IT’S FALL
Here’s your to-do list!

☐ Register for the Fall Salad Luncheon on Sept. 11.
☐ Sign up for a class or two or three.
☐ Have a great time!

REMEMBER WHEN YOU WERE A KID and excited to walk to school with the fall leaves crunching under your feet, all the while anticipating the fun you’ll have meeting up with your buddies? Yeah, coming to Prime Time in the fall is a lot like that. We have lots of new classes plus your favorites. Come find out about all of the offerings at the Annual Fall Showcase Salad Luncheon on Sept. 11. And hang out with your friends.
FROM OUR DIRECTOR,
KELLY ARNDT

IF you were around this summer, you might have seen some filming taking place, or you might have been filmed in one or more activities you participate in here at Prime Time. We are getting the word out about active aging in a big way! Soon you may see yourself or others you know in a 30-second public service announcement on a local TV station encouraging those ages 55 plus to be more active! We hope you’ll like it, but more importantly we hope you’ll join the active aging movement by participating or by spreading the word about Prime Time. We’d like to take this opportunity to thank those of you who served as actors during the two days of filming. We are so proud of you! Jim Levande and Jan Rosen – you rock!

Our staff values the contributions of our many members, and they share positive messages regarding aging with local media, in our Prime Time newsletter, on social media – particularly Facebook, during speaking engagements and person to person. Our message is simple, “Age does not define the value of a person.” Now it’s our members’ opportunity to share that message – and who better?!

Even though the summer’s coming to a close, which is a bummer, the students are back, which means we’re back into the swing of things. It’s been 17 years since we moved to the Hannah Community Center. The move created new avenues for participants to enrich their lives. Because of the move, we began offering intergenerational activities such as our Friday afternoon technology lab facilitated by MSU students; the Foot Care Clinic with T.L.C. provided by the students in the Lansing Community College of Nursing; Global and International Affairs with Chinese Medical Students; Adopt-a-Grandparent; and Art Buddies, a partnership with the East Lansing School District. All these activities formed new connections, and connectedness is the antidote to isolation.

In addition to being able to participate with a variety of ages, calling Hannah our home helped to alleviate views that our center is “just for older people and I’m not old.” When older adults refuse to go to a senior center because they don’t feel older, they’re often isolating themselves and miss out on opportunities with a variety of ages. Don’t let others define you. Define yourself. Join us and enrich your life!

There are people who come in and out of our lives during our lifetime and some leave lasting footprints. That is the case with Dr. Larry Krupka for me and many others who knew him. Larry passed away in July. His fun personality, kind demeanor, helpful ways and generous spirit will be missed around here, especially in the art studio. I’ll send positive energy to the cosmos because you were a star in my eyes, Larry!
Age Friendly Communities committee nears plan submission to AARP

Jim Levande, Senior Commission

East Lansing’s AFC Steering Committee is approaching the completion of its plan for submission to the AARP for approval. In addition to the Committee’s regular meetings supplemental editing sessions were held to compile and organize community input into the plan. The City of East Lansing Planning staff formulated the draft in digital format to aid the editing process. The expectation is to submit the plan to the AARP within the next month.

Prime Time has also been working with MSU’s AgeAlive Advisory Board to prepare a butterfly garden exhibit at the Hannah Community Center. Earlier this year, in a joint intergenerational effort of seniors and students, painted paper was prepared and constructed into butterflies that have been displayed in a local gallery. Once the Hannah Community Center display ends, plans are to move the display to other locations such as the Sparrow Hospital campus and the Broad Art Museum.

The display is based on a concept shown as part of the 2018 Grand Rapids Art Prize exhibit. Zahrah Resh is the creator of the “garden” concept. She prepared and displayed the exhibit for the Art Prize show. The Hannah show is scheduled to open on Sept. 5, 2019.

