

OLLI

AT AQUINAS COLLEGE

JUNE REGISTRATION BEGINS
Monday, May 20, 2024

DIRECTOR'S NOTE:

WE WANT TO HEAR FROM YOU! As we begin a period of transition, OLLI leaders are developing a new strategic plan for the future of our organization, and your feedback is valuable. We kindly ask for your participation in an anonymous, online survey that will solicit your thoughts on membership, courses, technology, and more. Details will be shared via email and in upcoming courses.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Troubled Presidential Transitions (continued) (ZOOM) 9:30am - 11:00am</p> <p>First Responder Burnout 1:30pm - 3:00pm</p> <p>Health and Welfare: Body Image in Soviet Culture (ZOOM) 9:30am - 11:00am</p> <p>Forest Therapy Walk 10:00am - 11:30am</p> <p>The Other Side of the Lakes: Canadian Lighthouses 1:30pm - 3:00pm</p> <p>Getting the Best Photos... with Your Phone 9:30am - 11:00am</p> <p>Wally Pipp (continued) 1:30pm - 3:00pm</p> <p>Tour of Wild Ones River City's Native Plant Education Garden 1:30pm - 3:00pm</p>	<p>The History of Grand Rapids City Parks 9:30am - 11:00am</p> <p>Max Steiner - The Genius Behind the Music of <i>Gone with the Wind</i> and <i>Casablanca</i> (ZOOM) 1:30pm - 3:00pm</p> <p>Personal Grounding for Anxious Times 9:30am - 11:00am</p> <p>Distilled Wisdom from Decades of Living 11:45am - 1:15pm</p> <p>Self-Compassion: Living More Gently with Yourself, Even Amidst the Chaos (ZOOM) 1:30pm - 3:00pm</p> <p>The Michigan State Capitol: Construction, Evolution, Restoration and Renewal 1:30pm - 3:00 pm</p> <p>The Evolving City: Downtown Grand Rapids Update 9:30am - 11:00am</p> <p>German Cities (continued) 1:30pm - 3:00 pm</p> <p>Recreational Opportunities with Ottawa County Parks 9:30am - 11:00 am</p> <p>Early Modern Midwives 1:30pm - 3:00pm</p>	<p>Learning to be Dutch Reformed 9:30am - 11:00am</p> <p>Kent County Parks Talk and Tour 9:30am - 11:00am</p> <p>Drawing <i>En Plein Air</i> 11:45am - 1:15pm</p> <p>The Big Questions 11:45am - 1:15pm</p> <p>Enhancing Your Quality of Life 1:30pm - 3:00pm</p> <p>A Rabbi, a Priest and a Writer Walk into a Coffee Bar... 9:30am - 11:00am</p> <p>The Art of Charcuterie: Techniques and Culinary Creativity 1:30pm - 3:00pm</p> <p>Discovering the Birds of West Michigan 9:30am - 11:00am</p>	<p>Discover Applewood: The Charles Stewart Mott Estate Tour 9:00am - 5:30pm</p> <p>Tai Chi 9:30am - 11:00am</p> <p>Climate Change and Your Health 1:30pm - 3:00pm</p> <p>Titanic Insights: Focused Exploration of the RMS Titanic (ZOOM) 9:30am - 11:00am</p> <p>John Ball Zoo Tour 9:30am - 11:00am</p> <p>Living Your Best Life; You Are What You Eat 1:30am - 3:00pm</p>	<p>The Science of Happiness and the Goodlife 9:30am - 11:00am</p> <p>What Do Scams Look Like? 9:30am - 11:00 a.m.</p> <p>Downsizing & Decluttering 101: A Professional Organizer's Guide 9:30am - 11:00am</p>



We are taking a slightly different approach with our June catalog. The theme "Living Your Best Life" was an idea Sheila came up with as she left her Director's position here at OLLI, and we believe it's appropriate for the summer season. We have some lighter class subjects and several opportunities to get out and be active. Hope you like it!



Register for June 2024 OLLI Classes

June Membership Special!

\$10 = \$10

Membership Session Fee

Valid May 20 - June 30, 2024

Registration Begins May 20

Two ways
to register:

1) Email
OLLI@aquinas.edu

2) Call
616-632-2430



- Membership required to take classes.
- Registration is not complete until payment has been received AND processed.
- In order to receive an OLLI credit, a **2 business day** cancellation notice is required by EMAIL OR PHONE.
- Refunds for tuition may be in the form of an OLLI credit or a credit card refund.
- OLLI Credits MUST be used by the end of June 2024

MONDAY

Troubled Presidential Transitions (continued)

MONDAY, 9:30am - 11:00am
2 Sessions - June 3 and 24, 2024
(ZOOM)



Fred Johnson, Ph.D. is the Guy Vander Jagt endowed professor of history at Hope College. He earned a BS from Bowie State University and an MA

and a PhD from Kent State University. Prior to his career in higher education, Johnson served in the United States Marine Corps. His primary field of study is nineteenth-century US History, specifically the Civil War.

