

REGISTRATION: Tuesday, August 27, 2024 at 8:30 a.m.

GENERAL INFORMATION/POLICIES

OLLI annual memberships run from September 1 through August 31. Memberships are \$70.

OLLI Office Information

For any questions or assistance, please contact the OLLI office. Our friendly staff are here to help you with all your inquiries and support your learning journey.

Location: Curtiss Hall, Room C 201

Phone: (989) 964-4475

Email: olli@svsu.edu

Office Hours: Monday - Friday: 8:00 AM - 4:30 PM

Monthly Meetings

Members enjoy ten monthly meetings each year, each featuring a speaker and a chance to socialize with other members. Guests are welcome to attend one OLLI monthly meeting at no charge and experience our program. Those who wish to attend more than one meeting may join OLLI or pay \$10 per meeting.

Interest Groups

Interest groups offer a chance for OLLI members to meet on a regular basis with others who share a passion for a sport, social activity, or specific interest.

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!

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 may purchase a Ryder Center Membership for \$200 per year. Please contact the Ryder Center at (989) 964-4906 for current guidelines and regulations.

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 closes due to weather or other reasons, classes will be canceled. We will make every reasonable effort to reschedule any 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.**

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)

GA – Gilbertson Hall (#19 on campus map)

WAY FINDER

Welcome to the Wayfinder section of our catalog!

This guide is designed to help you quickly locate items. Use this Wayfinder to streamline your search and make planning your next educational or adventure experience simple and efficient!

Monthly Meetings, page 2

Gatherings where members enjoy engaging in discussions and activities. Featuring guest speakers on diverse topics like arts, history, and current affairs, these meetings provide opportunities for learning, socializing, and Q&A sessions, fostering a vibrant community of lifelong learners.

Multiple Day Trips, page 2

Experience enriching trips to domestic and international destinations, combining learning and leisure. Enjoy guided tours, cultural explorations, and social activities, with expert insights into each location's history and attractions, while building friendships along the way.

Interest Groups, page 4

Specialized communities within our organization where members gather to pursue shared passions and hobbies. From Ping Pong to Cooking, these gatherings offer opportunities for social connection, and enjoyable activities catered to diverse interests led by fellow OLLI members.

Day Trips, page 4

Outings for members to explore nearby attractions and cultural sites include transportation, guided tours, lunch, and opportunities to learn or enjoy leisure activities. These trips offer a day of discovery, socializing, and building community while exploring new places together.

OLLI Member Speaker Series, page 5

Speaker series where OLLI members share their expertise with SVSU first-year students on a variety of selected topics."

Classes, Pages 6 - 15

Engaging learning experiences covering topics like arts, history, technology, and wellness. Taught by expert instructors, these courses offer a supportive environment for expanding knowledge, sharing perspectives, and connecting with like-minded individuals.

Art / Crafts, page 6 • Current Topics / Fitness, page 7 • Food / Geography, page 8 • Health & Wellness, page 9 • History, page 10 • Hobbies / Language / Local Commerce, page 11 • Meditation / Movies, Music & Dance, page 12 • OLLI Book Club / Orientation / Nature/ Science & Math page 13 • Technology / Travel & Adventure, page 14 • Wine 101, page 15

Campus Dining Options:

- Cardinal Cafe features Subway, Panda Express, Freshens, Greens to Go, and B+F (Burgers + Fries) located in Science East Building
- Einstein Bros Bagels located in Gilbertson Hall
- Marketplace at Doan located in Doan Center
- Starbucks located in Science East
- P.O.D. MiniMart located in Curtiss Hall
- P.O.D Express located in Ryder Center
- C-Store located by the Student Life Center

For a campus map, please visit: svsu.edu/go/visit/maps/

Monthly Meetings

Immerse yourself in the vibrant discussions at an OLLI Monthly Meeting. Held in Curtiss Hall Banquet Rooms, **doors open at 8:45 a.m. for a prompt 9:30 a.m. start.** Each session features compelling speakers who explore diverse topics, from history and arts to current affairs, enriching and engaging our members. These gatherings are a complimentary benefit for OLLI members, providing a platform for learning and connection. Join us and participate in enlightening discussions, followed by a lively Q&A session. Remember to RSVP to secure your seat!

Wednesday, September 11, 2024 Remembering 9/11

September 11, 2001, nearly 3,000 lives were tragically lost, including 16 with ties to Michigan. Join us for the OLLI monthly meeting as we remember and reflect on the events of 9/11. This special session will include personal stories, a historical overview, and a discussion on the impact and legacy of that day. It's an opportunity to honor the memories of those affected.



Wednesday, October 9, 2024

Ask the Pharmacists: Expert Insights Presented by Blake Bonkowski

Whether you're exploring Medicare for the first time or considering adjustments to your current plan, this lecture is designed to provide you with practical insights and strategies. Topics included will be understanding the various Medicare plan benefits, tips for evaluating your healthcare needs, important considerations during the open enrollment period (October 15 to December 7), and how to maximize Medicare benefits and optimize your healthcare coverage. Following the presentation, there will be a dedicated Q&A session where you can interact with our expert speakers. This lecture is a valuable opportunity to enhance your understanding of Medicare and ensure you make informed decisions about your healthcare coverage. Whether you're approaching Medicare eligibility or looking to refine your current plan, this session will equip you with the knowledge needed to navigate the complexities effectively.



Wednesday, November 13, 2024

Honoring Our Heroes: A Tribute to Veterans

Join us for our November OLLI meeting as we come together to honor and celebrate our veterans. This special event will pay tribute to the bravery, dedication, and sacrifices of those who have served in the armed forces. Through heartfelt stories, commemorative activities, and expressions of gratitude, we will recognize the invaluable contributions of our veterans to our nation. As a token of our appreciation, we will present a special gift to each OLLI veteran in attendance. Don't miss this opportunity to show your support and gratitude for our heroes. All are welcome to attend this meaningful and memorable occasion.

Wednesday, December 11, 2024 Events, Growth, and Holiday Cheer Presented by Jamie Furbush

Join us for our December OLLI meeting featuring Jamie Furbush, President and CEO, along with the dedicated staff from the Frankenmuth Chamber of Commerce and Convention & Visitors Bureau. They will provide an insightful presentation on how Frankenmuth's vibrant events have bolstered the town's economic growth. Discover the impact of specific events such as the Frankenmuth Snowfest, Bavarian Festival, and Oktoberfest. Learn about exciting additions like the "Light Up Christmas Tree" and the ice skating rink.

Additionally, hear about Frankenmuth's renowned food and drink offerings, its appeal as a premier wedding destination, and the enchanting Christmas experience that draws visitors from near and far. Don't miss this opportunity to gain a deeper understanding of the town's thriving event scene and community initiative!



MULTI-DAY TRAVEL SCHEDULE

Discover our upcoming multi-day travel adventures for 2025 and 2026. Join us for enriching journeys, benefitting from group camaraderie. Enjoy pre-trip educational sessions, a pre-trip dinner, and a post-trip gathering for connections and shared experiences. Experience expert guidance, including meals and airport transfers from SVSU. Explore with joy and community. Attend the Travel Orientation (refer to Class 172 on Page 13) for more details.

2025 OLLI TRAVEL

Grand Tour of Spain & Portugal

March 13-25, 2025 (EF Go Ahead Tours)
Trip Full

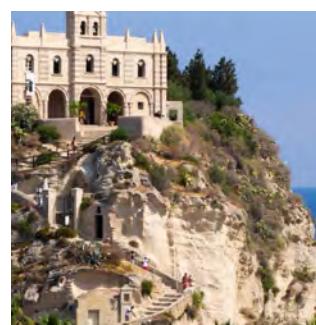


Grand Baltic Sea Voyage

May 15-28, 2025 (Grand Circle Travel)
Trip Full

Iceland: The Golden Circle & Ring Road

July 16-26, 2025 (EF Go Ahead Tours)
Trip Full



Food & Wine: Campania, Puglia & the Amalfi Coast

October 4-14, 2025 (EF Go Ahead Tours)
Trip Full



Spotlight on San Antonio Holiday

Travel Provider: Collette • Travel Dates: December 2025

Relax Texas-style as you settle into your River Walk hotel on this Southwestern getaway. Visit the UNESCO World Heritage sites of the legendary Alamo and Mission San José. Cruise along the Paseo del Rio. Savor dinner at a restored convent in the historic King William District. Visit the National Museum of the Pacific War when you venture to charming Fredericksburg nestled in the Hill Country, rich with German heritage. Immerse yourself in the laid-back atmosphere of this vibrant city.

