



Join Us !

We hope you will take advantage of several of the activities and events planned for you in the attached schedule. The schedule is always a bit lighter in January and February as the weather can be a factor. Please call me if you have program suggestions or any questions about our program. I welcome the opportunity to talk with you and encourage you to invite your friends to join you and enjoy learning together as well as getting to know others.

The third Friday of every month (except this coming May it will be the second Friday) we have our monthly “Bits and Bites” meeting from 11:30 am to 1:00 pm. We have a bite to eat at 11:30 am and then are engaged in a bit of learning from noon to 1:00 pm although sometimes we run over a bit as we may have questions or a lively discussion. The topics are different each month and most of them have been requested by our members. You do not need to be a member to participate in these meetings or any of the other programs we offer but members do receive a substantial discount. Also, seniors 60+ in age who register in our academic classes receive a 50% tuition discount.

If you haven't already done so I encourage you to enroll in our one day “Brain Booster Camp” (either March 23 or June 8). You can contribute to keeping your brain healthy if you know what to do and then actually practice the skills. You will learn about the new brain science of “neurobics” which engages different regions of the brain and stimulates the creation of new neural pathways and learn how you can do simple brain exercises everyday. Neurobics exercises will do for the brain what aerobics does for the lungs.

Put on your calendars Friday, May 4th from 9:00 am to 1:00 pm. At this FREE “Health for Life Expo” you will have the opportunity to dialogue with over 100 health care professionals from our regional hospitals, other agencies and health related businesses.

For the past several years I have been taking seniors on international group trips (usually in May or October). Although a final decision has not been made, there is a strong possibility we will go on wildlife safaris in Kenya, Africa in May of 2013. I am also looking into trips to Greece and the Greek Islands or to a few European countries. If you would like to be on our mailing list to receive information about future international trips please call me.

Best Wishes for a wonderful 2012 filled with good health, smiles and memorable moments!

Sue Montesi

Phone: (989) 686-9325 or from Midland area (989) 495-4000, ext. 9325

Email : susanmontesi@delta.edu

JANUARY 2012



| Date/Time/Place | Event and Description | Cost |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Date: Saturday, January 14 Time: 1:00-2:00 pm</p> <p>Location: Bay County Historical Museum 321 Washington Avenue Bay City</p> | <p>The Wenonah Hotel Fire This very special landmark in downtown Bay City burned on Saturday, December 10, 1977 and brought out great heroism as well as regional cooperation to meet this community disaster. Join fireman Robert Davey as he shares his personal perspective as a fireman who fought the blaze, and see actual log transmissions from the tragic event. Today the site is another community landmark...the Delta College Planetarium!</p> | <p>FREE event</p> |
| <p>Date: Four Wednesdays January 18 thru February 8</p> <p>Time: 10:00 am – 12:00 noon</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Photography I Did you just get a digital camera over the holidays or have you had one for awhile but still need to learn how to use it and how to take great photos? Taught by professional and free-lance photographer Dan Tomczak this four session class will cover: photo composition; proper use of natural light as well as flash; ISO; exposure compensation; basics of the camera meter; correct ways to use auto focus. You will have weekly “fun” assignments, class critiques and discussions. All assignments will be shot in the program mode. You must provide own camera.</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1010- WN100 or Call (989) 686-9444</p> <p>Enrollment limited to 12</p> |
| <p>Date: Wednesday, January 18 Time: 7:00 – 8:00 pm</p> <p>Location: Townsley Auditorium MidMichigan Medical Center Midland</p> | <p>Parkinson’s Disease: Origins and Therapeutics Learn more about the possible causes of Parkinson’s Disease and the latest research that could lead to new treatment options. Dr. Jack Lipton will review the possible protective effects of deep brain stimulation, adult stem cells and brain repair, as well as the impact of stress and depression on individuals with Parkinson’s Disease.</p> | <p>FREE seminar</p> <p>Registration is required. Call MidMichigan Health line Toll-free at 1-800-999-3199</p> |
| <p>Date: Friday, January 20 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Main campus N008 (lower level) Cafeteria Conference Room</p> | <p>“Bits and Bites” Monthly Learning Meeting Unfortunately seniors are often targets for crimes as we are seen as vulnerable. This program will provide many tips for your safety and security and also provide some basic personal defense techniques taught by Lieutenant Steven Witzke, Public Safety Manager at Delta College. Regardless of age or physical ability, we all need knowledge to protect ourselves. Please wear slacks and flat shoes so you can actually participate in self defense strategies. Information is the best crime prevention!</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members</p> <p>Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-WN100 or Call (989) 686-9444</p> |
| <p>Date: Monday & Wednesday January 23 and 25 Time: 5:00 – 9:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>Basic Web Design Learning to build your web site(s) using HTML will give you far better control over the process and ultimately your web sites. This course is designed for those who want to learn the basics of creating web pages as you will gain an understanding of structured text, creating links and tables, how to use images and creative style sheets. A web page is essential if you have or plan to have a small business. Prior to enrolling in this program you must have computer and internet usage knowledge.</p> | <p>Cost: \$ 79.00 50+ members \$ 89.00 non-members</p> <p>Must advance register in LifeLong Learning course CBC-1065-WN200 or Call (989) 686-9444</p> <p>Textbook required</p> |
| <p>Date: Saturday, January 28 Time: Day Trip Mitchell Motorcoach</p> <p>Location: Fisher Theatre Detroit, MI</p> | <p>Million Dollar Quartet This Broadway musical smash hit was inspired by the true story of four rock ‘n roll icons...Elvis Presley, Johnny Cash, Carl Perkins, and Jerry Lee Lewis. This thrilling musical brings you inside the Sun Records recording studio to recreate the December 4, 1956 greatest jam session. You’ll love the music and want to sing along with many of the musical classics by these four icons.</p> | <p>Cost: \$ 109.00</p> <p>Includes motorcoach trip and matinee show. Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |

FEBRUARY 2012



| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Saturday, February 11 Time: 9:00 am – 5:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>Social Media for Business With websites such as MySpace, Twitter, LinkedIn and Facebook becoming more and more popular, businesses are struggling to figure out which avenue works best for them, how to utilize the tools being offered, and how to manage the content being shared on these sites. This class addresses the pros and cons of businesses utilizing social networking on line, techniques for usage and also reviews the benefits and services the most popular websites have to offer today.</p> | <p>Cost: \$ 79.00 50+ members \$ 89.00 non-members</p> <p>Must advance register in LifeLong Learning course CBC-1237- WN400 or Call (989) 686-9444</p> <p>Textbook required</p> |
| <p>Date: Saturday, February 11 Time: 1:00-2:00 pm</p> <p>Location: Bay County Historical Museum 321 Washington Avenue Bay City</p> | <p>“St. Joseph Catholic Church” Established in 1850, St. Joseph Catholic Church is the oldest Catholic church in the Saginaw Valley region. Join Doris Maillette for a look back at the church’s earliest beginnings as a French-Canadian congregation to today’s diverse membership and role in our local community.</p> | <p>FREE EVENT</p> |
| <p>Date: Thursday, February 16 Time: 6:30 – 8:00 pm</p> <p>Location: Bay City Center for Rehabilitation Bay Regional Medical Center West Campus 3190 E. Midland Road</p> | <p>Living in the Golden Years Although many older people laugh jokingly about the “Golden Years”, the truth is that most of us will experience some age related health conditions that decrease independence. Sandra Lauria, Occupational Therapist will discuss some of these conditions that impact our lives and offer advice on how to make the most of these golden years.</p> | <p>FREE program</p> <p>Call (989) 667-6600 or register on line at bayregional.org and click on the “Classes & Events” tab at the top of the website</p> |
| <p>Date: Friday, February 17 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Main campus N008 (lower level) Cafeteria Conference Room</p> | <p>“Bits and Bites” Monthly Learning Meeting Heart disease and strokes are leading causes of death and disability in the U.S. Today you will learn about risk factors and lifestyle changes that can decrease your risk, as well as signs and symptoms that require medical attention as quick intervention is often the difference between life and death, a major disability or a minor one. Presenters will be Diane Benson, RN and Debi Pilot, Care Consultant.</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members</p> <p>Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-WN100 or Call (989) 686-9444</p> |
| <p>Date: Four Tuesdays February 21 – March 13 Time: 6:30-8:30 pm OR Four Wednesdays February 22 – March 14 10:00 am – 12:00 noon</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Photography II Taught by professional and free-lance photographer Dan Tomczak, this four session class will take you off of the program mode and into the manual mode to let you expand your creativity. Topics will include; metering; aperture priority; shutter priority; night photography; black and white photography and many composition techniques. You will have weekly “fun” assignments, class critiques and discussions. You must have already successfully completed the Photography I course and also provide your own camera.</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1011- WN300 (evenings) or CFC-1011-WN100 (day section) or Call (989) 686-9444</p> |
| <p>Date: Friday, February 24 Time: !2 noon -1:00 pm</p> <p>Location: Wirt Public Library 500 Center Avenue Downtown Bay City</p> | <p>Booked for Lunch Dave Rogers will review the first book <u>Fall of Giants</u> in the “Century” trilogy by well known author Ken Follett. The book follows the destinies of five interrelated families through the earth shaking events of the First World War and the Russian Revolution. The second book in the series is scheduled to be published in the second half of 2012.</p> | <p>FREE Bring your own lunch or order from The Mug@Wirt Café. No registration required.</p> |
| <p>Date: Wednesday, February 29 Time: 12:00 noon-1:30 pm Location: Delta College Main Campus</p> | <p>Misbehaving Women: Civil and Uncivil Reactions to Sexism This special brown bag lunch program will be led by Delta College history instructor Amy French. What is civility? Are there different standards today? What are the expectations of women?</p> | <p>FREE program</p> |