NEWS FROM THE FRIENDS

Judy Dunn, President of the Friends

The Friends of the Senior Program would like to thank the donors to the 2018 fundraising campaign. Look for the list of donor names in this newsletter. We will be doing our annual fundraising in October 2019. Please look for our appeal and consider supporting Prime Time with your dollars as it continues to help Prime Time offer programs and services. We would also like to thank Dr. Fred Poston for his service as president of the Friends. He is moving to Florida, and Judy Dunn will succeed him as president. Jane Beaudoin and Annaliese Wood have each opted for a second three-year term. We welcome two new Board members filling vacancies. They are Joy Ferguson and Nick Archer, both active members of Prime Time. The Friends will once again sponsor the Fall Open House and Salad Luncheon on Sept. 11. All donors are invited to attend our annual meeting on Sept. 12 at 10 a.m. at Hannah Community Center where we will elect officers.

PLEASE NOTE: The Hannah Community Center will close at noon on Sept. 27 for MSU Homecoming prep. We will also be closed on Veterans Day, Monday, Nov. 11.
Fall luncheon is Sept. 11

Join us on Wednesday, Sept. 11, at noon for Prime Time’s Annual Fall Showcase Salad Luncheon. In addition to a wonderful mix of salads and learning about new course offerings in our fall lineup, we’ll be treated to a presentation from Dr. Miko Rose, an assistant professor in the MSU Department of Psychiatry.

Rose is the creator and director of “The Joy Initiative,” a project she started for MSU’s medical colleges. She teaches the only class on the art and science of happiness and well-being in med schools in the U.S. Her upbeat, interactive approach to emotional resilience, happiness and mindfulness has led her to present training workshops for medical providers all over the country.

The cost of the luncheon is $8 for members and $10 for nonmembers, and leftovers will be available for purchase for only $2. RSVP and pay by Friday, Sept. 6, by calling 517-337-1113.

We gratefully acknowledge the Friends of East Lansing Seniors Program for sponsoring this luncheon and The Willows of East Lansing and Okemos for sponsoring Dr. Rose.

Thanksgiving Party slated for Nov. 20

Come celebrate a longtime Prime Time tradition and join friends for a wonderful Thanksgiving meal on Wednesday, Nov. 20 at noon. We’ll meet in the banquet hall to enjoy a classic Thanksgiving feast. We gratefully acknowledge the law firm of Buhl, Little, Lynwood & Harris, PLC, for sponsoring this luncheon. The cost of the luncheon is $12 for members and $15 for nonmembers. Please register by Friday, Nov. 15.

What is Prime Time Solo?

Stop in at one of Prime Time Solo’s luncheons and you will understand why this group continues to grow and provide a safe social environment for widows, widowers, those who are divorced and any single seniors. It is not a singles dating group, but it is a place for engaging conversations and good company. In keeping with our original mission, there will always be supportive, listening ears for those who have suffered a loss. Monthly luncheons are usually on the last Monday of the month at 1 p.m. at Coral Gables.

In addition, there is communication by emails about upcoming social event suggestions. Any member can post an idea for a “meet up” (perhaps a dinner, movie, day trip, walk, hike, etc.) Those interested respond to the email and arrangements are made. Remember, the benefit to this “meet up” is that it is private, and all the members are known to another Prime Time member. This past summer Solo members met regularly for dinner and the Friday evening concerts at Lake Lansing Park. This fall, Prime Time Solo is sponsoring a second series of workshops “Living A Good Life On Y our Own” with all new topics (See page 7). Check out the Prime Time Solo Facebook to keep up with events. If you are interested in finding out more about Prime Time Solo, contact Marcia in the Prime Time office at 517-337-1113 or email her at maustreng@cityofeastlansing.com.

Prime Time Solo luncheons continue

Solo luncheons are on the last Monday of the month, unless that is a holiday. They are held at Coral Gables in East Lansing and start at 1 p.m. It is helpful if you call the Prime Time office if you plan to attend so we can be sure to reserve enough table space. If you forget to call, please still come. We can always make room. Fall luncheon dates are Sept. 30 (the 5th Monday), Oct. 28, and Nov. 25.

Coffee and Chat with Sen. Curtis Hertel, Jr.