June 3 - (ZOOM) **Supreme Hot Potato** - Millions were convinced afterward that the case had been decided with impartial fairness while millions of others despaired over a decision so profoundly wrong.

June 24 - (ZOOM) **Second Warning** - Over two hundred years earlier, the greatest American issued the first warning which was verified when a truculent successor issued a second warning, daring democracy to blink.

First Responder Burnout

MONDAY, 1:30pm - 3:00pm
1 Session - June 3, 2024



David Leonard is a retired Grand Rapids police officer. In 2019, he published *Real Cop: A Memoir of a Career Street Officer*, which chronicles his nearly three decades as a beat cop. He earned a BS in criminal justice from Grand Valley State University. Officer Leonard established the Grand Rapids Police Officers Association and served as its first president.

There is a mental health crisis facing America's first responders - many of whom are stricken with job-related

traumas and illnesses often associated with military veterans. While the profession has been slow to address this crisis, retired Officer David Leonard will share his own personal battle with burnout and depression. He will explain how his experience is emblematic of a larger and growing problem plaguing police officers nationwide.

Health and Welfare: Body Image in Soviet Culture

MONDAY, 9:30am - 11:00am
1 Session - June 10, 2024 (ZOOM)



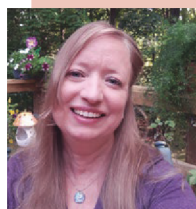
Carol Veldman Rudie, Ph.D., is the coordinator of outreach education at the Museum of Russian Art (TMORA) in Minneapolis, where she uses her college

teaching skills to research and present Russian art and culture.

Among the values of the Soviet era was the creation of a certain understanding of the ideal human body. The concept of the healthy worker dominated visuals, athletic programs, and leisure activity. Exploring those influences in creating the "new Soviet Man" gives a perspective into the culture of sports, physical wellbeing, and society's purpose.

Forest Therapy Walk

MONDAY, 10:00am - 11:30am
1 Walk - June 10, 2024 (LIMIT 12)



Holly Hagen is a certified Forest Therapy Guide and founder of Into the Woods Forest Therapy Walks, LLC.

You are invited to experience the restorative Japanese practice of Shinrin-yoku, otherwise known as "forest therapy" or "forest bathing" on the beautiful grounds of Aquinas College. Discover the benefits of this nature-based mindfulness practice and enjoy a cup of tea at the conclusion of a collective wandering out in the more-than-human worlds.

The Other Side of the Lakes: Canadian Lighthouses

MONDAY, 1:30pm - 3:00pm
1 Session - June 10, 2024



Matthew Daley, Ph.D., is a professor of history at GVSU. His research focuses on urban, public, and social policy, Great Lakes maritime culture and technology, and

public history.

When lighthouses on the Great Lakes are thought about, it is primarily on the American side. However, the Canadian side also features a large number of lights and a rich history to go with these often very remote locations. We will examine them from Thunder Bay on Lake Superior to the mouth of the St. Lawrence River.

Getting the Best Photos... with Your Phone

MONDAY, 9:30am - 11:00am
1 Session - June 17, 2024



OLLI member **Darlene Kaczmarczyk** is a professor emeritus of photography at Kendall College of Art and Design. She earned a Master of Arts degree

in photography from Columbia College Chicago.

Most of us carry our phones with us all the time these days, and I would bet most of the photos we've taken, whether on vacation, of the family, or your prize-winning roses, were taken with your phone camera. Since the controls on the phone are automatic and most of our photos are fine, we think that's it - but we can do better! You'll learn to take control of your photographs - to think ahead and know what your camera is going to do before it does it. Once you know how your phone camera will behave, you'll know just what kinds of photos you can take in any given situation. This understanding will help you create photos to be proud to share. We'll also look at the free photo editing

applications that you can download to help fix the “oops” and make the good photos even better.

Wally Pipp (continued)

MONDAYS, 1:30pm - 3:00pm
2 Sessions - June 17 and 24, 2024



Michael Stevens, Ph.D., is a professor of English at Cornerstone University, where he teaches mostly American literature, creative writing, and humanities courses. He holds a doctoral degree in literature from the University of Dallas. Dr. Stevens grew up a virulent Yakes fan and is passionate about America's national pastime.