MARCH 2012



| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Friday, March 2 Time: 9:00 am – 3:00 pm</p> <p>Location: Delta College Midland Center 1025 Wheeler Street Midland, MI</p> | <p>Computer Basics Class only for those 50+ in age This one day workshop is designed for those of us who are 50+ in age. It is a perfect class if you want to learn about how to use a computer for personal use without having to learn a lot of technical terminology or the technical aspects of how a computer functions. You will learn about basic functions of the computer including: how to correctly use a “mouse”; passwords and computer security; learn basic keyboard and computer desktop functions; be introduced to Microsoft basics including toolbars; learn how to use Windows basics such as the calculator; computer menus; etc. Each person will be using a computer so you will be learning by doing! Printed handouts will be provided.</p> | <p>Cost: \$ 39.00 50+ members \$ 49.00 non members Includes morning refreshments, lunch & materials</p> <p>Must advance register in LifeLong Learning course CBC-2000-WN100 or Call (989) 9444</p> |
| <p>Date: Friday, March 2 Time: !2 noon -1:00 pm Location: Wirt Public Library 500 Center Avenue Downtown Bay City</p> | <p>Booked for Lunch Joaquin Guerrero, retired police officer from the K-9 (canine) unit of the Saginaw Police Department and co-author of <u>Michigan & Rookie: Guardians of the Night</u>, will review his book and he may also bring his dog, “Rookie II” to this program.</p> | <p>FREE Bring your own lunch or order from The Mug@Wirt Café. No registration required.</p> |
| <p>Date: Two Tuesdays March 6 & 13 Time: 5:00 – 9:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>Social Media @ Home Wondering what all the hype is about? Social media is growing in importance and more people are using Facebook than email. Social media can be an extremely powerful tool to build your personal brand or to re-connect with family and friends...all of your grandchildren are using it too! This is an introductory course for those new to social media. Come and learn the basics of how social media works.</p> | <p>Cost: \$ 79.00 50+ members \$ 89.00 non members</p> <p>Must advance register for LifeLong Learning course CBC-1236-WN200 or Call (989) 686-9444 Textbook required</p> |
| <p>Date: Thursday, March 8 Time: 10:00 am – 12:00 noon OR 5:00 pm – 7:00 pm (Choose one session)</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue (located in Downtown Bay City)</p> | <p>Protecting Your Assets...Wills and Trusts Seminar Seminar leader Carol Thomas, Attorney at Law is a member of the State Bar of Michigan, including the Estate and Probate Section, the Elder Law Section and Health Care Section. Come to learn: how to protect your assets; what common legal mistakes people make which cause major financial problems later; current legal issues in estate planning that will help protect you and your family if someone enters a nursing home or is currently in a nursing home; what happens if you don't do any planning; the basics of deciding between a will and a trust.</p> | <p>FREE SEMINAR</p> <p>Call for reservations Limited Seating</p> <p>Call (989)793-2300 or Toll free 1-888-615-7592</p> |
| <p>Date: Friday, March 9 Time: 10:00 am – 2:30 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Who are your ancestors? This one day genealogy boot camp will get you started on the trail to finding your ancestors. We'll discuss how to organize what you know now, how to draw out those fascinating family stories from relatives and use the internet to start digging at the roots of your own trees. You will get tools for you to use at home like dictionaries of names for some obsolete diseases and professions and learn how to avoid some common roadblocks.</p> | <p>Cost: \$ 25.00 50+ members \$ 35.00 non members Includes soup for lunch!</p> <p>Must advance register in LifeLong Learning course CFL-1201-WN100 or Call (989) 686-9444</p> |
| <p>Date: Friday, March 9 Time: !2 noon -1:00 pm Location: Wirt Public Library 500 Center Avenue Downtown Bay City</p> | <p>Booked for Lunch Published in 2011, <u>State of Wonder</u> by author Ann Patchett is set in the Amazon jungle of Brazil where a drug has been found that can keep women fertile into their 70s. Come to hear Margaret Bird review this book of suspense.</p> | <p>FREE Bring your own lunch or order from The Mug@Wirt Café. No registration required.</p> |
| <p>Date: Friday, March 9 Time: 1:00 – 2:30 pm Location: Delta College Main Campus</p> | <p>“Back in our Day...Changing Definitions of Civility” Panel presentation and discussion facilitated by Delta College History Associate Professor Laura Dull. All ages are encouraged to attend for this generational discussion.</p> | <p>FREE</p> |
| <p>Date: Saturday, March 10 Time: 8:00 am – 5:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>About Boating Safety Taught by members of the U.S. Coast Guard Auxiliary, this exciting, in-depth course will cover topics such as: boating law, boating safety equipment, navigation, and trailering. This beginner course will give you the knowledge needed to obtain a boat license or safety certificate in many states and many insurance companies also offer discounts to boaters who successfully complete the course.</p> | <p>Cost: \$ 35.00</p> <p>Must advance register in LifeLong Learning course CSS-1002- WN 100 or Call (989) 686-9444</p> |