2026 OLLI TRAVEL



The Great Rivers of Europe
Travel Provider: Grand Circle Travel
Travel Dates: April 2026

Travel Preview Date: TBD

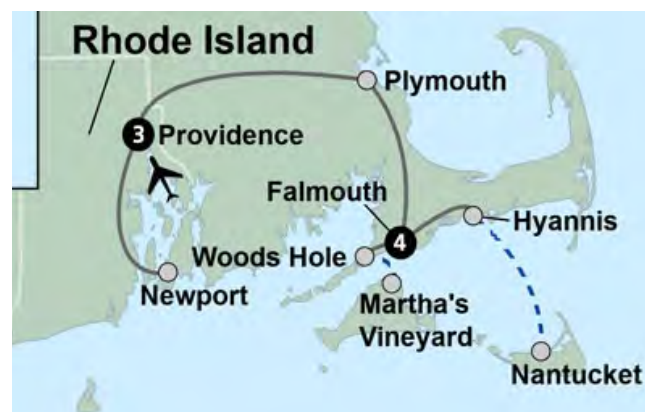
Travel Registration Date: TBD



Kenya Wildlife Safari
Travel Provider: EF Go Ahead Tours
Travel Dates: May 2026

Travel Preview Date: TBD

Travel Registration Date: TBD



Islands of New England
Travel Provider: Collette
Travel Dates: July 2026

Travel Preview Date: TBD

Travel Registration: TBD



America's National Parks
Travel Provider: Collette
Travel Dates: September 2026

Travel Preview Date: TBD

Travel Registration Date: TBD



Costa Rica & Panama
Travel Provider: EF Go Ahead Tours
Travel Dates: Oct / Nov 2026

Travel Preview Date: TBD

Travel Registration Date: TBD

Cooking for a Cause: OLLI Edition

Join us for an exciting OLLI fundraising event with Pampered Chef! From August 16 to 30, shop for top-quality kitchen products and support OLLI, as a portion of the proceeds will benefit OLLI programs. Experience a live cooking demonstration on August 22 at 12:30 p.m. in the OLLI Classroom, where Pampered Chef experts will share delicious recipes and culinary tips, such as how to cook for one or two. Don't miss this opportunity to enhance your cooking skills while supporting your OLLI! It's not too soon to start your holiday shopping! The link to shop online to support OLLI is coming soon, but you can register for the cooking demo today!

(10) Cooking Demo

Date & Time: Thursday, 8/22 • 12:30 - 2:30 p.m.

Location: C 129

Price: No Charge for Members • \$70 for non-members (includes an OLLI membership)

INTEREST GROUPS

OLLI Interest Groups provide a wonderful opportunity for members to engage in shared hobbies and activities. From kayaking to cooking, these gatherings offer a chance to connect with others who share your passions. **To join an interest group, you need to be a registered OLLI member for the 2024/2025 period and sign up for the interest group through the Enrole system.** See the list of interest groups and the registration number below in the grey box. Please visit the OLLI web page at SVSU.EDU/OLLI for the contact information of the interest group coordinators.

- (101) **Bridge:** Enjoy friendly bridge matches, improve your skills, and meet fellow enthusiasts.
- (102) **Cooking:** Explore new recipes and improve your culinary skills with OLLI friends!
- (103) **Cross Country Skiing:** Enjoy the winter landscape with fellow OLLI skiing enthusiasts.
- (104) **Current Events:** Lively discussions on current news and global developments.
- (105) **Cycling:** Invigorating rides through scenic routes. This group is for the avid cyclist.
- (106) **Dinner:** Explore a new local restaurant each month, savoring culinary experiences.
- (107) **Esoteric Cosmology:** Explore ancient wisdom and modern theories on the universe.
- (108) **Guitar:** Connect with fellow guitar enthusiasts, share techniques, and enjoy playing together.
- (109) **Kayaking:** Discover the beauty of the great outdoors with the OLLI Kayaking Interest Group.
- (110) **Movie / Theatre / Concert:** Join OLLI for screenings, live performances, and concerts, followed by engaging discussions and camaraderie.
- (111) **OLLI Folks On Spokes - Slow-Paced Cycling Group:** OLLI's slow-paced cycling group.
- (112) **Ping Pong:** Fun and competitive table tennis with fellow enthusiasts!
- (113) **Stamp Collecting:** Explore the fascinating world of philately.

DAY TRIPS



(11) Rum Runners

If you think you know the story of Prohibition, think again. Go back in time to the Roaring '20s as costumed actors tell the story of Prohibition and Windsor's connection to gangsters such as Al Capone and the Purple Gang. Learn the bootleggers' secrets and see where they hid out. We'll visit several historic sites as our performers re-enact the fabled past of rum running on the Detroit River in Windsor, Ontario. We'll visit the church made famous by the gun-toting "Fighting Parson" and view the mansions built with rum-running profits; an educational, comical, musical motorcoach tour with great food, humor, and music. This is a trip you and your friends are not going to want to miss. Our lunch will be at a re-enacted Speakeasy. This trip includes motorcoach transportation from SVSU, Rum Runners tour experience, and lunch. **You MUST BRING either an "enhanced driver's license" or your passport to cross the U.S./Canada border by motorcoach.**

Date & Time: Thursday, 10/10 • 7 a.m. - 7 p.m.

Price: \$175 for members • \$195 non-members



(12) Big House Behind-the-Scenes and Zingerman's

Join OLLI for an exclusive tour of the iconic University of Michigan Stadium, affectionately known as "The Big House." This tour takes you behind the scenes of the largest stadium in the Western Hemisphere. Explore the Michigan locker room, visit the Jack Roth Stadium Club, and run (or walk) down the tunnel onto the field, where you can catch a pass in the end zone, kick a field goal, and take your picture on the 50-yard line. Additionally, gain insight into the history of Michigan Stadium with a presentation by Dr. Robert Soderstrom, author of "The Big House, Fielding H. Yost and the Building of Michigan Stadium." This behind-the-scenes tour is a must for any sports enthusiast or Michigan fan!

After the stadium tour, savor one of the finest sandwiches and gourmet products from Zingerman's Deli. A representative from Zingerman's will also share insights about their business.

Date & Time: Monday, 10/21 • 7 a.m. - 7 p.m.

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



(13) Detroit Neighborhoods: Wonderful Pieces of the City

Join Detroit History Tours as we explore three of Detroit's Iconic Neighborhoods. We'll discuss the rise, fall, and rise again of Historic Corktown and look at how immigration has helped shape the city. In Milwaukee Junction, we will explore the industrialization of Detroit, the Great Migration, and the changing face of industry in Detroit. Additionally, we'll explore the founding of the city, war, and destruction in the 19th century, and the boom and bust cycle of the Detroit economy through history. Finally, we'll explore a city within a city, Hamtramck, that is the size of a neighborhood but is an independent city surrounded by Detroit. This trip includes motor coach transportation from SVSU, a tour of neighborhoods, and lunch.

Date & Time: Thursday, 11/14 • 7 a.m. - 7 p.m.

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

Motor Coach/Day Trip Rules

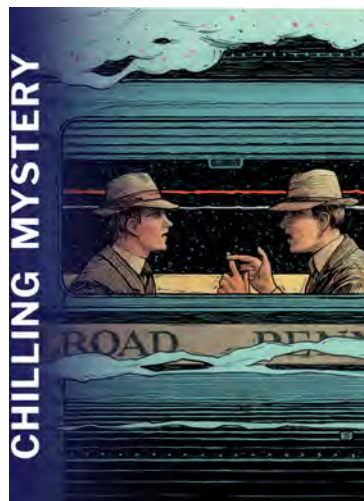
Prepare for a full day of adventure as our day trips typically run from approximately 7 a.m. to 7 p.m. Please note that these times are approximate.

Trip details will be finalized and provided 48 hours in advance. For further information, please contact the OLLI office at 989-964-4475. (Please refer to the Day Trip Cancellation Policy for more details.)

Upon registering for a day trip, you will receive a receipt. Approximately 48 hours before the trip, you will receive specific details on where and when to meet the motorcoach, along with other important information.

Participants are encouraged to be active and fully able to participate in the day's activities.

We eagerly anticipate creating wonderful day trip experiences together with you.



(14) *Strangers on a Train* at Meadowbrook and Trader Joe's

Join OLLI for an exciting day trip to the Meadowbrook Theatre to see "Strangers on a Train," an Alfred Hitchcock classic brought to life on stage! Witness the gripping tale of Guy Haines and Charles Bruno, who meet on a train and, as strangers, feel free to discuss anything. Bruno suggests a chilling plan: he could kill Guy's unfaithful wife while Guy could eliminate his hated father. Though Guy dismisses it as a joke, Bruno is deadly serious. Don't miss the Michigan premiere of this thrilling production, filled with suspense and intrigue! Before the performance, enjoy a delightful lunch at Kruse & Muer, known for its delicious menu and inviting atmosphere. After the show, we'll make

a quick stop at Trader Joe's for a little shopping. This day trip promises a perfect blend of dining, theatre, and shopping!

Date & Time: Wednesday, 10/30 • 7 a.m. - 7 p.m.