This course will continue our survey of the life, in and out of baseball, of Grand Rapids' own Wally Pipp, beginning with the controversial and much-misunderstood replacement of Pipp in the Yankees' lineup in 1925 (we will hopefully plumb the depths of baseball's most infamous headache). From there, we'll follow Pipp through his trade to Cincinnati, his solid years with the Reds then back into the minors (where he had his highest paying season ever with the Newark Bears!). Post-baseball, we'll follow Pipp as he navigated the Stock Market Crash and Great Depression, worked in Detroit's defense industry during WWII, then turned to journalism and public activism in the cause of youth baseball, through his time in Lansing and finally, at the end of his life, back in Grand Rapids. Informed by the generous support of Wally Pipp's living descendants, and the strong archival work of recently deceased and much beloved Grand Rapids City Historian Gordon Olson, Dr. Michael Stevens will bring his own nose for the quirky and idiosyncratic bits of history to bear on the life of one of Grand Rapids' great sportsmen.

Tour of Wild Ones River City's Native Plant Education Garden

MONDAY, 1:30pm - 3:00pm
1 Tour - June 17, 2024 (LIMIT 12)



Jeanette Henderson delights in sharing the wonders of nature with others. She is an environmental educator with over 15 years of experience propagating and landscaping with plants native to Michigan. She holds a BS in Biology and a MA in community-based education and leadership.

“Going native” is not only environmentally sound, but beautiful, too! Tour the Native Plant Education Garden (NPEG) operated by Wild Ones River City. See what's in bloom and discover the natural history of our native plants and their pollinators. Explore how you can garden in harmony with nature by incorporating native plants into your home gardens. NOTES: Dress for the weather as parts of the garden are in full sun. Walking less than 0.25 miles on flat, paved paths and grass surfaces is expected. Please bring a lawn chair. Meet in front of the Monarch Investment and Management building at 920 Cherry Street. Parking is available behind The Green Well or on the street.

TUESDAY

The History of Grand Rapids City Parks

TUESDAY, 9:30am - 11:00am
1 Session - June 4, 2024



OLLI member **Caroline Cook** is chief tour ambassador of GR Running Tours, and is all about Grand Rapids' history. Caroline tells fascinating tales and gives guided tours of the city - highlighting Grand Rapids' culture, history, and growth.

It's hard to imagine today's cities without public parks. But, it wasn't always that way. The history of intentional green spaces within an urban setting began in the western world in the 1800's...about the same time that Grand Rapids was putting down roots and blossoming. As we virtually visit the multitude of parks within our city, you'll hear the where-why-when narrative of these oases in the city. You'll then appreciate the early heroes of our park efforts and the re-commitment of today's park leaders.

Max Steiner - The Genius Behind the Music of *Gone with the Wind* and *Casablanca*

TUESDAY, 1:30pm - 3:00pm
1 Session - June 4, 2024 (ZOOM)



A native of Venezuela, **Emanuel Abramovits** is a concert promoter now based in Florida. Throughout his career, he was directly involved in events featuring artists such as Itzhak Pearlman, Sarah Brightman, Journey, and Kenny G. He served as the cultural director at Unión Israelita de Caracas, in charge of documenting Holocaust survivors' stories with art exhibitions, lectures, films, and orchestral concerts.

COURSES CONT.

Discover the genius of Max Steiner, the mastermind behind the iconic film scores of timeless classics like *Gone with the Wind* and *Casablanca*. Steiner's early scores revolutionized the incorporation of background music in movies, leaving behind a lasting legacy that has garnered recognition from subsequent generations of film score composers. He not only created the perfect musical accompaniment for each scene and character, but also introduced groundbreaking innovations that allowed the music to intertwine seamlessly with the film, amplifying emotions, and deeply impacting viewers. With the support of audiovisuals and stories, explore the extraordinary life of Max Steiner, "the father of film music."

Personal Grounding for Anxious Times

TUESDAY, 9:30am - 11:00am

1 Session - June 11, 2024



j. Satya Lendrum is an assistant professor of sociology at Aquinas College. Professor Lendrum earned a doctoral degree from Wayne State University.

Her areas of specialization are gender, urban poverty, health and well-being, gender-based violence and generational trauma.

What does it mean to be ungrounded? What does it mean to get grounded, and how do we accomplish this? This class explores different somatic (or body) practices to help with anxiety, emotional dysregulation, impulsivity, reactivity, and escapism. Mindfulness or grounding practices help us reconnect with ourselves and our bodies.

Sharing Wisdom from Decades of Living

TUESDAY, 11:45am - 1:15pm

1 Session - June 11, 2024



OLLI Member **Pamela Daugavietis** has published her memoir, **Coming Home to Myself**, and has assisted others with writing what's on their hearts and minds.

Now in her ninth decade of life, Pam has discovered new ways to live each day with renewed passion, purpose and perspective. She will share a distilled version of what she's learned from the lives of others and through firsthand experiences to make her last years of life more meaningful. She will also share how she's learned to write brief stories for her grandchildren about the wisdom she's learned and why doing this is helping her live life more fully as she grows older. Our older years are a special time to not only enjoy and better appreciate each day of life, but also a way to leave behind a lasting legacy of love for younger generations coming after us.

