

**Adult Learners Institute
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KICK-OFF EVENT
August 13, 2019-10:00 am-12:00 noon
Silver Maples, 100 Silver Maples Drive,
Chelsea

FALL 2019 CATALOG AND REGISTRATION FORM



Registration is required for all ALI classes. **ALL registrations will be MAIL IN ONLY and will be processed based on the date they are received at the ALI office. Confirmation slips will be mailed.**

Registration fee is \$10 per semester. Class fees range from \$10 to \$30 based on the total number of times the class meets. There may be additional fees for course materials or supplies. Registrations will be accepted during the semester as long as there are class spaces available. **CLOSED** classes will be posted on the ALI website at www.adultlearnersinstitute.org.

THREE FREE classes are being offered with our partners, the Chelsea District Library and the Chelsea Senior Center. Consult the catalog for the class descriptions, dates, location, time and registration instructions.

Additional catalogs and registration forms are available at the ALI office, located at Chelsea Wellness Center/5 Healthy Towns Foundation; Chelsea & Dexter Senior Centers; front desk at CRC, Silver Maples, The Cedars of Dexter; the Chelsea, Dexter and Manchester District Libraries; the Chelsea and Dexter Chambers of Commerce, or print one from the ALI website at www.adultlearnersinstitute.org.

Mail your registration form (one for each person) to Adult Learners Institute, PO Box 134, Chelsea, MI 48118, **with a check made out to ALI of Chelsea MI, Inc.** If you have questions, call 734.292.5540 to leave a message, and someone will return your call as soon as possible.

Adult Learners Institute Fall Classes, 2019

Many great courses are scheduled from September through November, 2019. A scholarship fund is available for those needing assistance with registration fees.

Located at 5 HEALTHY TOWNS OFFICES in the Chelsea Wellness Center, the Adult Learners Institute [ALI] provides a diverse selection of quality community-based learning experiences and camaraderie for adults. ALI is a nonprofit (501c3) Lifelong Learning Institute [LLI] affiliated with Road Scholar Institute Network, a group of similar organizations.

ALI is always looking for additional volunteers to help fulfill its mission. Examples include: ALI Board Members, audio-visual assistants, curriculum planning, finance committee, catalog editing, events, and class assistants.

For more information call, 734.292.5540 to leave a message, or see our website at www.adultlearnersinstitute.org.

Many Adult Learners Institute courses are conducted in cooperation with Washtenaw Community College.

PLEASE NOTE: ALI classes are cancelled when Chelsea District Schools are closed due to inclement weather [Call 734.433.2275 for information].

ABOLITIONISM AND THE UNDERGROUND RAILROAD IN SOUTHEAST MICHIGAN

Carol Mull

(Presented in cooperation with Washtenaw Community College)

October 4, 11, 18 & 25 (4 Fridays)

2:00 to 4:00 pm

Cedars of Dexter, 411 Cedars Lane, Dexter, MI

From the time European settlers brought slavery to the Michigan Territory, freedom seekers found refuge on both sides of the Detroit River. Through presentations, we will discover a documented history of early escapes, court cases, and pockets of abolitionism. We will learn that freedom seekers established settlements in nearby towns where citizens helped protect them. Carol will share her research of people and places associated with the Underground Railroad.

Carol E. Mull, B.A., M.S., is a historic preservationist and Underground Railroad scholar, based in Ann Arbor, Michigan. Ms. Mull is the author of *The Underground Railroad in Michigan* and a chapter in *A Fluid Frontier Slavery, Resistance and the Underground Railroad in the Detroit River Borderland*. Ms. Mull was a gubernatorial appointee to the Michigan Freedom Trail Commission, serving from 2001 - 2012. She is the recipient of the the Eastern Michigan University 2012 Alumna Achievement Award and The Underground Railroad Free Press 2012 Prize for the Advancement of Knowledge.

APRON STRINGS: FASHION AND FUNCTION THROUGHOUT HISTORY

Erin Brayton

September 10 (1 Tuesday)

6:30 to 8:00 pm

Chelsea District Library, McKune Room, 221 S. Main Street, Chelsea, MI

PLEASE NOTE: THIS IS A FREE CLASS, BUT YOU MUST REGISTER AT CHELSEA DISTRICT LIBRARY BY CALLING 734-475-8732

Join us to learn about the history of apron embellishments and how clothing adornment ties into status, gender, and socio-economic class.

