinations. This dance course is geared for beginners through advanced dancers who just love to dance. We will be doing warmups, across the floor, special combinations and even learning a routine in this inspiring 4-week course. Comfortable clothing, soft sole shoes, ballet shoes, jazz shoes or tennis shoes are encouraged. All participants can dance at their own level. Each step can be modified for the level in which you are comfortable.

**Instructor:** Megan Carigan

**Date & Time:** Wednesdays, 1/17, 1/24, 1/31, 2/7 • 4:30 - 5:30 p.m.

**Location:** C 181

**Price:** \$40 for members • \$60 for non-members

### (253) Couples Dance

Have you ever wanted to learn to ballroom dance, couples dancing or even move together at a special event without stepping on each other's toes? This four-week course is the perfect way to brush up on skills and learn new ones. We will be covering basic movement, couples' movement such as hand and feet placement, waltz, swing dancing and more! Comfortable clothing, soft sole shoes, ballet shoes, jazz shoes or tennis shoes are encouraged. All participants can dance at their own level. Each step can be modified for the level in which you are comfortable. Please note, you do not have to be a couple to sign up.

**Instructor:** Megan Carigan

**Date & Time:** Wednesdays, 1/17, 1/24, 1/31, 2/7 • 6 - 7 p.m.

**Location:** C 181

**Price:** \$40 for members • \$60 for non-members

### (254) The Piano Man, Billy Joel



William Martin Joel is an American singer, songwriter and pianist. Commonly nicknamed the "Piano Man" after his signature 1973 song of the same name, Joel has had a successful music career as a solo artist since the 1970s. Join OLLI and Marianne Bird as we discuss the life and music of this great performer.

**Instructor:** Marianne Bird

**Date & Time:** Wednesday, 4/24 • 1:30 - 3 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

## ORIENTATION

### (255) Ryder Center Orientation

The Ryder Center staff at SVSU wants to help OLLI reach our wellness goals! Let's take a guided tour of the Ryder Center with Mary Walk. On this tour, Mary will show you the cardio and weight rooms, and explain the equipment and what you need to know to help you feel comfortable utilizing the Fitness Center. Ryder memberships purchased separately.

**Instructor:** Mary Walk

**Date & Time:** Thursday, 1/18 • 9 - 10 a.m.

**Location:** Ryder Fitness Center

**Price:** Free for members • \$60 for non-members (includes an OLLI membership)

### (256) New Member Orientation

Let's get acquainted! We are inviting all new members (also veteran members, if you want a refresher) to learn the ins-and-outs of SVSU OLLI. Meet the OLLI staff, who will discuss the OLLI organization, classes and trips.

**Instructor:** Heather O'Hearn

**Date & Time:** Thursday, 1/18 • 1 - 2 p.m.

**Location:** C 129

**Price:** Free for members • \$60 for non-members (includes an OLLI membership)

### (257) OLLI Travel Orientation

Are you ready to venture into group travel with OLLI, but want to know more? Join us for this introduction to travel and learn what it is like to travel with a group, how to sign up for day trips and extended excursions, what to expect on your adventure, how to plan for your trip, why you should consider travel protection and why you would travel with OLLI. From the streets of Detroit to the pastures of Ireland, OLLI will take you to the places you have only dreamed about before.

**Instructor:** Shelley Wegner

**Date & Time:** Thursday, 1/18 • 2:30 - 3:30 p.m.

**Location:** C 129

**Price:** Free for members • \$60 for non-members (includes an OLLI membership)

### (258) Enrole Registration Orientation

Need help with registering online for OLLI classes? The OLLI staff will help answer your questions and get you ready to sign up for classes and day trips!

**Instructor:** OLLI Staff

**Dates & Times:**

(258a) Thursday, 1/11 • 10 a.m. - 12 p.m.

(258b) Monday, 3/25 • 10 a.m. - 12 p.m.

**Location:** C 129

**Price:** Free for members

## SCIENCE & MATH

### (259) Greek Mythology and Astronomical Constellations

Greek constellations are the ancient constellations listed by the Greek astronomer Claudius Ptolemy in his *Almagest* in the second century CE. All but one of these constellations have survived to the present day and are officially recognized by the IAU (International Astronomical Union). Most of them are associated with stories from Greek mythology. The Delta College Planetarium will show the film *From Earth To The Universe*. The film includes a general tour of the universe, featuring brief discussions of the sun and planets, stars, nebulae, and galaxies. After the film, we will discuss constellations and their Greek origins. We will also have the opportunity to touch a meteorite and visit the planetarium's observation deck to get a brief history of downtown Bay City.