Self-Compassion: Living More Gently with Yourself, Even Amidst the Chaos

TUESDAY, 1:30pm - 3:00pm

1 Session - June 11, 2024 (ZOOM)



Dr. Jan Lundy is the Gerald May Professor of Spiritual Direction and Counseling at The Graduate Theological Foundation. She is a long-term interfaith spiritual director in private practice and the author of several spiritual growth books including **Living Gently with Myself: A 30-Day Guidebook**. As the founder and director of The Metta Center, she trains spiritual companions in the art of grief companioning.

Living gently is a courageous path that can heal you, strengthen you, and transform life as you know it. In this program, Dr. Jan Lundy will offer tender guidance, reflective exercises, and meaningful conversation about how to "live well with ourselves" just as we are. Together, we'll explore how living gently is not a path of meekness, but one that requires resolve and boundless compassion to accept "what is"—the unsettling truth of human experience with dignity and grace. Making choices sourced in self-kindness, feeling and "being enough," letting go and letting be, are just a few of the trails we'll travel.

The Michigan State Capitol: Construction, Evolution, Restoration and Renewal

TUESDAY, 1:30pm - 3:00pm

1 Session - June 11, 2024



Valerie Marvin is honored to serve as the Historian and Curator of the Michigan State Capitol. A graduate of the University of Michigan (Bachelor

of Arts in Russian Studies, 2005) and Eastern Michigan University (Masters of Science in Historic Preservation, 2009), Valerie lives with her husband David in a 1906 home in downtown Lansing.

Michigan's present Capitol has evolved continuously since the day that its architect first put pen to linen in 1871. This evolution continued during its six years of construction (1872- 1878). And while we happily celebrated its dedication on January 1, 1879, everyone working in it knew that there was still more to do. Travel through nearly 150 years of Capitol history—and see the Capitol building as it was, has been, and is today.

(An OLLI bus tour to visit the Capitol in Lansing will be scheduled for early November 2024).

The Evolving City: Downtown Grand Rapids Update

TUESDAY, 9:30am - 11:00am

1 Session - June 18, 2024



Mark Miller, AIA AICP, is Managing Director of Planning and Design for Downtown Grand Rapids, Inc. As a licensed architect and a certified planner, Mr.

Miller has focused his career on urban design solutions and planning activities in Michigan. This work has included city and neighborhood master plans and private-sector development projects including Studio Park and Plaza Roosevelt.

Healthy cities are always evolving through revisions, additions, and edits within the urban fabric. Downtown Grand Rapids, and the broader city, continue to evolve at multiple scales of city building and policy. Evolution is change, and oftentimes this change creates uncertainty and even fear, but evolution is essential for any city that strives to be active, vibrant, healthy, inviting, and livable. Select projects in Downtown Grand Rapids will be highlighted for discussion of their role in this evolution.

German Cities (continued)

TUESDAY, 1:30pm - 3:00pm

1 Session - June 18, 2024



OLLI Member **Judy Cotner, MA** from GVSU, is a teacher (retired after 25 years) and now docent at Frederik Meijer Gardens. She is well traveled and loves to tell stories of the places she visits. She captures the special moments not only from her detailed descriptions, but also from the amazing pictures she takes along the way.

We continue our visit to German cities with the jewel that is Dresden. We arrive as the Old Town Market is celebrating its fall festival. We marvel at the Parade of Nobles – a mural of 24,000 porcelain tiles that feature

Saxon kings over seven decades, and immerse ourselves in the treasures of the Royal Palace. We then continue on to spend a glorious day in Bamberg, and we'll cap off our travels at Oktoberfest in Munich.

Recreational Opportunities with Ottawa County Parks

TUESDAY, 9:30am - 11:00am

1 Session - June 25, 2024



George Jaeger has spent his life as a resident of Ottawa County and currently resides in Grand Haven. He is a lifelong educator and has been with Ottawa

County Parks for over 10 years serving as a Naturalist, Outdoor Educator and most recently as Outdoor Education Program Lead. His knowledge and passions include a number of topics ranging from history and geography to geology, natural history and environmental conservation. He's eager to share his passions with others and does so in an educationally and experientially engaging manner.

Experience the resources Ottawa County Parks has to share. With 40 properties and over 7,000 acres of park land, the opportunities in our parks abound. Learn how you may utilize Ottawa County Parks for your outdoor recreational and educational benefit. Whether you enjoy learning and engaging with nature or hiking, biking, skiing, paddling or other activity, the beautiful natural settings of Ottawa County are here to explore.

Early Modern Midwives

TUESDAY, 1:30pm - 3:00pm

1 Session - June 25, 2024



Karin Maag, Ph.D. is Director of the H. Henry Meeter Center for Calvin Studies and history professor at Calvin University. She earned a B.A. from Concordia

University, Montreal; M.A. and Ph.D. in Reformation History from the University of Saint-Andrews, Scotland.