Designer Erin Brayton will demonstrate a variety of formerly common skills that were used to embellish aprons and women's clothing, including embroidery, cross-stitch, smocking, rickrack, appliques and more.

Erin Brayton is a Chelsea business owner and designer of Edesign Activewear, a clothing and sewing pattern company for circus performers, dancers, and gymnasts. She is a mother of two, and an active aerialist and rock climber. She graduated from Michigan State University with a Bachelor of Science in Apparel and Textile Design.

THE BIG BANDS

Hank Muir

October 1 & 8 (2 Tuesdays)

1:00 to 3:00 pm

Silver Maples, 100 Silver Maples Drive, Chelsea, MI

The "Big Bands" dominated the Hit Parade, the jukebox, and the dance halls in the 1930s and 1940s. Fortunately for us, many of them were filmed. In this class we'll see, hear, and learn about Benny Goodman, the Dorsey brothers, Glenn Miller, Duke Ellington, Harry James, Artie Shaw, Woody Herman, and many more - - including some bands that might surprise you.

Hank Muir is a retired teacher and medical practice administrator. He has a bachelor's degree in social studies from Graceland College, a masters in history from the University of Nebraska, and he is a Fellow in the American College of Medical Practice Executives. Hank has lived in Chelsea since 2003 and is a collector of books, records and movies.

DOWNTOWN ANN ARBOR AND THE OLD WEST SIDE

Grace Shackman

(Presented in cooperation with Washtenaw Community College)

September 5, 12, 19 & 26 (4 Thursdays)

2:00 to 4:00 pm

Cedars of Dexter, 411 Cedars Lane, Dexter, MI

The history of downtown Ann Arbor starts with the town's founding when a few stores huddled around the court house, becoming a regional shopping area, to today's entertainment center. The Old West Side, Ann Arbor's first subdivision, began as a German enclave with German businesses, schools, and churches, to today's wider mixture of residents but still with the 19th century neighborliness.

(Included in this class will be two lectures and two walking tours. The walks may NOT be handicapped accessible.)

Grace Shackman began writing historic articles when her children were little to combat boredom. Once started, she was amazed at all the subjects waiting to be explored and has continued to the present date. As her articles received attention she was often asked to give talks or lead walks which led to her regular teaching at Washtenaw Community College in 1998 and later for ALI. She has written several books and continues to write for the *Ann Arbor Observer* and the *Old West Side News*.

FROM MASS INCARCERATION TO RESTORATIVE JUSTICE

Kathie Gourlay and Carolyn Madden

October 3, 10 & 17 (3 Thursdays)

10:00 am to 12:00 noon

St. Mary Church, Knights of Columbus Room, Parish Hall, 14200 E. Old US-12, Chelsea, MI

NOTE: Enter through the north side door only

This will be a three-week course on the roots, application and benefits of restorative justice as an alternative to punishment in our criminal justice system. Restorative justice focuses on the harm done, how the victim can be healed, and how the offender can find redemption and dignity by repairing the harm to the victim and the community.

Kathie Gourlay has an MBA from the University of Michigan. She is a retired instructor from Washtenaw Community College. She volunteers with the American Friends Service Committee, the Michigan Collaborative to End Mass Incarceration, and Friends of Restorative Justice.

Carolyn Madden has an MA in Philosophy, Graduate Center, NY and a JD from Wayne State University. She was the Associate Director and lecturer for the English Language Institute and is a member of Friends of Restorative Justice of Washtenaw county.

GENEALOGY - FROM GETTING STARTED TO BREAKING DOWN BRICK WALLS

Bill O'Reilly

October 16 (skip 23) & 30 (2 Wednesdays)

1:30 to 3:30 pm

Chelsea Senior Center, 512 W. Washington St., Chelsea MI, Bldg. 100 - Room 114

PLEASE NOTE: THIS IS A FREE CLASS, BUT YOU MUST REGISTER BY CALLING THE CHELSEA SENIOR CENTER AT 734-475-9242

This course is intended to provide insight for people at most levels of family history research. It will be divided into two sections. The first class will start with the basics of getting started and an overview of sources available and how to access them. Even experienced researchers should be able to find new insights during this first session. The second section will focus on Dos & Don'ts and tricks for breaking through Brick Walls (when you are stuck at a certain ancestor and can't get beyond them.)