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



(15) *Starbright Christmas 2024* at Victoria Playhouse, in Petrolia, Ontario

Just in time for the holidays, this performance is filled with the glorious music of the season, *Starbright Christmas*, at the Victoria Playhouse Petrolia and has all the makings of an old-time Christmas special. With gowns, stunning musical arrangements, and the spirit of Christmas, find out for yourself why patrons return year after year for this glorious holiday tradition. The show is filled with traditional Christmas songs and is a visual spectacle — there are approximately 40 lit-up trees, generally a cast of six, plus a full band. It's a breathtaking performance and symbolizes the start of the holiday season. Prior to the performance, you will enjoy lunch at Crabby Joe's. This trip package includes motorcoach transportation, a performance, and lunch at Crabby Joe's. **You MUST BRING either an "enhanced driver's license" or your passport to cross the U.S./Canada border by motorcoach.**

Date & Time: Friday, 12/6 • 7 a.m. - 6 p.m.

Price: \$160 for members • \$180 for non-members



(16) SVSU Homecoming Tailgate

Join us for an exciting OLLI outing at the SVSU Homecoming Football Tailgate! Price includes admission to the game where SVSU will face Grand Valley State University in a thrilling rivalry match. Enjoy the festive atmosphere with food trucks, a cash bar, and a VIP parade-watching area. While food and drinks are available for purchase, they are not included in the price. Come celebrate with fellow members, enjoy family-friendly activities like face painting, and cheer on SVSU!

Come celebrate with fellow members and cheer on the team! This is a family fun event, all ages are welcome!

Date & Time: Saturday, 10/19 • Tailgate at 12 p.m. and Game at 3 p.m.

Location: SVSU Parking Lot E

Price: \$10 per ticket, per person for members and non-members

OLLI-SVSU First Year Life Skills Speaker Series

OLLI members are invited to volunteer for our Speaking Series, designed for SVSU first-year students. We're seeking speakers to share their expertise on essential life skills. Please register using the code below for the topic you wish to address. Sessions will be scheduled between September and October, accommodating both speaker and coordinator availability. Each session lasts one hour, followed by a 30-minute discussion, totaling a 1.5 to 2-hour commitment from OLLI volunteers on session days. Your real-life examples and experiences will enrich the learning journey for students.

(100a) Session: Time Management/Study Skills - for example, work smarter, not harder, ensuring tasks are completed efficiently and goals are achieved in a timely manner.

(100b) Session: Budgeting - for example, setting financial goals, estimating income, balancing a checkbook, and planning how to allocate funds to meet expenses and savings targets.

(100c) Session: Self-Awareness/Self-Care - for example, techniques for cultivating self-awareness, such as mindfulness practices and self-reflection, and addressing the significance of self-care, including strategies for managing stress, fostering resilience, and promoting overall health. Examples of practical tools to enhance their emotional and physical well-being, empowering them to lead healthier and more fulfilling lives.

(100d) Session: Communication and Leadership - for example, explore effective communication strategies, including active listening, clarity in speech, and non-verbal communication techniques. This session could also include leadership principles, such as goal-setting, decision-making, and motivating others.

(100e) Session: Community Session - examine what it means to be part of a community, the benefits of community involvement, and ways to contribute positively to their local and broader communities. Topics may include building relationships, collaborating, and understanding diverse perspectives.

(100f) Session: Cooking - demonstration of practical culinary skills and exploration of recipes through cooking techniques, ingredient selection, and meal preparation tips. Attendees can observe and participate in creating dishes step-by-step, gaining hands-on experience and culinary knowledge.

ART

(114) Joy Of Painting



Unlock your inner artist and create your very own Bob Ross-style masterpiece in just one day! Join Ted Simpson, a certified Bob Ross instructor, as he guides you through the process of painting "happy trees" and "fluffy little clouds." No previous painting experience is required – everyone will leave the class with a completed painting to cherish. All necessary supplies to craft your unique canvas are included in the cost of the class. Don't miss this opportunity to unleash your creativity and bring home a work of art!

Class Minimum: 7 • **Class Maximum:** 20

Instructor: Ted Simpson

Date & Time: Thursday, 9/12 • 1 - 4 p.m.

Location: A 107

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

(115) Public Art Passport Art Appreciation

Curator of Education, Andrea Ondish will present an art appreciation talk about public art and artists in the Great Lakes Bay Region of Bay, Midland, and Saginaw counties that are represented on the Public Art Passport website (publicartpassport.com).

Class Minimum: 5 • **Class Maximum:** 20

Instructor: Andrea Ondish

Date & Time: Wednesday, 11/13 • 1 - 3 p.m.

Location: A 107

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

CRAFTS



(116) Crafting Elegance: Creating Resin Flower Jewelry

Join Lee Ann from Wild Daisy Creative at Goldner Walsh Greenhouse to create your own pressed flowers resin earrings and necklace. Lots of different flowers and greenery to choose from. Choose from a variety of gold or silver shapes and styles. After completing your jewelry you will also be making your own bottle of nail polish, hundreds of colors to choose from. Includes all supplies.

Class Minimum: 5 • **Class Maximum:** 20

Instructor: Lee Ann Walker

Date & Time: Monday, 9/23 • 1 - 3 p.m.

Location: C 129

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



(117) Cards & Crafts with Pat

Join OLLI for a fun and creative Cards and Crafts class. Explore various crafting techniques to make beautiful handmade cards and other crafts. Perfect for all skill levels, this class fosters creativity and provides a relaxing way to socialize and enjoy artistic expression.

Class Minimum: 5 • **Class Maximum:** 20

Instructor: Pat Schrank

Date & Time: Tuesday, 10/8 • 1 - 3 p.m.

Location: C 129

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

(118) Crochet a Small Hanging Succulent

Enhance your crochet skills by learning to create a charming hanging succulent! This class is designed for those with basic crochet knowledge, so you don't need to be an expert but should have some experience with crochet techniques. Join us for a fun and creative session where you'll follow step-by-step instructions to craft your own adorable succulent. Perfect for adding a touch of handmade greenery to your space, this project will also help you refine your crochet abilities in a supportive and engaging environment. You will need to bring a size G crochet hook but all other supplies are included.

Class Minimum: 5 • **Class Maximum:** 10

Instructor: Josie Ramirez

Date & Time: Tuesday, 9/10 & Thursday, 9/12 • 2 - 4 p.m.

Location: C 129

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



(119) Macrame

Unveil the art of macramé in our 4-week class, tracing its roots back to the 1300's and its revival in 1970's American culture. Experience a sense of nostalgia as you craft 2-3 projects, with all materials provided for your creative journey. Join us for a unique and vintage-inspired crafting experience!

Class Minimum: 5 • **Class Maximum:** 15

Instructor: Melanie Kratz

Date and Time: Thursdays, 9/26, 10/3, 10/10, 10/17 • 3 - 4 p.m.

Location: C 129

Price: \$45 for members • \$65 for non-members

CURRENT TOPICS

(120) U.S. Supreme Court: Decisions and Key Issues

The U.S. Supreme Court remains at the forefront of political and legal discussions. This course will begin with a review of the Court's most recent decisions and then explore the key issues that will come before the Court in the upcoming months.

Class Minimum: 5 • Class Maximum: 75

Instructor: Eric Gilbertson

Date & Time: Mondays, 10/7, 10/14 • 10 a.m. - 12 p.m.

Location: Banquet Room C

Price: Free for members • \$40 for non-members

(189) LIFE DISCUSSION

Our first classes involved experimenting with team learning by sharing our educations, life experiences, and the discussions were fruitful. Our maturation and critical thinking have given us a large reservoir of interesting discussion topics to share. The group will direct the discussion from their personal experiences with books, events, people, and interests. If you do not talk, I will!

Class Minimum: 5 • Class Maximum: 30

Instructor: Ron Taylor

Date & Time: Thursdays, 10/17, 10/24, 10/31, 11/7 • 10 a.m. - 12 p.m.

Location: Alumni Lounge

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

FITNESS

Everyone taking an OLLI fitness class MUST obtain a Ryder Center identification card. This I.D. is separate from your OLLI membership card. Please get a card at the desk. Users must enter through the Fitness Center south recreation entrance off Lot R.



(121) Cardio Drumming

Get ready to move and groove with Cardio Drumming! This energetic class combines drumming, dance, and fitness for a fun workout. Using drumsticks and exercise balls, participants will enjoy an engaging routine that improves cardiovascular health, coordination, and muscle tone. Perfect for all fitness levels, Cardio Drumming is a rhythmic way to stay active and have a blast! Drum kits are available to purchase for \$25. Class Minimum 5 • Class Maximum 25

Instructor: Sue Brasseur, Senior Director for the Center for Adult Learning

Dates & Times

(121a) Mondays, 9/9, 9/16, 9/30 • 4:30 - 5:30 p.m.