Have you ever wondered about the challenges of giving birth in earlier centuries? Come and find out about the key role played by midwives in the sixteenth and seventeenth centuries, and learn about their importance both for the well-being of the mother and the baby. We will explore the training and preparation of midwives, including their spiritual responsibilities in administering emergency baptisms.

WEDNESDAY

Learning to be Dutch Reformed

WEDNESDAY, 9:30am - 11:00am

1 Session - June 5, 2024



Will Katerberg, Ph.D. is professor of history and curator of the Heritage Hall Archives at Calvin University, where he has taught since 1999. His recent books include

Immigration Debates in America (2020) and **Dutch Immigrant Stories** (2022). He is editor of *Origins: Historical Magazines of the Heritage Hall Archives*, which publishes stories related to Dutch immigration, ethnic history, and the history of Reformed Christianity in North America.

Dr. Katerberg's talk will focus on personal stories and history about life in an immigrant religious community.

COURSES CONT.

His parents' families emigrated from the Netherlands to Canada, settling an hour west of Toronto, in years after World War II. He grew up in tightly-knit communities shaped by ethnic and religious identities. His story is peculiarly Dutch Reformed, but similar to the stories of many immigrant-religious communities in North America.

Kent County Parks Talk and Tour

WEDNESDAY, 9:30am - 11:00am
1 Session - June 5, 2024



Ben Swayze is the current Parks Director for Kent County and manages a system that contains 43 parks, greenspaces and regional trails comprising over 7500 acres of land. Prior to coming to

Kent County, Ben served in a multitude of municipal government roles including the Township Manager for Cascade Township and City Manager and Parks and Recreation Director for Milan Michigan. Ben has a bachelor's degree in Sport Management and Communication from the University of Michigan and a Master's Degree in Public Administration from Central Michigan University.

It's the 100 year anniversary of Kent County Parks! Ben Swayze, the Parks Director, invites you to KCP's new administration facility located at 1700 Butterworth SW, Grand Rapids to learn about the exciting developments that are coming to your County parks and trails! Join us for a presentation showcasing the latest land acquisitions, park recreational amenities, plans for the Grand River Greenway, and more! Following the presentation, park staff will host a short nature program at Millennium Park's beautiful native prairie site, leading the group on trails through the prairie to discover special plant species that thrive in this unique environment. (Meet at 9:30 at 1700 Butterworth, SW inside the lobby).

Drawing *En Plein Air*

WEDNESDAYS, 11:30am - 1:00pm
4 Sessions - June 5, 12, 19, and 26, 2024 (LIMIT 12)



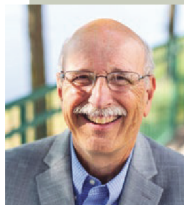
Scott Kenyon is a local artist who is well known for his incredible drawings/paintings of family pets. Scott studied portrait painting and drawing

at the Maryland Hall for Creative Arts in Annapolis as well as the Chesapeake Fine Art Studio.

Students will get to enjoy drawing outdoors on the Grounds of OLLI that offer a variety of subjects to draw. Drawing outdoors will teach students how to see and draw shapes, values and edges from natural light. The materials will be graphite pencils and a drawing board that will be provided.

The Big Questions

WEDNESDAYS, 11:45am - 1:15pm
2 Sessions - June 5 and 12, 2024



OLLI Member **Dave Kampfschulte** has been facilitating groups for personal growth for over 28 years as chronicled in his book, **Amazing Circles**.

Every spring, the This Is Where I Stand Discussion Group shifts gears for two sessions to the philosophical sphere of life where we leave social issues and politics behind and discuss the "questions of life." You will get a chance to express your own thoughts as well as hear what others have to say about questions that we all probably think about, but never get the opportunity to discuss.

Enhancing Your Quality of Life

WEDNESDAYS, 1:30pm - 3:00pm
2 Sessions - June 5 and June 19, 2024



Brian Hauenstein is owner and principal of Oasis Senior Advisors of Grand Rapids. He is also the founder and President of the Senior Care Coalition serving

our aging population. He works with local families to find the best solutions for long-term care and senior industry navigation.



Jenna Smith is a devoted Physical Therapist and Health Coach specializing in older adults. With her unique perspective, Jenna empowers individuals to

defy stereotypes associated with aging and embrace an active, strong lifestyle. Through her mobile physical therapy practice, Jenna shares practical and personalized approaches to maintaining physical well-being.

