

DESCRIPTION OF WORKSHOPS

Alphabetized by title followed by Session Numbers in which this class is available

A Grand Western Adventure (Session IV) Amy Buse

72 days and 8,777 miles across the great plains and beautiful Rocky Mountains! Join Amy for a recap of her journey from Michigan, Montana, and Utah. Amy will share lots of photos of national parks, national monuments, and historic sites, along with lots of beautiful scenery and many animals to see, even a troll!

All About Medicare 2024 (Sessions I, II) Adam Spedoske

This class will educate you on all aspects of Medicare Part A, B, C & D. It will also breakdown the differences between a Medicare Advantage Plan and Medicare Supplement (Medigap) Plan. We will discuss different strategies on how to save money on your prescription drugs.

Alternative Medicine CBD (Session IV) Rod Glupker

Everything you need to know about CBD and other cannabinoids. CBD is not marijuana. Learn the difference and why it may help you.

Alzheimer's Education (Sessions I, II) Stephanie Tabor MSN RN

Helping to share education on the disease including etiology, treatment and caring for loved ones with Alzheimer's or Dementia.

Bad Boy Baits (Session IV) Denny Tarbell

We will be assembling fishing lures and spinners.

Big Rapids Area History & Folklore (Session IV) Roger Schneidt, Robert King

Local history and folklore stories of Big Rapids and surrounding area.

Blue Zones: 9 Ways to Live Longer (Sessions II, III, IV) Jane Rozier

Learn the habits of people that live active lives well past the age of 100 years old. Find out where these "Blue Zones" unique communities are where the world's longest-lived people reside and are located and their secrets to a long life.

Build A Bird House (Sessions II, IV) Jim Grace

Build and take home a bird house for a Cardinal. **There will be a \$5 fee to cover the cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

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Buzz On Bees (Sessions III, IV) Tracey Thelen

We will discuss Bee keeping basics, touch on the history of bees and the challenges they face today. ****No live bees will be present during the presentation****

Card Making (Sessions I, II) Hope Shaw & Malinda Cross

Make 6 different cards using various stamps.

Chair Line Dancing (Session II) Elaine Grace & Maureen Arndt

This class is for Seniors who still love to dance, but because of disabilities cannot do traditional line dance.

Coin Collecting Workshop (Session I&II, III&IV)

This workshop will provide the basics of U.S coin identification and gradings as well as the history of some specific types of coins produced by the United States Mint. The workshop includes lecture, discussion and a hands-on grading and archiving exercise using coins.

Dotting With Jackie (Session I&II) Jackie Bailey

We will be making a Mandala Glass Christmas Ornament. Simply put, Mandala or Dotting as it is often called is the art of making geometric designs. We will be using dotting tools to make a beautiful Christmas Ornament for your tree or a gift! **THIS WILL TAKE SESSIONS 1 & 2 TO COMPLETE! There will be a \$15 fee to cover the cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

EnhanceFitness® (Session I) Stephanie Putansu

Teaching isolated muscles to work together preventing injury during daily living actions. Focusing on full range of motion and balance.

Fire Safety (Session IV) Patrick Maddox, Mark Watkins & Craig Johnson

General fire safety education by local fire chiefs. **This class will take place outside.**

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Flower Paint Party! (Session I&II) Andrea St. John

Create a painting with step-by-step instructions from beginning to end!

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General Emergency Preparedness (Session I) Patrick Maddox, Mark Watkins, & Craig Johnson

How to prepare for major disasters, build a kit, emergency alerts.

Get The Facts on Food Labels (Sessions III, IV) Renee Sanders

How do you read a nutrition facts label? What are important sections to focus on? The only way to know if a food is healthy or not is to read the nutrition facts label to see what's inside. Let's explore this together.

Hospital Indemnity: What Is It and Who Might Need It? (Session II) Nancy Courser

Supplement your current health coverage for less than a dollar a day. It's a cash benefit paid directly to you for your hospital stays, ambulance trips, outpatient services and more.

How To Eat to Not Die Of Disease (Session I) Mary Bechaz D.N.

Learn what foods and supplements to eat to keep your body at optimum health.

Identity Theft...Protecting Yourself! (Sessions III, IV) Brian Miller, Casey Nemeth

Sheriff Brian Miller and his associates will tell you how to be on the lookout, and how to protect yourself!

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Intro To Active Shooter Survival (Session II) Patrick Maddox, Mark Watkins, & Craig Johnson

How to survive and help others survive an active shooter situation by recognizing warning signs, how to RUN/HIDE/FIGHT, and what the emergency response coming in looks like.

Journey of Grief (Session I) Charleen "Charlie" Stroup

Understand unusual feelings, emotions, behaviors, and fears. Learn to process what we experience with loss and trauma and how our body keeps the score.

Keep The Whole World Singing (Sessions I, II) Dave Marasus

Sing-along to those great songs and hymns remembering the Good ol' Days!