Bill O'Reilly currently serves as Executive Director of the Chelsea Senior Center; and is President of the Chelsea Area Historical Society. Bill has worked with his own family history for over 35 years. He has been a Professional Genealogist for the past decade, helping clients throughout the world (retired from that since starting at CSC). Bill earned a certificate in Genealogical Research from Boston University; he also holds MBA and BA degrees. He's the past President of the Irish Genealogical Society of Michigan; and is the Clan Organiser (U.K. spelling) for Scotland based Clan MacAulay where he organizes their worldwide Clan Gatherings. He has given at least a dozen presentations on Genealogy to an equal number of organizations.

GENES, DNA AND ANCESTRY

Charlie Taylor

October 15, 22 & 29 (3 Tuesdays)

1:00 to 3:00 pm

Chelsea Retirement Community, Dancey Theater, 801 W. Middle St., Chelsea, MI

Many of us wonder about our ancestors, our lands of origin and our race or ethnic background. In the past 10 years, some of this information has become more accessible using DNA kits, from Ancestry.com, MyHeritage DNA or 23andMe DNA. What is DNA, anyway? How do these kits work? What do they tell reliably and what is not so reliable?? This class will start with some background about DNA, evolution, genes, genetics and chromosomes. We also will discuss the way these services (and law enforcement) analyze DNA samples and discuss privacy and DNA databases.

Charlie Taylor received a PhD from University of California, Berkeley in 1980 and was a postdoctoral fellow in brain science in 1980-82. He has authored many scientific articles and presented at scientific meetings. He was involved in drug discovery for Parke-Davis from 1982 to 2001 and then with Pfizer until 2007. He has lived in Chelsea since 1983 and now works part-time as a consultant. He previously taught classes on science topics for ALI each year since 2009, and he taught undergraduate neuroscience at University of Michigan in 2011-2013.

GUARDIANS OF DETROIT

Jeff Morrison

October 29 (1 Tuesday)

7:00 to 8:30 pm

Chelsea District Library, McKune Room, 221 S. Main Street, Chelsea, MI

PLEASE NOTE: THIS IS A FREE CLASS, BUT YOU MUST REGISTER AT CHELSEA DISTRICT LIBRARY BY CALLING 734-475-8732

Detroit is home to an incredible collection of architectural sculptures. Join historian Jeff Morrison as he shares photographs and details from his new book *Guardians of Detroit: A Pictorial Guide to Architectural Sculpture in the Motor City*. Learn about their history and the artists, artisans, and architects who created some of these unique and often overlooked features of a city that grew from a small frontier fort into a booming metropolis.

Jeff Morrison is an historian and photographer who has been taking pictures since his parents gave him his first camera at age nine. He has a bachelor's degree in history and art from Eastern Michigan University and over thirty years experience as a graphic artist. Jeff lives in Oxford, Michigan with his wife Susie and their wonder dog Manfred.

HISTORICAL STORIES - MUSIC OF THE CIVIL WAR & PARIS EXPOSITION OF 1900

John Hauger

September 10 & 17 (2 Tuesdays)

2:00 to 4:00 pm

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

Music of the Civil War - It was America's greatest challenge yet: Would the grand experiment in democratic rule survive? A popular song of the day was "Who Shall Rule This American Nation?" The question was no idle ditty. Patriotism and artillery combined rapidly as young men from many states, both north and south, eagerly formed battalions and boarded trains that would take them to many battle fields. Events and emotions of the Civil War era were expressed vividly in the music of those times.

Paris Exposition of 1900 - As a new century approached, France's leaders saw a great opportunity to showcase current trends and technology with a view of the future. Many countries were invited to participate. From the United States came Thomas Edison's latest inventions, John Phillip Sousa's Band, Scott Joplin's Ragtime Music and a host of advances in travel and lifestyles. The banks of the Seine were lined with structures from many nations and French colonies. Moving sidewalks and special trains moved millions of people around the Exposition. The Eiffel Tower, Grand Palace, Petit Palace, and the Palace of Electricity lit up Paris as never before. It was France's largest world exposition of them all.