**Instructor:** Dave Bontekoe, Planetarium Show Specialist

**Date & Time:** Monday, 1/29 • 1 - 3 p.m.

**Location:** Delta College Planetarium, 100 Center Ave, Bay City

**Price:** \$15 for members • \$35 for non-members

### (260) The Great American Total Solar Eclipse of 2024

The next total solar eclipse to visit North America will be on April 8, 2024, and northern Ohio is the closest area for Michiganders to witness the eclipse. The Delta College Planetarium in Bay City will be showing the film *Eclipse: The Sun Revealed*. This film discusses the scientific causes of eclipses, the cultural stories around them, what phenomena are observable during an eclipse and how to view a solar eclipse safely. The film examines the specific path of the April 8 eclipse visible from North America and concludes with a personal story about the experience of seeing a total solar eclipse from southern Africa. After the film, Mike Murray will discuss the eclipse and answer any questions regarding the event. OLLI participants will also have the opportunity to touch a meteorite and visit the planetarium's observation deck (weather permitting) to get a brief history of downtown Bay City.

**Instructor:** Mike Murray, Astronomer and Planetarium Manager

**Date & Time:** Tuesday, 3/19 • 10:30 a.m. - 12:30 p.m.

**Location:** Delta College Planetarium, 100 Center Ave, Bay City

**Price:** \$20 for members • \$40 for non-members

### (261) Forensic Science Update



Are you interested in how crime scene investigations work? This class will revolve around crime scenes and include discussion of famous cases and how their crime scenes were processed. In addition, real-life examples will be used to discuss how the crime lab responds, how decisions are made at the scene, and whether the results contribute to the prosecution of a suspect. Please note that some graphic photographs depicting blood and wounds may be shown during the class.

**Instructor:** Elaine Dougherty

**Date & Time:** Wednesdays, 4/10, 4/17, 4/24 • 6 - 8 p.m.

**Location:** C 224

**Price:** \$40 for members • \$60 for non-members

## TECHNOLOGY

### (262) Tech Tuesday – Smart Home

Learn how to make your home start working for you. In this class, Larry Emmons, retired SVSU technology director, will teach you some of the different ways to turn your own home into a “smart home.” From increased convenience and entertainment to a better way to keep your home secure, you can learn how to make your home smarter.

**Instructor:** Larry Emmons

**Date & Time:** Tuesday, 1/30 • 1 - 3 p.m.

**Location:** C 140

**Price:** Free for members

### (263) Basic Browsing for Beginners

Need to know how to surf the web without falling flat on your face? Want to use your technology on the internet without fear of getting a virus? Come learn with OLLI!

**Instructor:** Kelley Gray

**Date & Time:** Tuesday, 3/5 • 1 - 3 p.m.

**Location:** C 141

**Price:** \$20 for members • \$40 for non-members

### (264) All About 3-D Printing

Have you wondered what 3-D printing is all about? Curious about the applications? Want to know how to get started? This is the class for you! Join us as we look into the basics of 3-D printing!

**Instructor:** Kelley Gray

**Date & Time:** Tuesday, 3/12 • 1 - 3 p.m.

**Location:** C 140

**Price:** \$20 for members • \$40 for non-members

### (265) The Rise of AI (Artificial Intelligence)

We are on the verge of the most significant technological breakthrough since the onset of the internet in the 1990s. There are great benefits for those who embrace the technology and dangers from its abuse and misuse. Our class discussions will explore the implications of new technology for each of us.

**Instructor:** Kelley Gray

**Date & Time:** Tuesday, 3/26 • 1 - 3 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (266) Password Manager

Everything we use today has a username and password, but how are you supposed to remember all those accounts? This class will provide an overview of password managers available to manage all those pesky accounts. We will cover how to create, change and make passwords that are as secure as possible and how to secure your accounts with two factor authentication.

**Instructor:** Kelley Gray

**Date & Time:** Tuesday, 4/2 • 1 - 3 p.m.

**Location:** C 227A

**Price:** \$20 for members • \$40 for non-members

### (267) Understanding Current TV Streaming Services

There are so many options today for TV streaming services. If you're confused or just want to learn more about what is available, join this session to investigate the many different streaming services available. We'll look at costs and the channels available with the services. We will also explore options if you don't have a Smart TV.