Brian Hauenstein, returns to OLLI to provide valuable insights into the state of senior living in Grand Rapids and across the nation. Brian will share updates and guide us on how to best prepare ourselves for what could potentially be the best years of our lives. Discover the myriad of choices we encounter as we age and learn how to construct a personalized plan tailored to your specific needs, wants, and desires. Join us to uncover real success stories and learn how a proactive mindset, coupled with tailored fitness plans, can empower older adults to not only overcome challenges but also thrive in pursuing their life's purpose.

A Rabbi, a Priest and a Writer Walk into a Coffee Bar...

WEDNESDAYS, 9:30am - 11:00am

2 Sessions - June 12 and 19, 2024



Father Robert Keller, O.P. is a chaplain and professor of theology at Aquinas College; **Rabbi Albert Lewis** is an author and rabbi emeritus of Temple Emmanuel in

Grand Rapids; **Gary Eberle** is an author of several books on spirituality in the modern world and is an emeritus professor of English at Aquinas College.

Back by popular demand! For the past year, this trio, in one form or another, has been meeting for coffee and exchanging emails to discuss the current and future state of religion. Join them in this continuing conversation. There's no beginning, no end and no agenda.

Location: Donnelly Center

The Art of Charcuterie: Techniques and Culinary Creativity

WEDNESDAY, 1:30pm - 3:00pm

1 Session - June 12, 2024 (LIMIT 15)

(\$15 materials fee in addition to OLLI tuition)



Suzanne Kenyon, the visionary behind ART OF HOSPITALITY AOH Design. With over three decades of experience and an unwavering passion for perfection,

Suzanne is a dynamic leader with a multifaceted background spanning hospitality, leadership development, and interior design. Armed with two degrees from Davenport University, where she excelled in Hospitality Management and Business, Suzanne further honed her skills through advanced studies at the University of Michigan, specializing in Executive Leadership Development.

This course is designed to introduce students to the time-honored craft of preparing and presenting cured meats, pâtés, and other delicacies in an artful manner. Through a combination of hands-on instruction, demonstrations, and tasting sessions, participants will explore the rich history, diverse techniques, and creative possibilities within the realm of charcuterie.

Discovering the Birds of West Michigan

WEDNESDAY, 9:30am - 11:00am

1 Session - June 26, 2024 (LIMIT 15)



Spencer High is the Vice President of the Grand Rapids Audubon Club, a graphic designer & illustrator for many conservation organizations throughout the

state, and a community science advocate. He is an environmental educator and regularly leads birding and ecology field trips throughout West Michigan. He has been actively searching out bird species for over 10 years and has a deep passion for helping people develop a deeper relationship with the natural communities around them.

Over 290 species of birds have been observed in Kent County, and June is one of the best months to get out and find them! In this class we'll spend some time searching for these feathered friends and along the way you'll learn about their ecology, behaviors, dietary needs and a few tips and tricks for successfully finding new bird species. Whether you're a seasoned birding veteran, or have never been birding before - there will be opportunities to learn (and hopefully see) something new! Please bring binoculars if you have them. If you do not own binoculars, there will be some available for you to use during the class.

Location: Remington Park in East GR
2310 Reeds Lake Blvd SE
East Grand Rapids, MI 49506

THURSDAY

Discover Applewood: The Charles Stewart Mott Estate Tour

THURSDAY, 9:00am - 5:30pm

1 Tour - June 6, 2024 (LIMIT 35) \$75



Applewood is the historic home of automotive pioneer Charles Stewart Mott and family. While many wealthy men of C.S. Mott's time built even bigger and more imposing homes meant to impress, the house at Applewood was created for family and friends and reflects this in its warm and intimate interior. Built on a 64-acre plot of land to accommodate a gentleman's farm (a hobby farm), the original buildings include the main house, garage, barn, chicken coop, and gardener's cottage. The name Applewood comes from the orchard on the property and is in recognition of C.S.'s father, who at one time owned the company now famously known as Mott's, Inc.

This tour is nearly full. Please contact the OLLI office if you're interested in coming along.

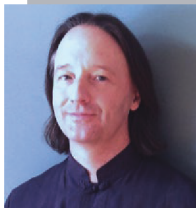
ALMOST
THERE!

COURSES CONT.

Tai Chi

THURSDAY, 9:30am - 11:00am

1 Session - June 13, 2024



Rick Powell has studied Tai-Chi Jeung and Tai Chi Praying Mantis Kung Fu with Lee Hoa Yen since 1984. In 1987 Rick was accepted as an "Indoor" Disciple of Sifu Lee Hoa Yen which meant training privately with him on a daily basis. In 1990 Sifu Lee granted Rick 1 of the 5 teaching certifications he has given out since moving to America. He was also an Adjunct Professor at Aquinas College where he taught for over 15 years.

Join us in learning more about this Chinese art, practiced for health. It is known for its slow, intentional movements, as a form of gentle exercise and moving meditation with benefits to physical and mental health.