John Hauger believes that so much of our history is expressed in music. John collects antique phonographs and records of the 1895 to 1925 era. He finds that music is intrinsic in wars, technology, transportation and, of course, romance. World's

Fairs, Tin Pan Alley, Movies and Television reflect the moods and yearnings of the common people. Programs that present history accented with music are a hobby John has pursued in his retirement from Consumers Energy. His career in computer technology, though, started in the late 1950's, makes him wonder what his five great-grandchildren will be doing when they enter their careers. John and his wife, Garnet, live in Spring Arbor, MI.

A HISTORY OF WORLD WAR I: ONE CHELSEA SOLDIER'S WAR TO END ALL WARS

Cynthia Furlong Reynolds

September 27 (1 Friday)

10:30 am to 12:30 pm

Silver Maples, 100 Silver Maples Dr, Chelsea, MI

When President Woodrow Wilson declared war on Germany and its allies in April of 1917, George Alfred Lindauer was a 21-year-old farmer in Lima Township. His family and neighbors spoke German at home and in church, ate German foods, and followed many Old World traditions. With the irony of history, he would be asked to fight the Germans—including his own cousin—across the rich farmlands of Alsace-Lorraine, his family's ancestral homeland. Lindauer was among the first of Chelsea's men to be drafted and among the last to return to his Michigan home town after peace was declared. Her presentation will follow one Chelsea soldier through the draft process, the induction at Camp Custer, boot camp training, and deployment to France, where he served in the renowned Red Arrow Division of the American Expeditionary Forces. The story unfolds against the backdrop of Chelsea's heavily German farming community, which provided food and materiel for Uncle Sam's army while fighting anti-German discrimination on the home front.

Cynthia Furlong Reynolds is an award-winning author and is writing a Young Adult novel based on Lindauer's WWI experiences. She has written four other Chelsea-based books: *JIFFY: A Family History*, *THE PURPLE ROSE OF CHELSEA*, *OUR HOMETOWN*, and *A VILLAGE AT WAR*, as well as a dozen children's books and numerous personal histories.

HOW HUMAN STORIES SHAPE OUR LIVES

Barbara B. Zikmund

October 21 & 28 (2 Mondays)

10:30 am to 12:30 pm

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

Drawing on history and biographies, each class session will feature biographical stories that reflect how others shape our lives. Class members will learn how relationships form individuals and communities. They will also be encouraged to reflect on how stories have shaped their lives. The course will explore nine relationships that form human stories:

* Ancestors (who lived before we were born)

* Parents/Grandparents (who protect us, nurture us and help us grow up)

- * Friends (we make, we lose, and we keep)
 - * Teachers (that teach us numbers, words, sports, skills, art and music)
 - * Families (siblings, children and grandchildren who will shape the future)
 - * Neighbors (who enrich local communities)
 - * Leaders (who sustain values, share visions, and enable change)
 - * Lovers (who love us and whom we love - with our bodies, minds and spirits)
 - * Mentors (who inspire us to seek meaningful lives)
- Barbara B. Zikmund**, lives at Silver Maples and has taught in graduate education for 40 years. In the past several years she has been interviewing residents at Silver Maples and encouraging them to share their life stories in a monthly program. Barbara (or "bbz" as she is often called) holds a doctorate from Duke University in American religious history and is an ordained minister in the United Church of Christ.

ISRAEL EXPERIENCES

Judy Miller

November 18 (1 Monday)

2:00 to 4:00 pm

St. Mary Church, Knights of Columbus Room, Parish Hall, 14200 E. Old US-12, Chelsea, MI

NOTE: Enter through the north side door only.

This presentation will be based on a personal study trip to Israel in March of 2019. It will include the history and time line of Israel and Biblical ties to the present sites of Israel. The geography of the area and ways it has provided conflict throughout history, will also be discussed.