Monday, Sept. 16, 9 a.m., Free

Join us in the Prime Time lounge to get the latest updates from the state legislature, ask questions and take part in important discussions.
SERVICES FOR SENIORS

Foot care clinics scheduled for fall quarter
We are grateful to the LCC nursing students for providing quality foot care to our community. There is a $25 charge for this service. The nursing students will soak your feet, give a relaxing foot massage and cut your toe nails. Three clinics are planned for this fall: Friday, Sept. 20; Friday, Oct. 11; and Friday, Nov. 15. The time is 12:30–2 p.m. (Last appointment is at 2 p.m.) Please call 517-337-1113 to schedule your appointment.

Friday Tech Labs
The tech labs will meet each Friday afternoon from 1–3 p.m. in the computer lab. Please call ahead to let the office know you are attending.

Medicare/Medicaid informational sessions
Friday, Oct. 4; 1-2 p.m.; Conference Room; Cost: Free
( Please RSVP to this event by Friday, Sept. 27.)

Open enrollment for Medicare and Medicaid begins in October, so take the opportunity now to learn about changes in these insurance programs and coverage options, while having your questions answered by Ashley Ellsworth from the Michigan Medicare/Medicaid Assistance Program.

Medicare open enrollment event
Friday, Oct. 25; 9 a.m.-4 p.m.; Room 140; Cost: Free
(This enrollment clinic is available on a walk-in basis.)

During this special open enrollment event, Medicare/Medicaid Assistance Program representatives will be on site to help you do the following:

■ Change from Original Medicare to a Medicare Advantage Plan
■ Change from a Medicare Advantage Plan back to Original Medicare
■ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
■ Switch from a Medicare Advantage Plan that doesn’t offer drug coverage to a Medicare Advantage Plan that offers drug coverage
■ Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn’t offer drug coverage
■ Join a Medicare Prescription Drug Plan
■ Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
■ Drop your Medicare prescription drug coverage completely
■ Check to see if you qualify for the Michigan Medigap Subsidy program

Chair Massage

Fridays, Sept. 20, Oct. 18 & Nov. 15
12:30-2:30 p.m.
Cost: $10 for 13-minute massage

Prime Time is now offering chair massages! Healing touch is a powerful wellness tool, and we encourage you to take advantage of these on-site opportunities once a month. Massages will be set up on the quarter hour between 12:30 and 2:30 p.m. Pay the massage therapist at the appointment. Cash is best because of the short turnaround with the appointments, but credit is also accepted. Please call to sign up or try your luck with a drop-in appointment.

Be ready for emergencies with an alert file, call list

Each fall we remind East Lansing residents ages 55 plus of our Emergency Call List and how they might get on it. The Emergency Call List is a list of names of residents ages 55 and older who are living alone and would like to receive a wellness check or call during times of emergency. The East Lansing Police Department will have one of the cadets do a wellness check by either calling or stopping by a person’s home to insure they are okay during these times. To have your name added to the list, call us at 517-337-1113 and ask to talk with Terrie. Terrie will need two emergency contacts and their contact information as well as your own contact information.

In addition, you may get a magnetic holder for your refrigerator that will hold medical/contact info. Stop by the office to pick it up.
VOLUNTEER OPPORTUNITIES

‘Call Buddy’ is new volunteer opportunity

It’s probably no surprise to anyone reading this that 90 percent of older adults desire to live in their own homes as they age. There are technologies to help people live healthier and longer lives in their homes, but what technology will never replace is the power of people sharing, listening, laughing, understanding, challenging and encouraging one another.

Recently one of our wellness coaches, Julie Dillon, suggested we offer an opportunity to those who might enjoy receiving a weekly call from another member. And just like that, we’ve created a new volunteer opportunity, Call Buddy. We know volunteers would find this kind of volunteering very rewarding, and we’re sure many members who live alone would appreciate the connection as well. If you’re one, please call us at 517-337-1113 and ask to talk with Marcia Austreng, our volunteer coordinator.