In this course you will explore Standing Meditation (Zhuan Zhong), a foundational practice to restore health and build vitality, Chi Gong, breath exercises combined with simple movements, and the opening sequence to the Tai Chi Palm form.

Location: Donnelly Center

Climate Change and Your Health

THURSDAY, 1:30pm - 3:00pm

1 Session - June 13, 2024



Steve Ashmead graduated from Baylor College of Medicine in 1980. He practiced Family Medicine in West Michigan as part of Trinity Health until 2022. He has been a faculty member for the Trinity Family Medicine Residency and continues to participate as an Associate Clinical Professor at MSU – College of Human Medicine. In his free time he is outside enjoying this beautiful world.

The world has just experienced the warmest year in recorded history. What are the health risks of living in a warmer world? What are the health

problems associated with the continued burning of fossil fuels in our homes and communities? How will it affect life in our Great Lakes region? Can we adapt to rising temperatures? The answers to these questions and more as Dr. Steven Ashmead informs you how to be climate smart for your health.

Additionally, there will be a short discussion about how we as individuals can begin to reduce our personal impact on global warming. More importantly, we will discuss how to impact the production of greenhouse gasses through our expectations of our local, state, and federal governments.

Titanic Insights: Focused Exploration of the RMS Titanic (ZOOM)

THURSDAY, 9:30am - 11:00am

1 Session - June 20, 2024



Sheryl Rinkol, Director of Titanic Education and Engagement for E/M Group, is the author of *Titanic Today* and founder of *Titanically Speaking*. She has studied and taught *Titanic* for 40 years, including four OLLI classes.



Ross Mumford is the Education Coordinator for E/M Group and a former 4th grade teacher. He has taught 15 different *Titanic* classes across many age levels, including 3 OLLI presentations.

Sail on board the RMS Titanic and discover the legacy that still captures hearts and minds over 112 years later. Returning as the third part in a series, this class focuses on life onboard the "Ship of Dreams". Get a glimpse into the world of 1912 and the lives of passengers. Discover how the Edwardian lifestyle impacted Titanic's daily activities, ship interiors, and dining. Explore the events and passenger accounts on its first days at sea, leading to that fateful night of April 14, 1912.

John Ball Zoo Tour

THURSDAY, 9:30am - 11:00am

(\$15 Zoo Entry Fee in addition to OLLI tuition)

1 Session - June 20, 2024 (LIMIT 18)



OLLI Member **Amber Holst**, retired from John Ball Zoo, after a career spanning 40 plus years, starting as a volunteer and culminating as Director of Guest Services.

Join Amber on a walking tour of the Zoo, a complex, beloved cultural institution expertly caring for a living collection. Explore all of the components and changes that have made the Zoo a community treasure for over 130 years: education programs, conservation, animal husbandry, sustainability and a first class visitor attraction for people of all ages. Feel free to remain in the zoo after the tour to further examine your specific areas of interest.

Living Your Best Life; You Are What You Eat

THURSDAY, 1:30pm - 3:00pm

1 Session - June 20



OLLI Member **Dave Evans**, MS is a career research scientist with a graduate degree in Zoology from the University of Wisconsin. He has had a 40 year career as a biochemist and molecular biologist that includes basic as well as pharmaceutical research.

Americans are preoccupied with eating healthy, we watch TV shows, read magazine articles and endlessly search the internet for the next diet craze. But even when we don't eat right, drink too much, skip exercising and try our best not to eat healthy, our bodies manage to correct most of these faults without much help from us. In this class we will look at some of the things our bodies do every day to prevent us from killing ourselves. We will take a lighthearted look at everything from fad diets and weight loss drugs to crazy half-truths about what you should and should not eat to be healthy.

FRIDAY

The Science of Happiness and the Goodlife

FRIDAY, 9:30am - 11:00am

1 Session - June 7, 2024



Tim Cusack is a speaker, trainer, and corporate entertainer who has inspired people to appreciate life, work, and relationships.

Tim tours nationally presenting trainings for corporations, educators, and health care organizations. He is also a professional actor and performs in TV and radio commercials.

What brings you happiness? Is it: A) money, jewelry, cars, houses and lots of stuff, or B) family, friends, grandchildren, hobbies or pickleball? What would you do? If I gave you \$20 with the option of A) keeping it for yourself or B) giving it away to someone in need? How do you spend your time? A) sitting indoors watching TV, scrolling through your cell phone and laptop or B) outdoors, walking, exercising, being in nature, hanging out with friends at a coffee shop? Who would you guess to be happier: Life of A) or Life of B)? In this participatory class we will discuss living the A) life and the B) life. We will look at a number of different studies that will highlight ways in which we can be more joyful, more light hearted, and make better choices that promote happiness and wellbeing.

What Do Scams Look Like?