Judy Miller is currently a retired public elementary and middle school teacher. She began teaching for Detroit Public Schools in 1966 and later taught thirty years for Grass Lake Community Schools. She also taught a beginning writing class at Washtenaw Community College for one term. Her interests include traveling, volunteering at Christ Lutheran Church in Michigan Center and spending time with family and friends. She lives in Waterloo township with her rescue dog, Molly and indoor cat, Gizmo.

MINDFULNESS, MEDITATION and MOVEMENT

Karla Groesbeck

(Presented in cooperation with the Washtenaw Community College)

November 5, 12, 19 & 26 (4 Tuesdays)

1:00 to 3:00 pm

Chelsea Wellness Center—5 Healthy Towns Foundation, Conference Room, 14800 E. Old US-12, Chelsea, MI

Ahhhhh. We want to feel good. We want our minds to be clear and calm. We want to feel relief from day-to-day stress. Stress depletes our energy, robs our memory, and even contributes to illness. It is said that, "Challenging things happen. But, suffering is optional." In this class you will experience practical meditation techniques that you can do anywhere, anytime, and not just seated in one place. You will have opportunities to feel mind/body connection that may bring you into conscious awareness, and the peaceful power of the present moment. Gentle internal empowerment exercises with minimal movement will be offered as guided meditation.

Karla Groesbeck has been teaching for 25 years, and has a wealth of information in the body movement, meditation, Qigong and martial aspects of Tai Chi. As Manager of Crazy Wisdom Bookstore in the late 1990's, she enjoyed the company and learning opportunities of many dignitaries of the Ann Arbor spiritual community, including Tibetan and Zen Buddhist teachers, as well as masters of Western esoteric traditions. She is the owner and founder of Tai Chi Love, and a popular instructor/presenter at many venues in Ann Arbor, and throughout Washtenaw and Wayne Counties. With hundreds of students, she innovates internal empowerment training, as well as Tai Chi solo, two-person and weapons forms.

OCEANS - OUR PLANET'S MARINE ISSUES

Cheryl Wells

November 4 & 11 (2 Mondays)

2:15 to 4:15 pm

St. Mary Church, Knights of Columbus Room, Parish Hall, 14200 E. Old US-12, Chelsea, MI

NOTE: Enter through the north side door only.

Understanding our oceans as they relate to climate change. The world's oceans and our Great Lakes are of great interest for climate change. The Ocean Conservancy cites "Taking the ocean into account is critical for successfully addressing climate change, and addressing climate change is critical for the future of the ocean and the planet." Join Cheryl in the 4th Oceanography class as we continue to discuss our planet's marine issues with demonstrations and experiments. No prior class is needed.

Cheryl Wells is a Science educator for Dexter Community Schools 1975-2015, (Chemistry, Advanced Chemistry - Organic, Anatomy, and Oceanography). She coached the DHS Ocean Science Bowl club for 20 years - taking her team to 10 National competitions including Alaska, Florida and Oregon. Since retirement Cheryl has been providing science enrichment lessons to third - sixth grades in Dexter including Great Lakes Literacy Principles and Ocean Science Education.

THE RENAISSANCE:

ART, ARCHITECTURE AND HUMANISM AT THE DAWN OF THE MODERN AGE

Edwin Hoffman

(Presented in cooperation with Washtenaw Community College)

September 16, 23, 30 & October 7 (4 Mondays)

2:00 to 4:00 pm

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

A survey of the rise of the Renaissance; its origins, maturity, and transformation. The instructor will illuminate the period with great works of art, architecture and literature, and describe the lives of artists and patrons. Attention will be given to the importance of humanist thought and its influence on art patrons and collectors.

Edwin Hoffman has a background in museum administration, art auctions, and fundraising for museums, schools, and historic sites in Washington, DC. A central aim of this class is to refashion our view of the art world - with us as participants. This can be achieved by developing a sense of cultural stewardship, whether as collectors or by becoming involved with museums, theaters, orchestras, and other local or regional arts organizations. Ed is the Creator and Host of "Speaking of Art" on WAAM 1600 AM/92.7 FM Radio.

RUSSIA

Rhoda Perkins-Boyer

September 25 (1 Wednesday)

2:00 to 4:00 pm

St. Mary Church, Knights of Columbus Room, Parish Hall, 14200 E. Old US-12, Chelsea, MI

NOTE: Enter through the north side door only.