Helping Women Period volunteers to meet monthly

Once a month for 3 hours, the Prime Time art studio will be set up as a volunteer workspace to create materials for the local nonprofit, Helping Women Period, a group that distributes bladder control products and disposable menstrual products to homeless women and girls in the Greater Lansing area. Feel free to come for all or part of the time. Sewers and non-sewers alike are welcome to help construct small bags later filled with products to be distributed to more than 100 local charities.

Some sewing machines will be provided, but feel free to bring your own. And what a wonderful way to use your extra fabric, buttons and ribbon! Menstrual and bladder control supplies are always welcome, too. Feel free to bring food to sustain you as you do your good work. So far, this Prime Time volunteer group has made 371 bags. See www.helping-womenperiod.org for more information. You can make a difference!

Prime Time t-shirts are on sale for $8 in the office. Pick up yours today!

Butterfly Garden Reception at Hannah Sept. 5; all invited

AgeAlive, www.agealive.org, is a campus program for all ages, established to promote quality of life and well-being throughout life by connecting and enhancing aging related research, education and services. A signature event series features local artist Zahrah Resh, www.zahrahrgallery.com, leading community members of all ages in making paper butterflies to create “Butterfly Gardens” including one that will be “growing” at the Hannah Community Center and revealed at a public reception, Sept. 5, 2019, from 5:30-7 p.m. All are invited. This project has been supported, in part, by a grant from Community Open Call, MSU Broad Art Lab, an experimental platform, funded by the Michigan Council for Arts and Cultural Affairs, that invites community to participate in planning arts and cultural programming.
LIVING A GOOD LIFE ON YOUR OWN

A Workshop Series for Widows, Widowers and Those Who have Lost a Significant Partner

Sept 18  ■ After the Numbness Wears Off: The Nature of Grief as Time Goes On
What does grief look like as life around you goes on? Grief and loss counselor June Castonguay will help participants explore their feelings around loss. How do you respond to well-meaning, but hurtful, comments from others about moving on? How do you deal with milestones and holidays?

Sept 25  ■ Taking Care of Yourself First – Nurturing Yourself When Grieving
Learn how to create conditions that will keep you well as you move through your grief journey. In this session, June Castonguay will guide us through ways to address your physical, spiritual, social and emotional needs during your grief journey.

Oct 2  ■ “Who you Gonna Call? If You’re All Alone. Pick Up the Phone. Call…”
How to develop a personal support group. Who are the family, friends, groups and professionals who can help you when you can’t figure out something on your own? Or when a medical need develops or something needs repaired? Learn how we can companion each other in our grief. Sometimes it really does take a village of caring dedicated people you can trust to help sort things out. This session is dedicated to helping you develop your own personal team.

Oct 9  ■ Say Scram to Scams
Scams targeting seniors have become so common they are THE crime of the 21st century. It seems like a new one pops up every day. Our panel of experts will share tips on protecting yourself from fraud in this increasingly digital world.

Oct 16  ■ The Healing Power of Journaling – Writing Through Loss
Cheryl Goodman, MSW and Spiritual Director, will provide journaling techniques and prompts to help you move forward in times of stress and trauma. Gain insights into your behaviors and moods; improve perspective and clarify emotions. Achieve what Julia Cameron calls “little jewels of wisdom and direction.” (2-hour session)

Oct 23  ■ Food, Fun and Games
Bring a dish to pass and a recipe to share for this final session. The group will share jokes and stories and play table games. (2-hour session)
Awaken Your Creativity

**NEW!**
Thursdays, Oct. 3-31
1-2:30 p.m., Room 144
Cost: $85 (M), $90 (NM)

Join Cheryl Goodman as she leads this course based on the book by Julia Cameron called “It’s Never Too Late to Begin Again.” The book was written with the goal to help reignite one’s creativity at midlife and beyond. Cameron wrote the popular book “The Artist’s Way” 25 years ago and inspired many to unblock their creativity. **Maximum 10.**
Facilitator: Cheryl Goodman