FRIDAY, 9:30am - 11:00am

1 Session - June 14, 2024



RGA TECH
SUPPORT

In this class, we will be taking a closer look at online scams. We will explore how scams function, warning signs and red flags,

what to do if you think you've been targeted, and ways to prevent yourself from becoming a victim. Billions of dollars are lost to scams each year and it's as important as ever to know how to keep yourself safe. Don't miss out on this opportunity to arm yourself with valuable knowledge and protect yourself from cyber threats.

Downsizing & Decluttering 101: A Professional Organizer's Guide

FRIDAY, 9:30am - 11:00am

1 Session - June 21, 2024



Susie Marsh, LBSW is the owner of Susie's Organization Solutions LLC. She is a 16+ year veteran of the organizing & productivity industry as well as

a licensed social worker for 35+ years. Susie is an active member of NAPO National as a residential specialist. On the local level, Susie is a member of the Area Agency on Aging West and Michigan's Caregiver Resource Network and the Institute for Challenging Disorganization. She specializes in working with those who struggle with chronic & challenging disorganization. Susie has helped many clients over the years find peace with their "stuff" and make their spaces functional and inviting again.

What do you do with a lifetime of possessions filling your living spaces? This is a question many people are asking themselves as they enter life transitions or just desire a change in their spaces. This course will discuss the downsizing and decluttering process as well as provide an overview of the methods to accomplish this such as the Swedish Death Cleaning method. Challenges such as sentimental saving, generational differences and chronic disorganization will be discussed as well.

BE AN OLLI HIKER

OLLI Hikes are open to everyone who is interested.

All hikes begin at 4:30 pm (unless otherwise noted).

No advance notice or registration necessary.

Questions: contact Susan Kohloff
skk003@aquinas.edu

May 27

(Memorial Day) Eastmanville Farms

June 10

Cascade Trail

June 24

Urban Hike (Fulton Heights Area)

July - October

hike schedule will be released mid-June.



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June 3, 2024**

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JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>F Johnson ZOOM 9:30 D Leonard First Responder Burnout 1:30</p>	<p>4</p> <p>C Cook History of GR City Parks Presentation 9:30 E Abramovits Max Steiner ZOOM 1:30</p>	<p>5</p> <p>W Katerberg Dutch 9:30 Kent County Parks Tour 9:30 S Kenyon Plein Air (Limit 12) 11:30 D Kampfschulte Big Question 11:45 B Hauenstein J Smith Physical Health 1:30</p>	<p>6</p> <p>Applewood (Mott) Estate Bus Tour (Limit 35) \$75 9:00 am - 5:30 pm</p>	<p>7</p> <p>T Cusack Science of Happiness 9:30</p>
<p>10</p> <p>C Rudie Soviet Body Image ZOOM 9:30 H Hagen Forest Therapy Walk Limit 12 10:00 Matthew Daley Canadian Lighthouses 1:30</p>	<p>11</p> <p>J S Lendrum Grounding 9:30 P Daugavietis Distilled Wisdom 11:45 J Lundy, Self-Compassion ZOOM 1:30 V. Marvin Michigan State Capitol 1:30</p>	<p>12</p> <p>Rabbi/Priest/Writer Lewis/Roberts/Eberle 9:30 S Kenyon, Plein Air (Limit 12) 11:30 D Kampfschulte Big Question 11:45 S Kenyon Charcuterie Boards (Limit 15) (\$15 fee) 1:30</p>	<p>13</p> <p>R Powell Tai Chi 9:30 S Ashmead Climate Change & Health 1:30</p>	<p>14</p> <p>RGA Tech What do Scams Look Like 9:30</p>
<p>17</p> <p>D Kaczmarczyk Phone Photography 9:30 M Stevens Wally Pipp Continued 1:30 Wild Ones Native Plant Tour (Limit 20) 1:30</p>	<p>18</p> <p>M Miller Downtown GR Update 9:30 J Cotner German Cities 1:30</p>	<p>19</p> <p>Rabbi/Priest/Writer Lewis/Roberts/Eberle 9:30 S Kenyon Plein Air (Limit 12) 11:30 Hauenstein J Smith Physical Health 1:30</p>	<p>20</p> <p>S Rinkol R Mumford Titanic ZOOM 9:30 Zoo Tour, (Limit 18) (\$15 fee) 9:30 D Evans You Are What You Eat 1:30</p>	<p>21</p> <p>S Marsh Chronic Disorganization 9:30</p>
<p>24</p> <p>F Johnson ZOOM 9:30 M Stevens Wally Pipp Continued 1:30</p>	<p>25</p> <p>Ottawa County Parks 9:30 K Maag Midwives 1:30</p>	<p>26</p> <p>S High Bird Watching (Limit 15) 9:30 S Kenyon Plein Air (Limit 12) 11:30</p>	<p>27</p> <p>NO CLASSES</p>	<p>28</p> <p>NO CLASSES</p>