(121b) Mondays, 10/7, 10/14, 10/21 • 4:30 - 5:30 p.m.

Location: SVSU Front Intramural Fields

Price: \$20 for members per session • \$40 for non-members per session

(122) Senior Fitness Test

This test offers seniors (ages 60-94) a chance to assess their fitness levels for everyday activities. SVSU kinesiology and occupational therapy students will conduct brief interviews and guide participants through activities supervised by faculty. Results will be discussed, and a copy will be provided. The process takes about 1 hour. Wear non-slip shoes and comfortable clothing.

Instructor: Lisa Brewer

Dates & Times

(122a) Wednesday, 10/16 • 8:30 a.m. - 10:15 a.m.

(122b) Wednesday, 10/16 • 10:30 a.m. - 12:15 p.m.

(122c) Monday, 10/21 • 8:30 a.m. - 10:15 a.m.

(122d) Monday, 10/21 • 10:30 a.m. - 12:15 p.m.

Location: Ryder Center, Rec Court

Price: No Charge for members and non-members

(123) Let's Stretch

Yearning for your flexibility? Join us for an hour of fun with friends, awakening dormant muscles and learning dancer-approved methods to regain flexibility. All body types are welcome in this low-impact, self-paced session. Rejuvenate your body in a safe, supportive environment! *Class Minimum: 7 • Class Maximum 15*

Instructor: Melanie Kratz

Date & Time: Wednesdays, 9/11, 9/18, 9/25, 10/2 • 4 - 5 p.m.

Location: R 244

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

(124) Tai Chi

Join OLLI's Tai Chi class to improve your balance, flexibility, and overall well-being. Suitable for all skill levels, this gentle exercise program combines slow, flowing movements with deep breathing to promote relaxation and mindfulness. Experience the health benefits of this ancient practice in a supportive and welcoming environment.

Class Minimum: 5 • Class Maximum 15

Instructor: Jim Bush

Date & Time:

(124a) Session 1: Mondays, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 • 11 a.m. - 12 p.m.

(124b) Session 2: Mondays, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9 • 11 a.m. - 12 p.m.

Location: Aux Gym

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



(125) Healthy Traveler

Enhance your travel adventures with our meticulously crafted walking fitness course. Refine walking techniques, build conditioning, and boost stamina. Enroll now and get ready to embark on your next journey with confidence! Find this course listed under the Travel & Adventure section as well. *Class Minimum: 5 • Class Maximum: 20*

Instructor: Katherine Resseguie

Date & Time: Tuesdays & Thursdays, 9/5, 9/10, 9/12, 9/17, 9/19, 9/24, 9/26, 10/1,

10/3, 10/8, 10/10, 10/15, 10/17, 10/22, 10/24, 10/29, 10/31, 11/5, 11/7, 11/12,

11/14, 11/19, 11/21, 11/26, 12/3, 12/5, 12/10, 12/12, 12/17, 12/19 • 8:00 - 9:45 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 or 2025, fee is waived; please call the OLLI office to register).

(126) Vitality Flow: Yoga for Wisdom & Wellness

Join OLLI for a rejuvenating yoga class that enhances flexibility, strength, and mindfulness. Experience gentle movements, breathing exercises, and relaxation techniques in a welcoming environment. *Class Minimum: 5 • Class Maximum: 20*

Instructor: Katherine Resseguie

Dates & Times

(126a) Tuesdays, 9/10, 9/17, 9/24, 10/1 • 11:15 a.m. - 12 p.m.

(126b) Tuesdays, 10/8, 10/15, 10/22, 10/29 • 11:15 a.m. - 12 p.m.

(126c) Tuesdays, 11/5, 11/12, 11/19, 11/26 • 11:15 a.m. - 12 p.m.

Location: Aux Gym

Price: \$25 for members per session • \$45 for non-members per session



(127) Healthy Moves: Energize Your Body & Mind

Join us for a revitalizing class focused on low-impact exercises, stretching, and relaxation techniques to boost energy and flexibility and reduce stress. Suitable for all levels, this class offers a supportive environment to prioritize your well-being.

No equipment needed - just bring yourself!

Class Minimum: 5 • Class Maximum: 20

Instructor: Katherine Resseguie

Dates & Times

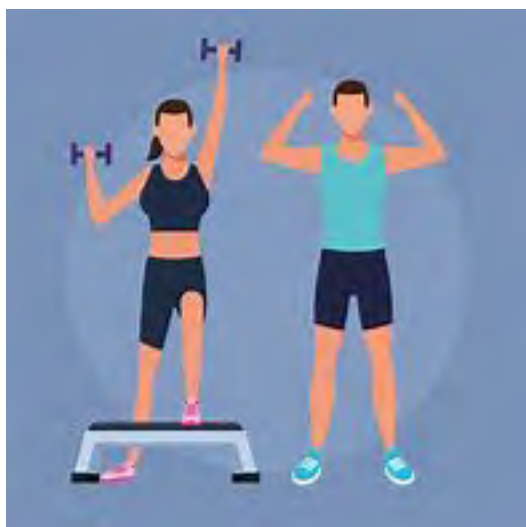
(127a) Thursdays, 9/12, 9/19, 9/26, 10/3 • 11:15 a.m. - 12 p.m.

(127c) Thursdays, 10/10, 10/17, 10/24, 10/31 • 11:15 a.m. - 12 p.m.

(127d) Thursdays, 11/7, 11/14, 11/21, 12/5 • 11:15 a.m. - 12 p.m.

Location: Aux Gym

Price: \$25 for members per session • \$45 for non-members per session



(128) Senior Strength Training

This class caters to beginners and individuals already engaged in strength training who seek an exhilarating group experience to elevate their fitness journey. Expect dynamic variations to familiar exercises, promising an engaging and effective workout that will leave you with a stronger physique and a smile on your face. Get ready to level up your strength training in a fun and supportive environment!

Class Minimum: 5 • Class Maximum: 25

Instructor: Katherine Resseguie

Time: 10 - 11 a.m.

(128a) Session 1: Dates: Tuesdays & Thursdays, 9/10, 9/12, 9/17, 9/19, 9/24, 9/26, 10/1, 10/3, 10/8

(128b) Session 2: Dates: Tuesdays & Thursdays, 10/10, 10/15, 10/17, 10/22, 10/24, 10/29, 10/31, 11/5, 11/7

(128c) Session 3: Dates: Tuesdays & Thursdays, 11/12, 11/14, 11/19, 11/21, 11/26, 12/3, 12/5, 12/10, 12/12

Location: Aux Gym

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

FOOD

(129) Skip the Meat, Let's Have Some Buckwheat: A Gluten-Free Cooking Class

Join us for a gluten-free cooking class where we'll make a nutritious mushroom buckwheat risotto, known for its earthy taste and health benefits. Buckwheat is rich in fiber and essential minerals, and helps control blood sugar. We'll pair it with a fresh Greek salad to complete the meal. Participants will learn about buckwheat, get hands-on cooking experience, and take home the recipe. All supplies provided.

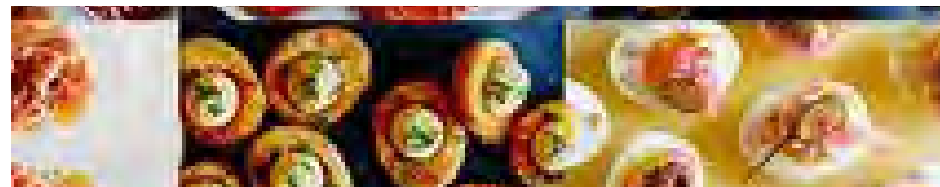
Class Minimum: 5 • Class Maximum: 12

Instructor: Alina Warner

Date & Time: Friday, 9/20 • 10 a.m. - 12 p.m.

Location: Tittabawassee Township Memorial Park Building, 150 Park St Freeland

Price: \$45 for members • \$65 for non-members



(130) OLLI in the Kitchen: Let's Make Appetizers!

Whether entertaining friends or treating yourself, it's great to have some go-to appetizer ideas. Join OLLI in the kitchen to explore a variety of appetizer options, including some make-ahead recipes. We'll be on our feet, moving around the kitchen, preparing several dishes. An appetizer "luncheon" is included.

Class Minimum: 5 • Class Maximum: 12

Instructor: Linda Phillips

Date & Time: Monday, 10/28 • 10 a.m. - 1 p.m.

Location: Tittabawassee Township Memorial Park Building, 150 Park St., Freeland

Price: \$45 for members • \$65 for non-members

(131) Dessert Charcuterie Board Creations

Indulge your sweet tooth in our Dessert Charcuterie Board Class! Learn how to create a visually stunning and delicious dessert charcuterie board, perfect for any occasion. We'll explore a variety of sweets, including chocolates, fruits, pastries, and other treats, and arrange them into a beautiful display. Participants will gain tips on flavor pairings, presentation techniques, and will take home a recipe guide. All supplies provided.