Sharing Your Story

**NEW!**
Monday, Oct. 14
1-2 p.m., Conference Room
Cost: $10 (M), $15 (NM)

It’s important to record and share our stories and experiences before they are lost. Photos, audio recordings, and personal narratives hold the power to transport our descendants through time, taking them far beyond names and dates. This one-hour workshop will provide an introduction to the many traditional and newer ways to preserve and share memories. Participants will have the option during class to fill out a small handout to share with their loved ones. **Maximum 20.**
Facilitator: Ginger Ogilvie

Estate Planning Seminar with Theodore Hughes

Monday, Oct. 14
10 a.m.-12 p.m., Recital Room
Cost: $5 (M), $10 (NM)

Back by popular demand, this seminar will introduce attendees to estate planning and its goals: wills, living trusts, probate court administration of decedents’ estates, techniques used to avoid probate, using powers of attorney to plan for disability, writing a letter of instruction to survivors and how to get started with preparing an estate plan. **Maximum 10.**
Facilitator: Theodore Hughes

Intro to Italian Conversation

**NEW!**
Tuesdays, Sept. 10-Oct. 15
1-2 p.m., Room 142
Cost: $60 (M), $65 (NM)

In this practical and fun approach to learning a new language, learn how to start little conversations in Italian. Subjects include greetings, clothing, the alphabet, counting, and the days of the week, etc. No purchase of materials is required, but please bring lined paper and a pen. **Maximum 10.**
Instructor: Giorgio Burigana

The Future

**NEW!**
Thursdays, Oct. 17-Nov. 21
9-10:30 a.m., Lounge
Cost: $10 (M), $15 (NM)

Humans have always liked to talk about the future, whether it’s tomorrow or 20 years from now. If you’ve an interest in what the world may be like in years to come, wish to share your point of view, and/or sharpen your perspective, please join in. The willingness to listen and consider new ideas and add to the discussion will make this a dynamic group. To start things off, we’ll talk about the impact of developing transportation on our lives, what we build and how we build it. Topics for future meetings will depend on what the group decides. **Maximum 12.**
Facilitator: Bert Seyfarth

Continuing Italian Conversation

Tuesdays, Oct. 22-Nov. 26
1-2 p.m., Room 142
Cost: $60 (M), $65 (NM)

Maybe this is the next step to a trip to Italy! The continuing program will be set around more specific subjects including 1) At the restaurant/bar 2) Traveling: taxi, train, plane 3) Shopping 4) Being out and about. No purchase of materials is required, but please bring lined paper and a pen. **Maximum 10.**
Instructor: Giorgio Burigana
FALL CLASSES

Grateful Living

Thursdays, Oct. 10–31
1-2 p.m., Conference Room
Cost: $40 (M), $45 (NM)
Explore all the amazing benefits of gratitude and ways to cultivate an intentional practice around being grateful. Get ready to feel better, have more energy and less stress! Some breath work, meditation and journaling involved. Warning: May cause happiness, lots of smiles and deep connections! Maximum 12.
Facilitator: Julie Dillon

Life Stories: Writing Your Memoirs

Fridays, Sept. 20–Nov. 22
1–3:15 p.m.
Cost: $76 (M), $81 (NM)
Through this much-loved participatory class, you'll shape your memories into stories and get the support of others working on their own memoirs. Have fun while accomplishing something important. Maximum 20.
Instructor: Nancy Seubert.
No class 9/27

Please support our advertisers whenever possible. They help to make this newsletter viable.

Technology with Michelle

Tuesdays, 1-2:30 p.m., Conference Room
Cost per session: $15 (M), $20 (NM)

Session I, Sept. 10: Google Drive
Google Drive offers you the ability to create word processing files, spreadsheets, presentations, and other documents similar to Microsoft Office, but for free. Google Drive also offers users the ability to store files on their servers, synchronize files across devices and share files up to 15 gigabytes for free. This allows for easy storage of photos, stories, designs, drawings, recordings, videos and more. Join Michelle for an introduction to just how helpful this can be for your technology needs. Five Chromebooks will be available for use in the class. Otherwise, bring your own.
Please let the office know if you plan to use one of our laptops or bring your own.