We will be crossing Russia, east to west, with short stops in Mongolia and Siberia while traveling on the Istanbul Orient Express. A few photos from an earlier trip to Russia via the Volga River will be included. We will share the local cultures, costumes, and beautiful scenery on this 5000 mile journey beginning at the Mongolian border and ending in Moscow.

Rhoda Perkins-Boyer has been a media specialist and a media director in Ohio and Michigan public schools. She holds a B.S. ED from Bowling Green State University and a M.A. from the University of Kentucky. Rhoda and her husband, Joe Boyer, have traveled extensively, visiting nearly 40 countries. Rhoda shares their experiences with youth and adult audiences.

SAUCES HISTORY

Tom Zigman

October 23 (1 Wednesday)

1:00 to 3:00 pm

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

The secret that chefs have, to change ordinary meals into extraordinary, is sauces. Tom will discuss the history of the five mother sauces, secondary sauces, and some simple tricks to use ordinary ingredients and transform your meals to even more special.

There will be a supply fee of \$10 for tasting.

Chef Tom Zigman has been in food service for 42 years, 22 years specializing in hospital healthcare. He is currently Executive Chef of Culinary Wellness at Silver Maples of Chelsea. He has been bringing great tasting food to Silver Maples, along with making it healthier for the residents.

SECRET GARDENS

David Mastie

October 2 (1 Wednesday)

2:00 to 4:00 pm

Mr. Mastie's home (Directions will be provided with the confirmation slip.)

Growing a garden is more than growing plants. It's the totality of the picture that evolves over time: the garden rooms (eight, containing over 30 minor gardens), trees (over 65 species, with some over 60 years old), shrubs (85+ species), perennials (more than 300 different species), hardscape (literally tons of rocks) and man-made structural elements (pergolas, fences, decks and a chessboard). Hidden behind trees, these "secret gardens" landscaped for all seasons, are largely unknown to Chelsea residents and passers-by alike. Through an introductory Power point presentation, you will "see" the evolution over years and seasons as these wonderful gardens took shape.

Commentary accompanying the Power point will be enlivened with references to royal scandals, Bible stories, geographical routes, climate changes, cooking and poisons. Splendid views out into the garden from our sunroom will be supplemented with a walking tour of the eight major landscaped areas within the garden grounds. Dress for the weather (rain or shine).

Cookies and beverage provided.

David Mastie is a retired earth science teacher in the Ann Arbor Schools where he taught for over 43 years. He brings to his gardens his knowledge of plants, soils and climate, his passion for young people, his skills in public speaking, his non-stop energy and his desire to make the world a better place. He is father of two sons, grandfather of five, and great-grandfather of three (and 1/2). David will be assisted by his wife of 58 years, Marjorie (also a former ALI presenter). A successful television teacher at one time, David remains a popular presenter to audiences of students and adults across the state, the nation and Internationally. His talks are particularly memorable for drawing in surprising connections from art, Bible stories, geography and historical events to the topic at hand. Starting from the lovely "bones" created by two gardeners before him, he has built the three acres surrounding their Chelsea home into over 30 unique gardens.

SPIDERS AND THEIR KIN

Cara Shillington

October 24 (1 Thursday)

10:00 am to 12:00 noon

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

Introducing the amazing world of spiders and other arachnids. We will discuss how they produce silk and build webs, where they live, and how they choose mates and reproduce (they are not all cannibalistic). You will learn how to recognize local species and the important role spiders play as top predators in the natural world. For both spider enthusiasts and phobics; come with questions.

Cara Shillington is a professor of biology at Eastern Michigan University. Her area of interest and research is the behavioral and physiological ecology of arachnids, in particular tarantulas. She has worked with tarantulas in their natural environment in various locations within and outside the U.S. She also teaches arachnology and invertebrate courses at EMU and engages many undergraduates and graduates in her research lab. She presents to many general audiences about arachnids and her goal is that people leave with an appreciation (if not a love) of these phenomenal animals.