Class Minimum: 7 • Class Maximum: 15

Instructor: Heather O'Hearn

Date & Time: Tuesday, 12/10 • 4 - 6 p.m.

Location: C 129

Price: \$60 for members • \$80 for non-members

(132) Creative Cookie Decorating: A Hands-On Workshop

Join OLLI's Cookie Decorating class to unleash your creativity and learn the art of decorating cookies. Perfect for all skill levels, this hands-on class covers techniques for icing, piping, and adding decorative details. Enjoy a fun and festive atmosphere while creating beautiful, delicious treats to share. Participants will receive the tools and a dozen cookies to decorate and take home.

Class Minimum: 5 • Class Maximum: 15

Instructor: Chef Kelly VanConette

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

Location: C 129

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

GEOGRAPHY

(133) Iceland: The Land of Fire and Ice

From Vikings to volcanoes, Iceland has captured our imagination and emerged as a major travel destination. In this class, you'll gain practical travel knowledge and insights into the island's unique geology, long history, and interesting culture. Learn about the geology of major features along the Ring Road, what you might eat, or not, and why Icelanders consistently report to be some of the happiest citizens in the world. This class will be presented by GVSU Geology Professor Steve Mattox, who recently returned from leading his third class to the island.



Class Minimum: 10 • Class Maximum: 30

Instructor: GVSU Geology Professor Steve Mattox

Date & Time: Thursday, 10/31 • 3:30-5:00 p.m.

Price: \$10 for members • \$30 for non-members

Location: C 129

(135) Discover Italy: Exploring Campania, Puglia, and the Amalfi Coast

Whether you're planning a trip to Southern Italy or simply want to explore these beautiful regions from afar, this class will deepen your appreciation for the diverse landscapes, rich history, and cultural tapestry of Campania, Puglia, and the Amalfi Coast. In this class, you'll gain insights into the local history and cultural significance of each region. Learn about the regions culinary specialties and wine traditions and learn basic Italian phrases to enhance your future travels. This class will be presented by SVSU Professor Julie Keil, who has traveled to Italy more than 26 times! *Class minimum: 10 • Class Maximum: 30*

Instructor: Julie Keil

Date & Time: Tuesday, 10/22 • 2 - 3:30 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members



(136) Grand Baltic Sea Voyage: Discovering Northern Europe's Coastal Gems

This class will examine the physical landscape and climate around the Baltic region, including Denmark, Poland, Lithuania, Sweden, Latvia, Estonia, and Finland. Whether you're planning a Baltic cruise, preparing for a land journey, or simply fascinated by Northern European culture, this course will provide you with a deep understanding of the region's past and present. Join us to discover the enchanting blend of medieval charm and modern progress that defines the Baltic Sea region!

This class will be presented by Dr. Evelyn Ravuri, Professor of Geography, SVSU. * **Please note that the instructor will be presenting the session via Zoom. The participants will meet in C-129.** *Class minimum: 10 • Class Maximum: 30*

Instructor: Dr. Evelyn Ravuri

Date & Time: Tuesday, 11/5 • 1 - 2:30 p.m.

Location: ZOOM and in C 129

Price: \$10 for members • \$30 for non-members



(137) Poland: History, Culture, and Travel

Embark on a fascinating journey through time and space as we explore the rich history of Poland and prepare for travel to this captivating Central European nation. This course offers a unique blend of historical insight and practical travel knowledge. Discover Poland's unique geography in the heart of Europe, connecting east & west, north & south; and learn about its cultural heritage, traditions and language.

This class will be led by Izabela Szymanska, SVSU Associate Professor of Management. *Class minimum: 10 • Class Maximum: 30*

Instructor: Isabela Szymanska

Date & Time: Friday, 11/15 • 10 - 11 a.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

HEALTH & WELLNESS

The Aging Journey: Explore the physical, emotional, and social aspects of aging. This insightful series will provide valuable information, practical tips, and engaging discussions to help you navigate and embrace the aging process with confidence and grace.

Class Minimum 10 • Class Maximum 30

(138) The Aging Journey: Understanding Brain Changes: What is Dementia?

Explore the cognitive changes associated with aging and provide an understanding of dementia.

Instructor: Kristal Corrion

Date & Time: Thursday, 9/19 • 1 - 3 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(139) The Aging Journey: Caregiving and Communication.

Gain essential insights and strategies for effective caregiving and communication with aging loved ones.

Instructor: Kristal Corrion

Date & Time: Thursday, 10/17 • 1 - 3 p.m.

Location: C 140

Price: \$10 for members • \$30 for non-members

(140) The Aging Journey: Resources and Support.

This class will provide essential information on available resources and support systems for aging individuals and their caregivers.

Instructor: Kristal Corrion

Date & Time: Thursday, 11/14 • 1 - 3 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(141) Longevity, What's Holding You Back?

Dr. Louis Constan, a regular OLLI lecturer, will review scientifically proven ways you can increase your chances of living a longer and healthier life. Hint...there's no magic elixir... but there are many steps you can take to achieve your goal and ideas to help you find relief. Some may surprise you.

Class Minimum 5 • Class Maximum 30

Instructor: Dr. Louis Constan

Date & Time: Tuesdays, 9/24, 10/1, 10/8 • 10 a.m. - 12 p.m.

Location: C 129

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

(142) Core Strength & Stability at ANY Age

Join us to learn from Dr. Kimberly Barcalow, PT, DPT, as she explains the crucial role of core strength in health and stability. Discover how core strength impacts balance, posture, and fall risk, and gain insights into creating a personalized core strengthening plan that benefits all ages. *Class Minimum 10 • Class Maximum 30*

Instructor: Dr. Kimberly Barcalow, PT, DPT

Date & Time: Tuesday, 9/17 • 10 - 11 a.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(143) Breathe Better, Move Better, Live Better

Learn from Doctor of Physical Therapy Jesse Siwek, PT, DPT, about the holistic benefits of breathwork beyond the lungs, impacting the nervous and cardiovascular systems, as well as mental health. Discover how to integrate breathwork into your exercise routine for improved pain relief and blood glucose levels, enhancing overall well-being and mobility. *Class Minimum 10 • Class Maximum 30*

Instructor: Jesse Siwek, PT, DPT

Date & Time: Thursday, 9/26 • 10 - 11 a.m.

Location: C 129

Price: \$10 for members • \$30 for non-members



(144) Simple Meal Planning

Break free from hunger-driven snacking with our Simple Meal Prep Workshop! Learn to make delicious, nutritious meals packed with protein, healthy fats, and carbs. Master meal prep techniques, create wholesome snacks, and take control of your kitchen. *Class minimum 10 • Class Maximum 20*

Instructor: Alina Warner

Date and Time: Wednesday, 10/16 • 11 a.m. - 12 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(145) Breast Health Demystified

Join OLLI for this informative wellness talk where you'll learn practical tips for maintaining healthy breasts:

Prevention strategies beyond the annual physical.

Top 6 tips for optimal breast health.

Hands-on exercises for lymphatic wellness.

Enhance your knowledge and well-being with actionable insights.

Class minimum 10 • Class Maximum 20

Instructor: Alina Warner

Date and Time: Wednesday, 10/16 • 12:30 - 2 p.m.

Location: C 140

Price: \$10 for members • \$30 for non-members



(146) Demystifying Wrist Pain: Practical Solutions for Relief

Join us to learn from Certified Hand Therapist and wrist pain expert Christine Clements, OTRL, CHT, about the causes of chronic wrist pain and effective strategies for finding relief and preventing future discomfort.

Class Minimum 10 • Class Maximum 30

Instructor: Christine Clements, OTRL, CHT

Date & Time: Thursday, 11/21 • 11 a.m. - 12 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(147) Kick the Sugar Habit!

Learn to conquer sugar cravings with certified health coach Alina Warner. Uncover why you crave sugar and regain control.

Master your cravings, break free from the sugar cycle, and savor life's sweetness.

Class minimum 10 • Class Maximum 20

Instructor: Alina Warner

Date & Time: Wednesday, 11/6 • 10 - 11:30 a.m.

Location: C 129

Price: \$10 for members • \$30 for non-members



(148) Travel-Friendly Flexibility: Stretches for On-the-Go Comfort

Few things are more fun than travel - whether you're a frequent flier, a road trip enthusiast or if you favor cruises on the open seas, experiencing a new environment has so many benefits. But travel can often come with aches and pains due to challenges of the voyage, new activities, different sleeping patterns, and unfamiliar terrain. Join us to hear Doctor of Physical Therapy Casey Sowinski, PT, DPT explain ideas for stretching and adaptations you can make throughout your journey to have a more comfortable, active, and pain free travel experience.

Class Minimum 10 • Class Maximum 30

Instructor: Casey Sowinski, PT, DPT

Date & Time: Thursday, 11/7 • 11 a.m. - 12 p.m.