Session II, Sept. 24: Meet Alexa
You've heard about Alexa, but what is it? Voice activated speakers (Amazon Echo, Google Home and Apple's HomePod) are the latest, greatest technology craze. Join us as we discuss the differences between these devices and which one makes most sense for you to consider buying.

Session III, Oct. 22: All About Uber & Lyft
We are bringing back this popular class! You've heard of Uber and Lyft, but have you tried it? As long as you have a smartphone, ride sharing apps like Uber and Lyft can provide an additional transportation option for seniors, allowing more freedom and flexibility and eliminating the hassle of parking! Michelle will help you navigate the world of Uber and Lyft from her experience as a driver for both companies.

Session IV, Nov. 5: What to Look for in a Laptop
Buying a laptop can be overwhelming. Receive some guidance to help you make sense of what features you will really want and use on your laptop. Five Chromebooks will be available for use in the class. Otherwise, bring your own. Please let the office know if you plan to use one of our laptops or bring your own.

Michelle Malkin is self-taught “techie” with many years of teaching experience. She is currently a PhD candidate at MSU. Maximum 10.
HEALTH & FITNESS CLASSES
M=Members NM=Non-Members All classes need a minimum of five participants. Please enroll & pay by sign up date listed below.

Aqua Fitness
Monday-Friday, 10:30–11:30 a.m.
Fun for all fitness levels, whether you want to strengthen your muscles, recuperate from an injury or move in a fun, friendly environment. Exercising in the water will help your flexibility, agility, balance and core. You’ll have a great workout, and you don’t even have to get your face or hair wet! No need to sign up ahead of time.
Water Art Certified Instructors: Amy Convey, Carolyn Haines & Amy Satterla

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The costs listed above are per class. Members may purchase a full or partial punch card.
No class 9/2, 11/11 and 11/28-29

Active Senior Exercise
Mondays, Wednesdays & Fridays 9:15–10:15 a.m.
Cardio, yoga, pilates, balance and resistance training are in this popular class! All equipment provided. No need to sign up ahead of time.
AFAA Certified Instructors: Amy Convey, Carolyn Haines & Bill Wiseman

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The costs listed above are per class. Members may purchase a full or partial punch card.
No class 9/2 and 11/29

Line Dancing
Tuesdays, 1–2 p.m.
Line dance for fun, exercise, and staying involved in a social activity. No partner needed. Come and experience the joy of it all!
Instructor: Polly Murray

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Zumba
Fridays, 10–11 a.m.
Zumba – the perfect combination of fun, movement and music designed just for you. We take the “work” out of workout. Come join the fun!
Licensed Zumba Instructor: Alyjah Byrd-Goode

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No class 11/29

Stretch, Flex & Balance I
Thursdays, 10:45–11:45 a.m.
Improve posture, balance and flexibility! This class is for beginners but will challenge all fitness levels using chair exercises.
AFAA Certified Instructor: Julie Dillon

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Adaptive Yoga
Mondays, 10:30–11:30 a.m.
Thursdays, 9–10 a.m.
Enjoy gaining strength while also gaining flexibility by performing standard Yoga poses sitting in a chair or standing. Breathing will be an important part of the class as we warm up, work on gentle stretches, challenge our balance and strength and go to deeper stretches. All levels welcome.
AFAA Certified Instructor: Amy Convey

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No class 9/2 and 11/11

Stretch, Flex & Balance II
Tuesdays, 10:45–11:45 a.m.
This more challenging class is for those who have taken Stretch, Flex & Balance I.
AFAA Certified Instructor: Julie Dillon

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No class 11/28

No class 11/28
HEALTH & FITNESS CLASSES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay by sign up date listed below.

Pickleball
Tuesdays & Thursdays, 12:30–2 p.m.

Pickleball is played on a modified court with a paddle and whiffle ball. We are a slower paced, noncompetitive, recreational alternative. Our emphasis is working on skills and having fun – not winning. Come join us and try it out.

**Tuesdays**

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**Thursdays**

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No class 11/28

4 Ever Young Drumming
Mondays, 3–4 p.m.

Battle the enemies of aging: age-related muscle loss, balance problems, decreased flexibility and falling. Utilizing a variety of equipment and training techniques we will emphasize core and lower body strengthening as well as balance and flexibility enhancement.