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| <p>Date: Saturday, March 10 Time: 1:00-2:00 pm</p> <p>Location: Bay County Historical Museum 321 Washington Avenue Bay City</p> | <p>50th Anniversary of Delta College The Bay County Historical Society salutes the celebration of the 50th Anniversary of Delta College. Join members of Delta College's faculty and staff as they present a timeline of the College from an initial 1800 students to over 17,000 today. You will also learn about projects being planned for the next 50 years.</p> | <p>FREE EVENT</p> |
| <p>Date: Tuesday, March 13 Time: 6:30 – 8:00 pm Location: Bay City Center for Rehabilitation Bay Regional Medical Center West Campus 3190 E. Midland Road</p> | <p>Get Ready for Golf Kevin Foster, Physical Therapist will give you several tips to get you ready for the gold season. Learn a quick routine for a safe warm-up and cool down to reduce pain and fatigue, review causes and prevention of common golf injuries and learn easy exercises for swing enhancement and control. Whether you are a novice or an expert, take this opportunity to improve.</p> | <p>FREE program</p> <p>Call (989) 667-6600 or register on line at bayregional.org and click on the "Classes & Events" tab at the top of the website</p> |
| <p>Date: Friday, March 16 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Main campus N008 (lower level) Cafeteria Conference Room</p> | <p>"Bits and Bites" Monthly Learning Meeting Do you remember hearing about the Dionne Quintuplets? Born two months prematurely in 1934 to a Canadian farm couple, the five identical baby girls survived to become medical miracles...the first quints to survive. Instant media celebrities, they were removed from their parents and exhibited as a tourist attraction by the Canadian government. Come and hear from local historian Floyd Andrick about his personal connection to the family and the fascinating saga of their lives over the years.</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-WN102 or Call (989) 686-9444</p> |
| <p>Date: Friday, March 23 Time: 9:00 am – 3:00 pm</p> <p>Location: Delta College Main campus N012 (lower level) Cafeteria Conference Room</p> | <p>"Brain Booster Camp" Everything we do, everything we are is based on how our brain functions. This very interactive all day program will introduce you to learning about how your brain functions, get you involved in neurobics (brain sharpening exercises which create new brain pathways), and will provide many brain tips and fun facts that you can use. Using a variety of games and interactive activities, we will focus on concentration, perception, memory, reasoning, and skills as we explore brain fitness. This is one opportunity you don't want to miss as the benefactor will be YOU!</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members Includes lunch and materials</p> <p>Must advance register in LifeLong Learning course COE-1027-WN100 or Call (989) 686-9444</p> |
| <p>Date: Friday, March 23 Time: !2 noon -1:00 pm</p> <p>Location: Wirt Public Library 500 Center Avenue Downtown Bay City</p> | <p>Booked for Lunch Midland author Jody Hedlund will talk today about her two books currently published....<u>The Preacher's Bride</u> and <u>The Doctor's Lady</u>. She will also preview her new book scheduled to be published in the fall of 2012.</p> | <p>FREE Bring your own lunch or order from The Mug@Wirt Café. No registration required.</p> |
| <p>Date: Four Tuesdays March 27 through April 17 Time: 6:30-8:30 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Photography I Taught by professional and free-lance photographer Dan Tomczak this four session class will cover: photo composition; proper use of natural light as well as flash; ISO; exposure compensation; basics of the camera meter; correct ways to use auto focus. You will have weekly "fun" assignments, class critiques and discussions. All assignments will be shot in the program mode. You must provide own camera.</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1010- WN301 or Call (989) 686-9444</p> <p>Enrollment limited to 12</p> |
| <p>Date: Four Wednesdays March 28 through April 18 Time: 10:00 am – 12:00 noon</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Photography I Taught by professional and free-lance photographer Dan Tomczak this four session class will cover: photo composition; proper use of natural light as well as flash; ISO; exposure compensation; basics of the camera meter; correct ways to use auto focus. You will have weekly "fun" assignments, class critiques and discussions. All assignments will be shot in the program mode. You must provide own camera.</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1010- WN101 or Call (989) 686-9444</p> <p>Enrollment limited to 12</p> |
| <p>Date: Friday, March 30 Time: !2 noon -1:00 pm</p> <p>Location: Wirt Public Library 500 Center Avenue Downtown Bay City</p> | <p>Booked for Lunch Have you read <u>Destiny of the Republic: A tale of Madness, Medicine, and the Murder of a President</u> by author Candice Millard ? This New York Times Notable Book of 2011 will be reviewed today by Pam Binder.</p> | <p>FREE Bring your own lunch or order from The Mug@Wirt Café. No registration required.</p> |