Location: C 140

Price: \$10 for members • \$30 for non-members

(149) Shoulder Pain Solutions: Relieve Pain & Regain Mobility

Shoulder pain can be caused by a variety of factors, and can have a major impact on your daily life. It can cause difficulty sleeping, pain during simple tasks like brushing your hair or reaching in cupboards, and can also prevent you from doing things you enjoy in sports and leisure. Join us to hear Doctor of Physical Therapy Jake Young, PT, DPT explain common causes of shoulder pain and ways to find relief naturally without drugs or surgery. *Class Minimum 10 • Class Maximum 30*

Instructor: Jake Young, PT, DPT

Date & Time: Tuesday, 12/3 • 11 a.m. - 12 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

HISTORY

(150) Special Units of World War II Part 2

In this continuation class, we will further examine the special assignment units created during World War II. Our focus will again include units from both the Allies and the Axis Powers, delving deeper into their unique histories and missions. We will also revisit the unit with a significant local link, uncovering new insights and stories.

Part I of this series was featured in the Spring/Summer catalog, but anyone can attend Part II, even if you did not participate in the first part.

The class will be taught by Jim Reha, an OLLI member and retired teacher.

Instructor: Jim Reha

Date & Time: Mondays, 9/9, 9/16, 9/23, 9/30 • 10 a.m. - 12 p.m.

Location: C 140

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

(151) The Black Death

The Black Death (1347 and beyond) spread across Europe and remains today the most catastrophic event in western history. By many estimates it took the lives of some sixty percent or more of the population, leaving vast areas essentially empty of human life, in the several waves of illness that crossed the face of the continent. But it also had effects of a decidedly positive nature. Though all but impossible to see at the time, the massive plague sparked a great deal of new thinking, a reconsideration of old ideas, that in time would usher in unforeseen consequences for European civilization and for the world. This course will survey both the worst of the events and the introduction of dramatic changes across the continent.

Instructor: Tom Donahue

Date & Time: Thursdays, 9/12, 9/19, 9/26 • 10 a.m. - 12 p.m.

Location: C 140

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



(152) Watch and Discuss: "Franklin" with Michael Douglas

Join OLLI class as we watch and discuss the acclaimed series "Franklin," starring Michael Douglas. This captivating series brings to life the story of one of America's founding fathers, Benjamin Franklin, highlighting his contributions, adventures, and legacy. Each session will include a viewing of an episode followed by a lively discussion, offering insights into Franklin's impact on history and his relevance today.

Class Minimum 5 • Class Maximum 30

Instructor: Jason Szilagyi

Date & Time: Fridays, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 • 10 a.m. - 12 p.m.

Location: C 100

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



(153) The Julio-Claudian Caesars

Discover the fascinating story of the first dynasty of the Roman Empire, starting with Julius Caesar and concluding with the Year of the Four Emperors.

Class Minimum 8 • Class Maximum 30

Instructor: Christina De Clerck-Szilagy

Date & Time: Tuesdays, 10/15, 10/22, 10/29, 11/5 • 10 a.m. - 12 p.m.

Location: C 129

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

**(154) A History of The Crusades**

Join us for an enlightening OLLI class on the Crusades. Explore the origins, major battles, key figures, and lasting impacts of these medieval campaigns. Through engaging lectures and discussions, understand the motivations, cultural and religious conflicts, and historical influence of this pivotal era.

Class Minimum 5 • Class Maximum 30

Instructor: Jason Szilagy

Date & Time: Thursdays, 11/7, 11/14, 11/21, 12/5, 12/12 • 9 - 11 a.m.

Location: C 129

Price: \$45 for members • \$65 for non-members

**(155) Women in Classical Antiquity**

Explore the lives of women, famous and mundane, in Ancient Egypt, Greece, and Rome.

Class Minimum 8 • Class Maximum 30

Instructor: Christina De Clerck-Szilagy

Date & Time: Tuesdays, 11/12, 11/19, 11/26, 12/3, 12/10 • 10 a.m. - 12 p.m.

Location: C 140

Price: \$45 for members • \$65 for non-members

HOBBIES**(156) Family History for Beginners**

Explore essential research techniques and strategies used by genealogists in this comprehensive course. We'll delve into both traditional resources, such as archives, records, and modern online tools. Learn how to effectively gather, analyze, and organize your genealogical findings to uncover your family's history.

Class Minimum 8 • Class Maximum 30

Instructor: Leo LeFevre

Date & Time: Wednesdays, 9/18, 9/25 • 10 a.m. - 12 p.m.

Location: C 129

Price: \$20 for members • \$50 for non-members

LANGUAGE**(157) Learn Polish: A Beginner's Journey**

Discover the rich language and culture of Poland in this engaging introductory Polish course. Whether you're planning a trip to Warsaw, tracing your Polish roots, or simply fascinated by Slavic languages. This course is perfect for absolute beginners or those with minimal exposure to the language. You will learn essential vocabulary for everyday situations, and practice simple conversations. No prior knowledge of Polish is required. Join us to begin your Polish language adventure!

Class Minimum 10 • Class Maximum 30

Instructor: Alicja Dennis

Date & Time: Saturdays, 10/26, 11/2, 11/9, 11/16 • 10 - 11:30 a.m.

Location: C 129

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

(158) Conversational Spanish I

Are you traveling to a Spanish-speaking country and wish to learn a little Spanish to enhance your visit? In this course, you will learn essential vocabulary and phrases needed to begin communicating immediately with Spanish speakers. This beginning course emphasizes oral communication at a basic level. It is intended for those with little to no knowledge of the Spanish language. You'll develop fundamental skills to engage in simple conversations, ask for directions, order food, and navigate common travel situations. No prior Spanish knowledge is required.

Class Minimum 10 • Class Maximum 30

Instructor: Jorge Parodi

Date & Time: Tuesdays, 11/12, 11/19, 11/26, 12/3, 12/10 • 4 - 5:30 p.m.

Location: GA 114

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

LOCAL COMMERCE**(159) The Castle Building:****History of a Landmark**

Since 1979, the Castle Building has housed the Historical Society of Saginaw County's museum - the Castle Museum. Originally a post office, this beloved Saginaw landmark opened to the public in July 1898. Its rich history includes being saved from demolition twice. The presentation will explore the architecture and history of the building and will be followed by an in depth tour of the Castle Building.

Class Minimum 8 • Class Maximum 20

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

Location: 500 Federal Avenue Saginaw

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



(160) Star of the West

Star of the West Milling Co. will be visiting SVSU to deliver an insightful lecture on their operations and products. This presentation will provide an in-depth look at the company's milling processes, quality control measures, and the range of products they offer. Attendees will gain a comprehensive understanding of the milling industry and the innovations that drive Star of the West Milling Co. Don't miss this opportunity to learn from industry experts and discover the behind-the-scenes workings of a leading milling company.

Class Minimum: 5 • Class Maximum: 30

Date & Time: Thursday, 11/7 • 1 - 2:30 p.m.

Location: C 129

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

**(161) Tour of Saginaw County Road Commission Garage**

Explore the heart of infrastructure management with an OLLI tour at the Saginaw County Road Commission. Discover the inner workings of road maintenance and learn about the vital role of the commission in our community's transportation network.

Class Minimum: 5 • Class Maximum: 25

Date & Time: Monday, 10/21 • 10 a.m. - 12 p.m.

Location: 3110 Sheridan Ave., Saginaw

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

(162) Michigan Heroes Museum Tour

Join us for an inspiring tour of the Michigan Heroes Museum. Explore the rich history and remarkable stories of Michigan's military and space heroes. Discover exhibits featuring personal artifacts, uniforms, and memorabilia that honor the bravery and dedication of those who have served our nation. This tour provides a unique opportunity to learn about the contributions and sacrifices of Michigan's heroes in an engaging and educational setting.

Class Minimum: 5 • Class Maximum: 25

Date & Time: Thursday, 10/3 • 3 - 5 p.m.

Location: 1250 Weiss St, Frankenmuth

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

(163) Nostalgic tour of the Antique Toy and Firehouse Museum

Explore an impressive collection of antique toys, vintage fire trucks, and firefighting memorabilia. Discover the fascinating history behind these cherished items and gain insight into the evolution of toys and firefighting equipment. This tour offers a delightful and educational experience for all ages, celebrating the charm and history of these beloved treasures. **Class Minimum: 5 • Class Maximum: 25**

Date & Time: Wednesday, 10/23 • 10 a.m. - 12:30 p.m.

Location: 3456 Patterson Rd, Bay City

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

MEDITATION

(164) Centering Prayer Workshop

Centering Prayer is a method to open ourselves to God, consenting to His presence and action within. It deepens our relationship with the Divine In-dwelling Spirit at our core, drawing on ancient Christian teachings in a modern context. Nan Spence, a psychotherapist and meditation teacher with master's degrees in counseling and theology, brings her expertise from studying under Fr. Thomas Keating, the monk who developed this prayer form.