Landscape Paint Party! (Session III&IV) Andrea St. John

Create a painting with step-by-step instructions from beginning to end!

THIS WILL TAKE SESSIONS THREE & FOUR TO COMPLETE! There will be a \$15 fee to cover the cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)

Line Dancing (Basic Beginners) (Session II) Elma Griffis

We will be showing you some basic first timer Line Dancing moves to get you moving and grooving.

MVAA Overview (Session IV) Allen Dow

We will be discussing the Michigan Veterans Affairs Agency and how they can help Veterans in need.

Navigating The Long-Term Care Maze (Session II) Todd Balkema

Wondering about the array of programs designed to support you and your family in paying for long term care needs whether at home, in an assisted living facility, or nursing home? Concerned about future expenses for yourself or a loved one? Join us to explore the available options for managing these needs. Benefit from the expertise of an Elder Law Attorney with over 25 years of experience.

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Navigating The World Through the Eyes Of Dementia (Session IV) Nicole Haney

How to understand Dementia and set the environment up to meet the need of the disease.

Neurobics: A Workout for Your Brain (Session IV) Christi Demitz

Come learn what Neurobics is and learn some exercises to strengthen your brain.

New Advances in Alzheimer's Treatment (III, IV) Susan Evans

We will talk about new advances in treatments, FDA approved treatments, and the impact of anti-amyloid treatments on the brain, as well as potential benefits, side effects, and pathways to access treatment.

Painting With Toinette (Session III&IV) Toinette Wicks

We will be painting a springtime abstract tree with acrylic paints on an 11x14 canvas! **THIS WILL TAKE SESSIONS 3 & 4 TO COMPLETE!** There will be a \$15 fee to cover cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)

QPR: Question, Persuade, Refer. Suicide Prevention. (Session I&II)

Evi Petersen & Haley Tracy

QPR is designed to be suicide prevention training for the public. By learning QPR you will come to recognize the warning signs, clues, and suicidal communications of people in trouble and gain skills to act vigorously to prevent a possible tragedy. **THIS WILL TAKE 2 SESSIONS TO COMPLETE!**

Rock~N~Art (Sessions I&II) Vicky Rockey

Create and display your own beautiful piece of artwork on a Lake Michigan Rock with acrylic paints and resin. We will be exploring different techniques to illustrate a woodland sunset. *Art supplies, instructions and display stand included. **THIS WILL TAKE SESSIONS 1 & 2 TO COMPLETE!** There will be a \$10 fee to cover cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)

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Stop The Bleed (Sessions IV) Patrick Maddox, Mark Watkins, & Craig Johnson

How to stop the bleeding to save lives by direct pressure, wound packing, chest seal, and tourniquet application

Straw Bale Gardening (Sessions I&II, III&IV) Tom Hulbert

Growing fruit, vegetables, and flowers in straw bales with minimal garden pests and no weeding.

Stroke Education (Session II) Annie Wilke

We will provide Stroke education, including signs and symptoms.

Substance Use Disorder-You Can Make a Difference (Session I)

Gail Bullard

Wonder what Fentanyl really is? Do you have concerns about the use of Narcan? Ever wonder why medications and substances are addicting to one person and not another? Join Gail Bullard, DHEd, RN for a discussion on substance use disorder, facts, myths, and the impact in our community.

Sunflower Hanging Wall Plaque (Sessions I,II)

Jodi Ehnis & Chris Canham

Come design and take home a beautiful piece of wall art that is perfect for a gift or to accent your own home.

Trails Trails Trails (Session III) Paul Griffith

I will talk about several trails available right here in Mecosta County.

Understanding Alzheimer's and Dementia (Sessions I, II) Susan Evans

Learn the difference between Alzheimer's and Dementia as well as the different stages and risk factors. We will also discuss current research and treatments.

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Watercolor Painting (Sessions I & III) Joyce Capen

This will take two sessions to complete! Create a watercolor to take with you! Painting to introduce basic watercolor techniques. Class size is limited so register quickly! **THIS WILL TAKE TWO SESSIONS TO COMPLETE!** **There will be a \$5 fee to cover cost of materials (Fee to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

Wood Burning Plaque (Sessions II, III, IV) Robert Routley

We will be using wood burning tools to make a beautiful plaque.

Writing To Heal Your Grief (Sessions II, III) Kelly Purdue

Ernest Hemingway stated, "Write hard and clear about what hurts" and he was right. The loss journey is challenging and overwhelming. The death of someone you love affects your heart, head, and spirit. Grief often involves a wide range of feelings. Those emotions are a natural response to the death of someone you love. You're not weird. You're not the only one. You're not crazy. Extensive research tells us writing – the simple act of putting down our thoughts and feelings on paper– is one of the most powerful and effective means to ease and ultimately heal sorrow. The soul knows what it needs to heal, and through writing it will lead you to where you need to go.

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We hope you will join us!

Fill out the online registration & join the fun!