APRIL 2012



| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Sunday, April 8 8:00 pm – 8:30 pm</p> <p>Location: Your own home !</p> | <p>Second Act...Life at 50+ View this new Delta College television show which is sponsored by the new 50+...Just Like Gold program. View it on the Delta College PBS station (station number depends on your cable or satellite provider or local station number)</p> | <p>FREE</p> |
| <p>Date: Friday, April 13 Time: 9:00 am – 1:00 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Connect with the Sky Our universe is spectacular and yet most of us know very little about the sky and all the wonderful objects that surround planet Earth. This special program will be divided into three parts and led by astronomer Bill Mitchell: “A Treat for the Eyes”(learning about & enjoying the sky with your unaided eyes and binoculars) “Enhancing the View” (telescope basics & what they offer) “Fun on Cloudy Nights” (computer resources for stargazing)</p> | <p>Cost: \$ 15.00 50+ members \$ 25.00 non members Includes materials & morning refreshments</p> <p>Must advance register in LifeLong Learning course CDS-1075-WN100 or Call (989) 686-9444</p> |
| <p>Date: Tuesdays April 17 & 24 Time: 5:00 – 9:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>Basic Web Design Learning to build your web site(s) using HTML will give you far better control over the process and ultimately your web sites. This course is designed for those who want to learn the basics of creating web pages as you will gain an understanding of structured text, creating links and tables, how to use images and creative style sheets. A web page is essential if you have or plan to have a small business. Prior to enrolling in this program you must have computer and internet usage knowledge.</p> | <p>Cost: \$ 79.00 50+ members \$ 89.00 non-members</p> <p>Must advance register in LifeLong Learning course CBC-1065-WN201 or Call (989) 686-9444</p> <p>Textbook required</p> |
| <p>Date: Friday, April 20 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Main campus N008 (lower level) Cafeteria Conference Room</p> | <p>“Bits and Bites” Monthly Learning Meeting Medicare, Long Term Care Insurance, anticipating the types of care that will be needed....all three are important when making decisions about services you or your loved one will need as we age. Come and hear from the professionals: Janet Paetz, Senior Benefit Services Specialist in Medicare, Medigap and Medicare Advantage; Scott Hagenback, CPA, CFP, FIC & Financial Consultant; Debi Pilot, Care Consultant with Lutheran Homes of Michigan-Personal Assistance Division. Information and time for your questions!</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-WN103 or Call (989) 686-9444</p> |
| <p>Date: Thursday, April 26 Time: 6:30 – 8:00 pm Location: Bay City Center for Rehabilitation Bay Regional Medical Center West Campus 3190 E. Midland Road</p> | <p>“Where did I put my keys?” Many people fear the loss of their memory as they age. This workshop led by Occupational Therapist Kelly Harvey will provide you with information about what is considered “normal” for memory functioning, tips to improve your memory and help for taking care of a loved one with dementia.</p> | <p>FREE program</p> <p>Call (989) 667-6600 or register on line at bayregional.org and click on the “Classes & Events” tab at the top of the website</p> |

MAY 20103



50+ Health for Life Expo
Friday, May 4: 9:00am -1:00 pm
Delta College Main Campus

*All four major regional hospitals, many other vendors
Exhibits, educational seminars, speakers, interactive activities*