Class Minimum: 10 • Class Maximum: 20

Instructor: Nan Spence

Date & Time: Thursday, 10/24 • 9 a.m. - 1 p.m.

Location: C 140

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

(165) 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.

Class Minimum: 10 • Class Maximum: 25

Instructor: Nan Spence

Date & Time: Tuesdays, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5 • 10 - 11:30 a.m.

Location: C 140

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

MOVIES, MUSIC & DANCE

(166) OLLI Dance Classes

Explore the rhythm of dance with OLLI's engaging classes. From beginners to intermediate, discover the art of tap dance. For couples, delve into the elegance of waltz and foxtrot, the passion of Latin dances, and the energetic swing styles of both East and West Coast. These classes offer fun and enjoyable exercise, providing a joyful journey through various dance genres. Don't have a dance partner? We can pair you with a fellow OLLI member to join in the rhythm!

Class Minimum: 6 • Class Maximum: 14

(166a) Intro to Tap • Wednesdays, 9/11, 9/18, 9/25, 10/2 • 1 - 2 p.m.

(166b) Swing (East and West Coast) • Wednesdays, 9/11, 9/18, 9/25, 10/2 • 2:30 - 3:30 p.m.

(166c) Intro to Ballroom • Mondays, 11/4, 11/11, 11/18, 11/25 • 10 - 11 a.m.

(166d) Waltz and Foxtrot • Mondays, 11/4, 11/11, 11/18, 11/25 • 12:30 - 1:30 p.m.

(166e) Latin Dance • Mondays, 11/4, 11/11, 11/18, 11/25 • 2 - 3 p.m.

Instructor: Melanie Kratz

Location: C 181

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

(167) OLLI Movie Class: Universal Monster Movies

Join us for an exciting OLLI class where we watch and discuss the classic Universal Monster Movies. Explore iconic films featuring Dracula, Frankenstein's Monster, the Wolf Man, and more. Engage in lively discussions about their cultural impact, themes of horror and humanity, and enduring appeal in cinema history. Whether you're a fan of classic horror or curious about cinematic legends, this class promises to be thrilling and enlightening.

Class Minimum: 5 • Class Maximum: 30

Instructor: Jason Szilagyi

Date & Time: Thursdays, 10/10, 10/17, 10/24, 10/31 • 9 - 11 a.m.

Location: C 100

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

OLLI BOOK CLUB

Join OLLI for monthly book discussions! Explore captivating reads, connect with fellow book lovers, and dive into themes, characters, and ideas.

(168) *Things I Wish I Told My Mother* by Susan Patterson, James Patterson and Susan DiLallo

In this touching novel, a mother and daughter travel to Norway to heal their relationship, discovering love, forgiveness, and the power of open communication.

(169) *The Midnight Library* by Matt Haig

Explore alternate lives in a magical library, where the main character discovers the value of her choices and endless possibilities. This uplifting story celebrates second chances and personal growth.

(170) *When the Jessamine Grows* by Donna Everhart

A poignant tale of love, loss, and resilience set against the backdrop of the American South. Follow the journey of a young woman as she navigates the complexities of family, tradition, and personal growth.

Class Minimum: 5 • Class Maximum: 25

Instructor: Heather O'Hearn, OLLI Manager

Date and Time:

(168) *Things I Wish I Told My Mother*, Discussion: Monday, 9/30 • 2 - 3 p.m.

(169) *The Midnight Library*, Discussion: Monday, 10/28 • 2 - 3 p.m.

(170) *When the Jessamine Grows*, Discussion: Monday, 12/2 • 2 - 3 p.m.

Location: C 129

Price: \$20 per session for members • \$40 per session for non-members

The price per session includes the cost of the book, and snacks available for discussions. You will be contacted when books are available to be picked up in the OLLI office.



(171) New Member Orientation

Discover OLLI! Whether you're a new member or a veteran seeking a refresher, join us to explore the inner workings of SVSU OLLI. Meet our dedicated staff, who will provide an overview of our organization, including details about our diverse classes and exciting trips.

Instructor: Heather O'Hearn

Date & Time: Monday, 9/16 • 12 - 1 p.m.

Location: C 129

Price: Free for members • \$70 for non-members (includes an OLLI membership)

(172) OLLI Travel Orientation

Ready to explore group travel with OLLI? Join us for an informative session where you'll learn about the perks of traveling in a group, how to sign up for day trips and longer excursions, and essential tips for planning your adventure. Discover the benefits of traveling with OLLI, from vibrant cityscapes to tranquil landscapes.

Instructor: Shelley Wegner

Date & Time: Monday, 9/16 • 1:30 - 2:30 p.m.

Location: C 129

Price: Free for members • \$70 for non-members (includes an OLLI membership)

(173) OLLI Enrole Orientation

Enrole Orientation sessions offer guidance for registering in OLLI classes. OLLI staff are available to assist with any registration questions, ensuring a smooth process.

Instructor: OLLI Staff

Date & Time:

(173a) Monday, 8/22 • 10 - 11 a.m. • Location: C 129

(173b) Monday, 9/16 • 10:30 - 11:30 a.m. • Location: C 141

Price: Free for members

NATURE

Dow Gardens Guided Walking Tours, both the Garden Tour and the Forest Tour, will each cover approximately 1.5 miles in the hour tour. Please be prepared and wear appropriate shoes.

(174) Dow Gardens Walking Tour - Garden Tour

Join us for a walking tour of Dow Gardens, established in 1899 as the home of Herbert and Grace Dow. Discover how this private estate transformed into a beloved public garden while immersing yourself in its beauty and history.

Class Minimum 5 • Class Maximum 25

Instructor: David Mitchell, Dow Gardens

Date & Time: Tuesday, 9/10 • 10 - 11 a.m.

Location: 1809 Eastman Ave., Midland

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



(175) Dow Gardens Walking Tour - Forest Tour

Embark on a guided walking tour of Dow Gardens, exploring its captivating landscapes and rich history. Discover the 2-acre orchard, learn about Herbert Dow's legacy, and enjoy unique views from the Canopy Walk. Immerse yourself in the stories of this transformation from a private sanctuary to a cherished public garden. **Class Minimum 5 • Class Maximum 25**

Instructor: David Mitchell, Dow Gardens

Date & Time: Tuesday, 9/17 • 10 - 11 a.m.

Location: 1809 Eastman Ave., Midland

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

SCIENCE & MATH

(176) Fantastic Nuclei and Where to Find Them

Stars are fascinating to study, but you wouldn't want to go there and take measurements. MSU's Facility for Rare Isotope Beams (FRIB) can recreate the stellar environment for more controlled (and safer) research. Use model "nuclei" to simulate the reactions that power real stars. Discover how our researchers are producing the kinds of nuclei only found in stars and giving them the right energy to duplicate stellar reactions!

Class Minimum: 5 • Class Maximum: 30

Instructor: Zachary Constan, Ph.D., Outreach Coordinator, Facility for Rare Isotope Beams, Michigan State University

Date & Time: Friday, 9/27 • 2 - 4 p.m.

Location: C 140

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

(177) How NOT to Get Away With Murder

Discover the secrets behind infamous criminal cases in our three-week series, "How NOT to get away with murder." From notorious serial killers to intriguing local mysteries, we'll dissect the critical mistakes that led to their capture. Join us for a riveting exploration of forensic analysis, investigative prowess, and the pursuit of justice.

Class Minimum: 5 • Class Maximum: 50

Instructor: Elaine Dougherty

Date & Time: Wednesdays, 10/16, 10/23, 10/30 • 6 - 8 p.m.

Location: C 129

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

(178) Figures of Influence: Women Who Shaped Mathematical History

Join OLLI for an enlightening journey through the history of women in mathematics. Discover the lives and contributions of women mathematicians from ancient times to today, celebrating their resilience, brilliance, and lasting impact on the field.

Class Minimum: 5 • Class Maximum: 30

Instructor: Chris Eckerle

Date & Time: Tuesday, 11/19, 11/26 • 1 - 3 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

TECHNOLOGY

(179) Internet Safety and Cybersecurity

Introducing cybersecurity best practices, including password management, recognizing phishing attempts, and protecting personal information online. *Class Maximum: 20*

(179a) Internet Safety and Cybersecurity

Instructor: Kelley Gray

Date & Time: Tuesday, 9/24 • 1 - 3 p.m.

Location: C 129

Price: Free for members

(179b) Internet Safety and Cybersecurity

Instructor: Gary Holik

Date & Time: Tuesday, 10/1 • 6 - 9 p.m.

Location: C 129

Price: Free for members

(180) Tech Tuesday – Have You Ever Wondered About Setting Up A SmartHome?