**Instructor:** Kelley Gray

**Date & Time:** Tuesday, 4/23 • 1 - 3 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (268) How to Buy a Computer



With so many different options from so many assorted brands, buying a computer can be a complex process. In this class you will learn the ins and outs of the several types of computers out there. Desktops, laptops, Chromebooks and tablets are all great options. This class will help you decide which is the best for you.

**Instructor:** Gary Holik

**Date & Time:** Monday, 2/19 • 6 - 9 p.m.

**Location:** C 141

**Price:** \$20 for members • \$40 for non-members

### (269) Cutting the Cord

With television cable bills becoming increasingly expensive, more people are “cutting the cord” by getting rid of cable. In this class you will learn about its replacement, streaming and how to get the most out of these services while also reducing your monthly bills.

**Instructor:** Gary Holik

**Date & Time:** Monday, 3/11 • 6 - 9 p.m.

**Location:** C 141

**Price:** \$20 for members • \$40 for non-members

### (270) Viruses and How to Clean Your Computer

Viruses, malware and spyware are all scary computer terms you may not be familiar with. In this class, learn what it all means and how you can prevent it. In addition, you will also learn how to remove it from your computer.

**Instructor:** Gary Holik

**Date & Time:** Monday, 3/18, 3/25 • 6 - 9 p.m.

**Location:** C 141

**Price:** \$35 for members • \$55 for non-members

### (271) Everyday, Helpful Apps

Did you know apps can help order takeout or groceries? You can download an app to read a book, newspaper, or cookbook. In this class, we will explore some apps that will aid you in your daily tasks.

**Instructor:** Gary Holik

**Date & Time:** Monday, 4/8 • 6 - 9 p.m.

**Location:** C 141

**Price:** \$20 for members • \$40 for non-members

### (272) Social Media

Facebook is a terrific way to stay connected with family and friends. This class will help you learn how to use Facebook to share photos, “like” a post or page and “friend” anyone you choose. You can even visit the OLLI Facebook page! In addition, you will also learn how to secure your account and change settings.

**Instructor:** Gary Holik

**Date & Time:** Monday, 2/5 • 6 - 9 p.m.

**Location:** C 141

**Price:** \$20 for members • \$40 for non-members

## TRAVEL & ADVENTURE

### (212) Healthy Traveler

Feeling well, no matter where you are, is the best way to get the most out of your travel experiences. This course is designed to provide a fitness foundation through the means of walking. In this class, we will develop walking techniques, conditioning, stamina, muscle strength, and endurance. Class is also listed under the Fitness section.

**Instructor:** Katherine Resseguie

**Date & Time:** Tuesdays, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30 • 8:15 - 10 a.m.

**Location:** Ryder Fitness Center Track

**Price:** \$30 for members • \$50 for non-members

**(If registered for an OLLI multiple day trip in 2024 fee is waived, call the OLLI office to register).**

### (273) Pack your Bags

This class will discuss everything from packing lists, packing cubes, luggage, carry-ons, tech gear, travel documents, travel apps, roll vs. fold, as well as a variety of travel tips.

**Instructor:** Susan Zazo, Travel Expert

**Date & Time:** Tuesday, 3/5 • 5:30 - 7:30 p.m.

**Location:** C 129

**Price:** \$20 for members • \$40 for non-members

### (243) Greek 101

In this class, you will learn the Greek alphabet, basic greetings/phrases and some Greek culture before going on your trip to Greece. Class is also listed under the Language section.

**Instructor:** Camden Hugo

**Date & Time:** Thursdays, 2/1, 2/8 • 2:30 - 4 p.m.

**Location:** C 129

**Price:** \$35 for members • \$55 for non-members

### (259) Greek Mythology and Astronomical Constellations

For description, see Page 13.

**Instructor:** Dave Bontekoe, Planetarium Show Specialist

**Date & Time:** Monday, 1/29 • 1 - 3 p.m.

**Location:** Delta College Planetarium, 100 Center Ave, Bay City

**Price:** \$15 for members • \$35 for non-members

### (225) Growing Up in a Dutch Home

For description, see Page 9.

**Instructor:** Linda Kaiser

**Date & Time:** Thursday, 1/25 • 1 - 2:30 p.m.

**Location:** C 224

**Price:** \$15 for members • \$35 for non-members

### (226) The Geography of Spain and Portugal

For description, see Page 9.