THE STORY OF ANTISEMITISM

Rev. Ken Phifer

(Presented in cooperation with Washtenaw
Community College)

October 25, November 1, 8, 15 & 22 (5 Fridays)

10:00 am to 12:00 noon

*St. Mary Church, Knights of Columbus Room, Parish
Hall, 14200 E. Old US-12, Chelsea, MI*

NOTE: Enter through the north side door only.

The story of antisemitism is a story of hatred and horror, a story of lies and cruelty, a story of good people doing bad things and bad people doing worse things. It is a story central to western culture and its main religion, Christianity. This course will look at this story of antisemitism and how and why it came to be and persists to this day.

Ken Phifer is a graduate of Harvard College and earned his doctorate at the Divinity School of the University of Chicago. He has been a Unitarian Universalist minister for almost 50 years, 25 of them in ministry at the Ann Arbor congregation. He has 17 grandchildren.

THE STORY WITHIN YOU

Doris Lemcke

November 6, 13, 20 & 27 (4 Wednesdays)

2:00 to 4:00 pm

*Chelsea Senior Center, 512 W. Washington St.,
Chelsea, MI*

If you've ever read a book and said, "I can do that," or want to share your life's journey, this interactive course will simplify the process of writing creative stories or memoirs that capture a reader's attention. It will focus on seven key elements of creative writing: Character, Setting, Viewpoint, Plot, Structure, Dialogue, and Conflict. This course will also include a brief overview of publishing options and criteria. Optional writing exercises will help flex those writing muscles, and the instructor will offer a critique of the first 500-words for interested attendees at the end of the course.

Doris Lemcke, a native of Saginaw, Michigan, is a retired Human Resources executive and has taught advanced business and writing courses at Delta and Saginaw Valley State Universities in Saginaw, MI. She has been guest speaker at numerous professional and writing events, taught community education writing and grammar courses and was keynote speaker at Mid-Michigan Writers' workshop "Speaking of Words." Doris is a commercially published author of a three-book historical series: *The Langesford Legacy: RebelTreasure, White Mountain Spirit* and *Champagne Promises*. In addition to the series, she has published *Legacy of Lies*, a Michigan-based mystery set in Detroit and Michigan's Upper Peninsula.

STRESS, SLEEP, DEPRESSION & AGING:

Where Do They Meet and How Do We Treat?

Dr. John Greden

September 9 (1 Monday)

10:30 am to 12:30 pm

Silver Maples, 100 Silver Maples Dr., Chelsea, MI

Stresses do not cease as we age; they may even increase. Sleep patterns change considerably with aging. Medical illnesses tend to appear. New medications may alter our brain functions. Losses of families and friends require adjustments. These variables help explain why clinical depressions, anxieties and related disorders LEAD World Health Organization (WHO) disability ratings when compared to all other medical illnesses. They also explain why, "one size treatment will never treat all," why it is so important that individuals and their clinicians understand the best strategies to select and deliver such treatments, and how new medical tests may now aid clinicians in selecting such treatments. There will be ample time for questions and discussions.

Dr. John F. Greden is the Rachel Upjohn Professor of Psychiatry and Clinical Neurosciences in the Department of Psychiatry, Founder and Executive Director of the University of Michigan Depression Center. He joined the faculty at the University of Michigan's Department of Psychiatry from 1985 to 2007 when he stepped down to focus on directing the Depression Center and developing the National Network of Depression Centers. Dr. Greden earned his B.S. and M.D. at the University of Minnesota, completed his internship at Harbor/UCLA, and his psychiatry residency at the University of Minnesota Hospitals and Walter Reed Army Medical Center in Washington, D.C. He has authored and co-authored more than 400 articles. He has almost three decades of NIH funding as investigator, co-investigator and consultant. Major research themes have focused upon studying biomarkers and developing treatment strategies to prevent recurrences of depression and bipolar disorders.

PLEASE NOTE

The ALI KICK-OFF Event will be held on Tuesday, August 13th from 10:00 am to 12:00 noon at Silver Maples. Come hear class teasers from the Fall 2019 Instructors and enjoy light refreshments.

We are grateful for the continued support of the Chelsea Retirement Community, Silver Maples, Cedars of Dexter, Chelsea Senior Center, Chelsea District Library, 5 Healthy Towns, as well as St. Mary, and St. Paul's Churches.