AFAA Certified Instructor: John Helrigel

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No class 9/2 and 11/11

Wild Walkers Club
Thursdays, 9:45–10:45 a.m.

Join instructor Julie as she leads participants through an indoors (and sometimes outdoors) walking course at the community center. Learn warm up and cool down stretches along with balance exercises you can add to your home walking practice. All levels welcome. No need to sign up ahead of time.

AFAA Certified Instructor: Julie Dillon

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The costs listed above are per class.

No class 11/28

Tai Chi Yang Style 24
Mondays, 1–2 p.m.

Tai Chi is a series of continuous, connected movements sometimes called a moving meditation. It is relaxing and invigorating at the same time. Tai Chi strengthens muscles, builds bone density, reduces cholesterol, lowers blood pressure and more. It develops balance, focus and control, which will benefit you mentally as well as physically. See Harvard Medical School Guide to Tai Chi by Wayne and Fuerst. Feel free to come in 15 minutes before class to ask questions or warm up.

Instructor: Linda Peet

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No class 9/2 and 11/11

The costs listed above are per class.

No class 11/28

Hands, Feet & Balance

Instructor Lauren Warshaw is going back to school to major in physical therapy with a focus on seniors. She regrets having to give up the class. We wish her the best in her new career option.
Thank you to our fall Art Studio sponsors:
Charlene Vogan & Larry Krupka

Each month, a business, organization or individual generously donates $250 to help us keep the Art Studio’s supply costs down and tuition costs at a minimum. This way, everyone who would like to participate has the opportunity to do so. Scholarships are also available.

Please note that we may need to cancel a class if there are not five participants enrolled. Please enroll and pay a week before the first class starts.

Prime Time Art Studio, Room 140, is a place where creativity and socialization flourish! All classes on these two pages are offered in the Art Studio.

The price of the course includes supplies unless otherwise noted in each write-up below.

M=Members  NM=Non-Members

### Carving for Fun
**Thursdays, 10 a.m.–Noon**
**Art Studio**

From chip-carving to creating one-of-a-kind figurines and relief images, instructor Fred Erbisch will keep you challenged and entertained while crafting heirloom items to keep or give as gifts. Fall sessions will include the following: **Session 1:** Santas to Give as Gifts; and **Session 2:** Flock of Birds. All skill levels welcome and all tools and materials will be provided. You’ll be amazed at what you can create!

**Instructor:** Fred Erbisch

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### Beginning Drawing
**Mondays, Oct. 7–28**
**1–3 p.m., Art Studio**
**Cost:** $60 (M), $65 (NM)

It’s never too late to learn to draw! Whether you’d like to draw for relaxation, increase your skill level or blow competitors away in a mean game of Pictionary, this class is for you. You will be taught basic concepts and get lots of practice with instruction from artist Richard Tanner. Supply list will be provided before the start of the class. Maximum 12.

**Instructor:** Richard Tanner

### Art Classes

#### Collage with Found Papers
**Thursdays, Sept. 5, 12, 19, 1–4 p.m.**
**Cost:** $55 (M), $60 (NM)

Cock-a-doodle-doo! Create a colorful rooster and take artistic license with color and tail feathers. All supplies included. Maximum 12.

**Instructor:** Carolyn Donahue

#### Fused Glass Wreath
**Fridays, Nov. 1 & 8**
**1–3 p.m., Art Studio**
**Cost:** $45 (M), $50 (NM)

Join Lana Schaeffer as she teaches you to make a fused glass wreath. You will use nippers and other tools to create a one-of-a-kind wreath large enough to hang on your door or window just in time for the holiday season. Maximum 6.

**Instructor:** Lana Schaeffer

#### Fall Watercolor
**Thursdays, Oct. 3, 10, 17, 1–4 p.m.**
**Cost:** $55 (M), $60 (NM)

Every fall we can’t help but admire the beauty of season. You will work from actual collected leaves, adding in all of the colors and throwing in a sparkle with salt. All supplies included. Maximum 12.