**Instructor:** Dr. Evelyn Ravuri, Professor of Geography, SVSU

**Date & Time:** Wednesday, 3/20 • 10 a.m. - 12 p.m.

**Location:** C 224

**Price:** \$15 for members • \$35 for non-members

### (274) Economics of Travel Lunch & Lecture with GLBEC

At the Great Lakes Bay Economic Club luncheon, James Canders, C.M. Airport Director MBS International Airport, and travel guru Patrick Twomey, tour expert and author, will share their knowledge of today's economics in travel.

**Instructor:** James Cander and Patrick Twomey

**Date & Time:** Monday, 2/12 • 11 a.m. - 1 p.m.

**Location:** Curtiss Hall

**Price:** \$25 for members and non-members

### (275) OLLI Travel Overviews

Join travel guru Patrick Twomey for a series of travel overviews.

**(275a) Monday, 2/12 • Baltic Region Overview • 2 - 3:30 p.m.**

**(275b) Tuesday, 2/13 • Spain & Portugal Overview • 2 - 3:30 p.m.**

**(275c) Thursday, 2/15 • Iceland Overview • 9 - 10:30 a.m.**

**(275d) Thursday, 2/15 • Southern Italy Overview • 1 - 2:30 p.m.**

**Location:** Curtiss Hall

**Price:** \$15 for members per session • \$25 for non-members per session

### (276) Travel Previews

OLLI members and friends are invited to learn about the 2025 OLLI trips during a Zoom presentation with the travel providers.

**(276a) Monday, 2/12 • Grand Baltic Sea Voyage Travel Preview (Grand Circle Travel) • 4 - 5 p.m.**

**(276b) Tuesday, 2/13 • Iceland Travel Preview (Go Ahead Tours) • 9 - 10 a.m.**

**(276c) Tuesday, 2/13 • Italy Food & Wine Travel Preview (Go Ahead Tours) • 10:30 - 11:30 a.m.**

**(276d) Tuesday, 2/13 • Spain/Portugal (Go Ahead Tours) • 12 - 1:30 p.m.**

**(276e) Wednesday, 2/14 • New York Travel Preview (Collette Tours) • 3 - 4 p.m.**

**Location:** Curtiss Hall

**Price:** Free for members and non-members

## REGISTRATION FORM

<b>REGISTRANT #1</b>	Name _____		
	Address _____		
	City _____	State _____	ZIP _____
	Email _____		
	Phone _____		
<b>Class #</b>	<b>Class / Trip Title</b>	<b>Fee</b>	
Membership – \$60 <input type="checkbox"/> New <input type="checkbox"/> Renewal			
<b>Total</b>			

I agree to the OLLI waiver, which can be found at svsu.edu/olli.

**METHOD OF PAYMENT**

Check Enclosed (payable to SVSU)  
 Mail to: OLLI at SVSU • 7400 Bay Road • University Center MI 48710

Charge to:  Visa  American Express  MasterCard  Discover  
 To register by phone with credit card, call (989) 964-4475  
 Online registration available at svsu.edu/olli

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_ 3-Digit CVS Code \_\_\_\_\_

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**SV** SAGINAW VALLEY  
**SU** STATE UNIVERSITY

Osher Lifelong Learning Institute  
201 Curtiss Hall  
7400 Bay Road  
University Center MI 48710

## How to Register

- **Online**

You may register online by visiting [svsu.edu/olli](https://svsu.edu/olli). You must first create a profile and then you can register as a member or non-member. If you wish to purchase a membership to receive the member rate, make sure you select and purchase the membership **BEFORE** you purchase a class or trip.

- **By Telephone**

Call the OLLI office Monday through Friday from 8 a.m. to 4:30 p.m. at (989) 964-4475.

- **In Person**

Stop by the OLLI office in room 201 in Curtiss Hall during business hours with your completed registration form.

- **By Mail**

Complete the registration form and mail it to the address on the form. Mail-in registrations will be processed **AFTER** registration opens on an as-possible basis.



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# WINTER 2024

## DAY TRIPS & CLASSES FOR ADULTS 50+

Registration begins

Tuesday, January 16 at 8:30 a.m.

[SVSU.EDU/OLLI](https://svsu.edu/olli) | 989.964.4475