Discover how to make your home work for you in this class led by Larry Emmons, retired SVSU technology director. Learn to transform your living space into a smart home with increased convenience, entertainment options, and isecurity.

Class Maximum: 20

Instructor: Larry Emmons

Date & Time: Tuesday, 10/29 • 1 - 3 p.m.

Location: C 129

Price: Free for members

(181) Digitizing Your Memories: Turning Traditional Photos into Digital Treasures

Unlock the past and preserve your memories by learning how to digitize your non-digital photos. In this OLLI class, you'll discover techniques to scan, enhance, and organize your old photographs, making them easily accessible and shareable in the digital age. Join us and bring your cherished moments into the future.

Class Minimum 5 • Maximum: 20

Instructor: Gary Holik

Date & Time: Monday, 9/16 • 6 - 9 p.m.

Location: C 129

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

(182) Smart Phone Basics

In this interactive course, explore the fundamental features of smartphones, including navigation, app management, and key settings. Learn to make calls, send messages, capture photos, and access the internet, turning your smartphone into a versatile tool for communication, productivity, and entertainment.

Class Minimum: 5 • Class Maximum: 12

Instructor: Gary Holik

Date & Time: Mondays, 9/23, 9/30 • 6 - 9 p.m.

Location: C 129

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



(183) Introduction to Microsoft Office

Unlock the full potential of Microsoft Office with our comprehensive introductory course tailored for OLLI members. Whether you're a novice seeking to enhance your digital skills or looking to streamline your productivity workflow, this class offers a supportive environment to explore the core features and functions of the Microsoft Office suite. *Class Maximum: 15*

Instructor: Gary Holik

Date & Time:

(183a) Microsoft Excel: Tuesdays, 9/10, 9/17 • 6 - 9 p.m. • Location: 141

(183b) Microsoft Word: Mondays, 10/7, 10/14 • 6 - 9 p.m. • Location: 221

(183c) Microsoft PowerPoint: Mondays, 11/4, 11/11 • 6 - 9 p.m. • Location: 221

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

(184) Tech Tips for Beginners

Come join OLLI as we look at some tips and strategies for making our time with tech less tedious! No matter your skill level with technology, you will walk out the door with some new strategies for using your technology at home!

Class Minimum: 5 • Class Maximum: 20

Instructor: Kelley Gray

Date & Time: Wednesday, 10/2 • 1 - 3 p.m.

Location: C 140

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

(185) Ask the Tech

Do you have tech questions that you can't find answers to? Is there a piece of equipment that just doesn't make sense? Join us in our "Why Does It Do That?" class, where we'll explore and demystify your tech issues together, ensuring you leave with the answers you need! *Class Minimum: 5 • Class Maximum: 15*

Instructor: Kelley Gray

Date & Time: Wednesday, 11/20 • 1 - 3 p.m.

Location: C 140

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

TRAVEL & ADVENTURE

(186) Travel Smart: Using Helpful Travel Apps

This class is dedicated to enhancing your travel experience with the best travel apps. Discover how to use apps for booking flights, finding accommodations, navigating new cities, translating languages, and more. We'll cover popular apps, provide hands-on demonstrations, and offer tips for maximizing their benefits.

Minimum: 5 • Class Maximum: 15

Instructor: Kelley Gray

Date & Time: Monday, 10/28 • 1 - 3 p.m.

Location: C 140

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

(187) Choosing the Right Luggage for Air Travel:

A Guide for Savvy Travelers

Traveling should be enjoyable, not a physical ordeal. Lifting, lowering, pushing, pulling, carrying, holding, and dragging heavy luggage can strain muscles and joints, causing wear and tear on your back, arms, and shoulders. In this class, learn how to select the perfect piece of luggage to make your travels easier and more comfortable. Whether you're planning an international adventure or a simple weekend getaway, we'll explore the best options that balance function, fashion, and cutting-edge technology. **(OLLI multiple-day trip travelers in 2024 or 2025, fee is waived; call the OLLI office to register).**

Minimum: 5 • Class Maximum: 15

Instructor: Brian, an experienced Samsonite Store Manager from Birch Run Outlets

Date & Time: Tuesday, 10/8 • 4:30-6:00 p.m.

Location: C 129

Price: \$10 for members • \$30 for non-members

(125) Healthy Traveler

See descripton on page 7.

*Instructor: Katherine Resseguie**Date & Time: Tuesdays & Thursdays, 8:00 - 9:45 a.m.**Location: Ryder Fitness Center Track**Price: \$30 for members • \$50 for non-members**(OLLI multiple day trip travelers in 2024 or 2025, fee is waived; call the OLLI office to register).***(157) Learn Polish: A Beginner's Journey**

See descripton on page 11.

*Date & Time: Saturdays, 10/26, 11/2, 11/9, 11/16 • 10 -11:30 a.m.**Location: C 129**Price: \$25 for members • \$45 for non-members (No charge for OLLI Baltic travelers)***(158) Conversational Spanish I**

See descripton on page 11.

*Date & Time: Tuesdays, 11/12, 11/19, 11/26, 12/3, 12/10 • 4 - 5:30 p.m.**Price: \$25 for members • \$45 for non-members (No charge for OLLI Spain travelers)**Location: GA 114***(378b) Travel Book Club: Spain & Portugal: España: A Brief History of Spain by Giles Tremlett.**

Join OLLI member and world traveler Allan Thiele for a book discussion on Spain's history. Tremlett's concise overview covers ancient origins to modern times, offering insight into cultural, political, and social developments that shaped the nation. Essential for understanding Spain's past and present influence. (OLLI multiple day trip travelers in 2024 or 2025, fee is waived; call the OLLI office to register).

*Discussion with Allan Thiele**Date & Time: Tuesday, 10/1 • 1 - 3 p.m.**Location: C 129**Price: \$15 for members • \$35 for non-members***(135) Discover Italy: Exploring Campania, Puglia, and the Amalfi Coast**

See descripton on page 9.

*Instructor: Julie Keil**Date & Time: Tuesday, 10/22 • 2 - 3:30 p.m.**Location: C 129**Price: \$10 for members • \$30 for non-members (No charge for OLLI Italy travelers)***(136) Baltic Region - Zoom**

See descripton on page 9.

*Instructor: Evelyn Ravuri**Date & Time: Tuesday, 11/5 • 1 - 2:30 p.m.**Location: ZOOM and in C 129**Price: \$10 for members • \$30 for non-members (No charge for OLLI Baltic travelers)***(137) Poland: History, Culture, and Travel**

See descripton on page 9.

*Instructor: Isabela Szymanska**Date & Time: Friday, 11/15 • 10 - 11 a.m.**Location: C 129**Price: \$10 for members • \$30 for non-members (No charge for OLLI Baltic travelers)***(133) Iceland: The Land of Fire and Ice**

See descripton on page 8.

*Instructor: GVSU Geology Professor Steve Mattox**Date & Time: Thursday, 10/31 • 3:30-5:00 p.m.**Location: C 129**Price: \$10 for members • \$30 for non-members (No charge for OLLI Iceland travelers)***WINE 101****(188) Wine 101**

Learn the basics of wine tasting, grape varieties, and pairing techniques in a relaxed and informative setting. Whether you're a beginner or looking to refine your palate, these classes offer a great foundation in the world of wine.

*Class minimum 10 • Class Maximum 30**Date & Time:**(188a) Iberian Peninsula Part 1 -Portugal • Monday, 9/30 • 4 - 6 p.m.*

We'll learn about the grapes and wine styles of the Lisboa wine region of Portugal, as well as a few of the notable styles from Portugal as a whole.

(188b) Iberian Peninsula Part 2 -Spain • Monday, 10/28 • 4 - 6 p.m.

We'll learn about a wide range of wine styles from bubbly to bold to sweet, spanning the Castilla la Mancha, Jerez, and Catalonia regions of Spain.

(188c) Que Syrah, Syrah • Monday, 11/25 • 4 - 6 p.m.

Whether you know it as Shiraz or Syrah, we'll learn the history of this vibrant, full-bodied red grape and enjoy exploring its different expressions from various regions of the world.

*Instructor: Ann Puszykowski, Territory Manager Mid-Michigan, Bay Region, Woodberry Wine**Location: River Rock Cafe**Price: \$65 for members per session • \$85 for non-members***REGISTRATION FORM****REGISTRANT #1**

Name _____

Address _____

City _____

State ZIP _____

Email _____

Phone _____

Class #	Class / Trip Title	Fee
Membership - \$70 <input type="checkbox"/> New <input type="checkbox"/> Renewal		
Total		

 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 _____



Osher Lifelong Learning Institute
201 Curtiss Hall
7400 Bay Road
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How to Register

- **Online**

You may register online by visiting 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.



Fall 2024

OSHER
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DAY TRIPS & CLASSES

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Registration begins

Tuesday, August 27 at 8:30 a.m.
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