FREE event

| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Four Tuesdays May 1 – May 22 Time: 6:30 – 8:30 pm</p> <p>Location: Delta College Main Campus</p> | <p>Photography II Taught by professional and free-lance photographer Dan Tomczak, this four session class will take you off of the program mode and into the manual mode to let you expand your creativity. Topics will include; metering; aperture priority; shutter priority; night photography; black and white photography and many composition techniques. You will have weekly “fun” assignments, class critiques and discussions. You must have already successfully completed the Photography I course and also provide your own camera.</p> | <p>Cost: \$49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1011- SP300 or Call (989) 686-9444</p> |
| <p>Date: Four Wednesdays May 2 – May 23 Time: 10:00 am -12:00 noon</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Photography II Taught by professional and free-lance photographer Dan Tomczak, this four session class will take you off of the program mode and into the manual mode to let you expand your creativity. Topics will include; metering; aperture priority; shutter priority; night photography; black and white photography and many composition techniques. You will have weekly “fun” assignments, class critiques and discussions. You must have already successfully completed the Photography I course and also provide your own camera.</p> | <p>Cost: \$49.00 50+ members \$ 59.00 non members</p> <p>Must advance register in LifeLong Learning course CFC-1011- SP100 or Call (989) 686-9444</p> |
| <p>Date: Friday, May 4 Time: 9:00 am -1:00 pm</p> <p>Location: Delta College Main campus Gymnasium and main hallways</p> | <p style="text-align: center;">50+ Health for Life Expo</p> <p>Do you want to enhance the quality of your life? This is your opportunity to talk with health care professionals and vendors of health products about your health status and developing healthy lifestyle habits. There will be health care screenings, interactive activities, demonstrations, and many exhibits of health care products and services which focus on the 50+ population. Major sponsors are: Bay Regional Medical Center, Covenant Healthcare, MidMichigan Health, St. Mary’s of Michigan, WSGW radio station and Delta College.</p> | <p>FREE event</p> <p>FREE parking</p> <p>No advance registration</p> |
| <p>Date: Saturday, May 5 Time: Day Trip</p> <p>Mitchell Motorcoach Trip</p> <p>Location: Grand Rapids, MI</p> | <p>Frederick Meijer Gardens and Sculpture Park Spring is one of the best times to discover the beauty and splendor of the botanic gardens and internationally acclaimed sculpture park. Walking the outdoor nature trails and visiting the indoor areas/galleries will be a real treat. The gardens also have the largest tropical conservatory in the State of Michigan and the farm garden will acquaint you with Michigan farm products. There is always something special to see and experience. A lunch voucher to their “Taste of the Garden’s Café” is included.</p> | <p>Cost: \$ 79.00 Includes motorcoach trip , lunch voucher and tram tour</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |
| <p>Date: Tuesday, May 8 Time: Day Trip Mitchell Motorcoach Trip</p> <p>Location: Holland, MI</p> | <p>Holland Tulips Come join us as we travel to the west side of the state to celebrate spring and Tulip Time! Our day will consist of lunch at Hope College, followed by a Dutch-costumed guide boarding our motorcoach to show us around the city of Holland and concluding with a stop at Veldheer Tulip Farm. This is a much better time to visit the area and see the tulips as the week-end will have large crowds of visitors.</p> | <p>Cost: \$ 99.00 Includes motorcoach trip</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |
| <p>Date: Six Thursdays May 10 thru June 14 Time: 7:00 – 9:00 pm</p> <p>Location: Delta College Main Campus</p> | <p>Sailing Fundamentals Have you always wanted to learn how to sail but didn’t know where to start? This classroom-based beginner course will introduce you to the basic knowledge and skills that you will need to start your sailing adventures! We will cover sailing terminology, basic sailing theory and techniques, knot-tying, safety and legal requirements, and sailing organizations. No prior sailing or boating experience is required.</p> | <p>Cost: \$ 79.00 50+ member \$ 89.00 non members</p> <p>Must advance register in LifeLong Learning Course CSS-1001- SP100 or Call (989) 686-9444</p> |

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| <p>Date: Friday, May 11 Time: 9:00 am – 3:00 pm</p> <p>Location: Delta College Midland Center 1025 Wheeler Street Midland, MI</p> | <p>Internet Basics Class only for those 50+ in age This one day workshop is designed for those of us who are 50+ in age and already have some basic knowledge of how to use a personal computer. You will learn how to: select an internet provider; find information on the World Wide Web using various search engines; use email to communicate with family and friends; use the bookmark function for favorite sites; identify security issues and safe sites for making purchases via the internet; safely communicate on public websites. Each person will be using a computer so you will be learning by doing!</p> | <p>Cost: \$ 39.00 50+ members \$ 49.00 non members</p> <p>Includes morning refreshments, lunch & materials</p> <p>Must advance register in LifeLong Learning course CBC-2001-SP100 or Call (989) 9444</p> |
| <p>Date: Friday, May 11 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>“Bits and Bites” Monthly Learning Meeting Social Media....Chances are your children, grandchildren and many friends are using it every day to communicate. Some of the common social media sites are Facebook, Youtube and Twitter but there are many others also available and this form of communication is growing at an extremely fast pace. It currently accounts for almost 30% of all time used on-line! Businesses, banks, government and educational agencies now all use it. Come to learn what the hype is all about, why and how you can use it and the pitfalls to avoid.</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-SP100 or Call (989) 686-9444</p> |
| <p>Date: Saturday, May 19 Time: Day Trip Mitchell Motorcoach Trip</p> <p>Location: Detroit, MI</p> | <p>Eastern Market Join us for a fun day at the historic open-air market known for its fresh food...everything from luscious and colorful farm fresh fruits and vegetables, meat products, herbs and spices, nuts, and candies to a variety of condiments spread over a 43 acre area. There are more than 250 independent merchants, You can bring along a cooler for your purchases as we will store it for you on the bus in the luggage area. A great way to welcome spring!</p> | <p>Cost: \$ 49.00 Includes motorcoach trip</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |

JUNE 2012



| Date/Time/Place | Event and Description | Cost |
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| <p>Dates: Tuesday & Thursday June 5 and 7 Time: 5:00 – 9:00 pm Location: Delta College Midland Center 1025 Wheeler Street Midland</p> | <p>AARP Driver Safety Program This special AARP program has helped millions of drivers 50+ learn safety strategies and tips to help them adapt to physical and mental changes related to aging. You will learn defensive driving techniques, new traffic laws, rules of the road and you do NOT take a test. <i>Some Michigan insurance companies offer an automobile insurance discount if you complete the course. Payment collected at first session.</i></p> | <p>Cost: \$ 12.00 AARP members \$14.00 all others</p> <p>Must advance register in LifeLong Learning course CFH-1300-SP101 or Call (989) 686-9444</p> |
| <p>Date: Sunday, June 3 Time: 8:00 pm – 8:30 pm Location: Your own home !</p> | <p>Second Act...Life at 50+ View this new Delta College television show which is sponsored by the new 50+...Just Like Gold program. View it on the Delta College PBS station (station number depends on your cable or satellite provider or local station number)</p> | <p>FREE</p> |
| <p>Date: Friday, June 8 Time: 9:00 am – 3:00 pm Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>“Brain Booster Camp” Everything we do, everything we are is based on how our brain functions. This very interactive all day program will introduce you to learning about how your brain functions, get you involved in neurobics (brain sharpening exercises which create new brain pathways), and will provide many brain tips and fun facts that you can use. Using a variety of games and interactive activities, we will focus on concentration, perception, memory, reasoning, and skills as we explore brain fitness. This is one opportunity you don't want to miss as the benefactor will be YOU!</p> | <p>Cost: \$ 49.00 50+ members \$ 59.00 non members Includes lunch and materials</p> <p>Must advance register in LifeLong Learning course COE-1027-SP100 or Call (989) 686-9444</p> |

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| <p>Date: Friday, June 15 Time: 11:30 am – 1:00 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue</p> <p>Downtown Bay City</p> | <p>“Bits and Bites” Monthly Learning Meeting STRESS, the Mind-Body Connection will be the focus of today’s program. Although stress is a normal part of our daily lives, we all need to learn how to recognize the signs of stress as well as coping techniques as stress can directly affect the immune system. You will learn the categories of stress, the differences between good stress/eustress and bad stress/distress and some basic stress reduction techniques so you can have better control over the effects of stress.</p> | <p>Cost: \$ 5.00 50+ members \$ 10.00 non-members Lunch included</p> <p>Must advance register in LifeLong Learning course CDS-1050-SP101 or Call (989) 686-9444</p> |
| <p>Date: Saturday, June 23 Time: Day Trip Mitchell Motorcoach Trip</p> <p>Location: Cornwell’s Theatre Turkeyville USA (near Marshall, MI)</p> | <p>Route 66 Follow a gang of rowdy Chicago service station attendants (“grease monkeys”) as they hit the road filled with music, dance and highway mischief. The talented quartet will entertain you with rock and pop music from the 1950’s and 1960’s. Make your reservation today for this comic antic and tight-harmony vocal show. You’ll also have some time to visit the gift shop and bakery for some take-home treats.</p> | <p>Cost: \$ 79.00 Includes motorcoach trip, turkey dinner and show</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |
| <p>Date: Wednesday, June 27 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Shippshewana, Indiana</p> | <p>Shippshewana On Tuesdays and Wednesdays the normally quiet streets of this town come to life with shoppers coming to one of the nation’s largest outdoor flea markets. Wednesdays is also the Antique Auction. Food stands throughout the market serve up Amish Country favorites and you can also enjoy a slower paced meal at one of many restaurants. Go ahead and load up on bargains for there will be plenty of room aboard our motor coach in the lower baggage compartments. Enjoy the day with friends!</p> | <p>Cost: \$ 89.00</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |

JULY 2012



| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Saturday, July 7 Time: 5:30 – 11:00 pm</p> <p>Location: Delta College Planetarium & Learning Center 100 Center Avenue Downtown Bay City</p> | <p>Independence Day Celebration with Bay City Fireworks This is a very special evening program that is festive and popular so tickets are usually sold out at least a week in advance. You will enjoy a wonderful buffet dinner, a reserved parking space, special entertainment, a private planetarium show with our new 360° digital equipment (circle vision is amazing as the image is all around you), and then view the Bay City spectacular fireworks from our observation deck (chairs provided) at the top of our building while you enjoy beverages and snacks. This is the 50th year of the Bay City Fireworks and it will be particularly spectacular this year.</p> | <p>Cost: \$ 80.00/ person</p> <p>Tickets limited and must be purchased in advance</p> <p>Call (989) 667-2260 or 667-2261</p> |
| <p>Date: Tuesday, July 17 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Port Clinton, OH</p> | <p>Put In Bay What a fantastic way to spend a wonderful summer day. Put-in-Bay is located 15 miles northwest of Sandusky, Ohio and is a village located on South Bass Island. You will board the Jet Express for a 20 minute ferry boat ride to the island where a tram will await you to take you on a special one hour tour. After the tour you will be free to explore on your own. A \$10 food voucher is also included.</p> | <p>Cost: \$ 120.00</p> <p>Includes motorcoach trip, ferry boat to island, tram tour and lunch voucher. Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |
| <p>Date: Saturday, July 21 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Ann Arbor, MI</p> | <p>Ann Arbor Art Fair This is really four art fairs in one! Hundreds of artists from several states and some foreign countries selling their designs and original work in clay, fibers, printmaking, glass, sculpture, photography, oils, pastels, mixed media, jewelry, etc. There will also be street performers, artist demonstrations and food vendors. Bus shuttle service also available. Whether you are buying or just looking, you will have a wonderful day.</p> | <p>Cost: \$49.00</p> <p>Includes motorcoach trip</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |

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| <p>Date: Thursday, July 26 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Dearborn, MI</p> | <p>Titanic Exhibit April, 2012 marked the 100th anniversary of the sinking of the RMS Titanic while on its maiden voyage. Come with us as we tour the exhibit filled with over 300 artifacts recovered from this famous ship. There will also be re-creations of decks and cabins as well as rarely seen photos. Learn about those who died, those who survived and the impact this event had on so many families.</p> | <p>Cost: \$79.00 Includes motorcoach trip & Henry Ford Museum entrance fee</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited</p> |
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AUGUST 2011



| Date/Time/Place | Event and Description | Cost |
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| <p>Date: Saturday, August 4 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Toledo, Ohio</p> | <p>Toledo Zoo Consider taking your grandchildren to the Toledo Zoo...one of America's top 10 family-friendly zoos. Let the zoo take you from the Arctic tundra to the wilds of Africa, from the tropical rainforest to the Sonoran Desert and all points between-all in one day! You will encounter animals ranging from mammoth African elephants and majestic bald eagles to tiny toads and delicate moon jellies. The zoo is home to over 9,000 mammals, fish, reptiles, amphibians, birds and invertebrates, representing over 800 species.</p> | <p>Cost: \$79.00 adults \$76.00 Seniors and children ages 2-11 Includes motorcoach trip, admission and box lunch.</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |
| <p>Date: Saturday, August 18 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Gross Pointe Shores, MI</p> | <p>Edsel and Eleanor Ford House Enjoy lunch on site before guides reveal the private side of the Ford family which reflects their love of family and passion for art and quality design. The house was designed by Albert Kahn to resemble a cluster of Cotswold village cottages, complete with stone roofs, vine-covered walls and lead-paned windows. You will tour 20 rooms including the impressive Gallery, the formal Drawing Room, the Study of Edsel Ford and Mrs. Ford's Sitting Room, the Master Bedroom as well as the bedrooms of the 4 children. Enjoy this historical legacy.</p> | <p>Cost: \$ 89.00</p> <p>Includes motorcoach trip, admission and lunch</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |
| <p>Date: Wednesday, August 29 Time: All Day</p> <p>Mitchell Motorcoach trip</p> <p>Location: Farmington Hills, MI</p> | <p>Holocaust Museum "Illuminating the Past, Enlightening the Future" is the phrase most often used to describe the mission of the nation's first freestanding museum. Take a docent (one specially trained in the history) led tour through the permanent and special exhibits of the museum. You will also have the opportunity to talk with a holocaust survivor. Lunch is included at Bucca di Beppo (well known Italian restaurant).</p> | <p>Cost: \$ 85.00 Includes motorcoach trip, admission and lunch.</p> <p>Advance registration/payment required. Call Frankenmuth Travel (989) 652-9977. Identify yourself as referred by Delta College as spaces are limited.</p> |