**Instructor:** Carolyn Donahue

#### Holiday Cards in Watercolor & Pastel
**Thursdays, Nov. 7, 14, 21, 1–4 p.m.**
**Cost:** $55 (M), $60 (NM)

Use watercolor and pastel to create a beautiful winter scene suitable to become a holiday card. It’s hard to get tired of the amazing beauty of winter—these mediums really show it off. All supplies included. Maximum 12.

**Instructor:** Carolyn Donahue

#### Fused Glass Stick Pendant and Earrings
**Fridays, Oct. 4 & 18**
**1–3 p.m., Art Studio**
**Cost:** $45 (M), $50 (NM)

Make a unique glass pendant and earring set with the help of popular instructor, Lana Schaeffer. The pieces will be long and narrow and will allow you to learn how to use both the band saw and the lap grinder to finish your pieces off beautifully. Maximum 6.

**Instructor:** Lana Schaeffer

#### Fused Glass Wreath

#### Beginning Drawing
**Art Classes**

**Small Stained-Glass Panel Lamp Shade**  
Fridays, Sept. 20–Oct. 18  
9:30-11:30 a.m., Art Studio  
Cost: $60 (M), $65 (NM)

Form and function are what this glass project is all about. The stylish and appealing lamp patterns are simple to cut and build. Beginners are welcome in this five-week class. Basic cutting, foiling, and soldering techniques will be used as you construct a small lamp shade (5-7” in diameter). All glass and supplies will be provided. Lamp base not included. **Maximum 5.**  
**Instructor:** Kelly Arndt

**Glitzy Netted Bracelet**  
Wednesday, Sept. 25  
1-3 p.m., Art Studio  
Cost: $24 (M), $29 (NM)

Learn a basic netting stitch to make this great bracelet and get a jump on your holiday gifts. All materials are provided. **Maximum 10.**  
**Instructor:** Donna Graves

**Leather Wrap Bracelet**  
Wednesday, Oct. 23  
1-3 p.m., Art Studio  
Cost: $24 (M), $29 (NM)

A super cute beaded leather wrap bracelet to make for yourself or as a gift. You’ll learn about the materials and techniques to create a bracelet in class. All materials are provided with a variety of colors choices for 2-3 wraps. **Maximum 10.**  
**Instructor:** Donna Graves

**3-D Design**  
Wednesdays, Oct. 9-30  
9-10:30 a.m., Art Studio  
Cost: $60 (M), $65 (NM)

Using the same elements of basic drawing (line, unity, variety, positive-negative space, etc.) you will work with wire to use line to create a “drawing in space.” You’ll use cardboard or bristol board and hot glue to work in planes and repeating patterns. Have fun experimenting in this fun and creative learning environment! This class is open to everyone!  
**Instructor:** Richard Tanner

**Chinese Brush Painting: Landscapes and Calligraphy**  
Tuesdays, Sept. 24-Oct. 29  
1-3 p.m., Art Studio  
Cost: $60 (M), $65 (NM)

This term, we will learn the basics of landscape painting, considered by the Chinese to be the highest level of ink-and-color expression. In addition, we’ll work on calligraphy. There are no prerequisites for participants. Please email instructor for supply list: languageresults@yahoo.com  
**Minimum 7.**  
**Instructor:** Laurel Ponist

**Open Art Studio**  
Tuesdays, 9 a.m.–Noon  
Cost: $3, to cover costs of use of tools. Free, if working on a project that’s part of a class you are currently enrolled in. Costs of materials, including glass, are extra. All are welcome!

**Day Trip!**

You won’t want to miss out on this exciting ARTS IN DETROIT TOUR scheduled for Nov. 7

On this engaging, fun and informative tour arranged by Linda Yellin of Feet on the Street Tours, we will interact with artists as we visit a studio and gallery to see a demonstration and gain insights into their work, background and inspiration. We’ll enjoy an onboard narrator highlighting some public art in Detroit, including murals and installations. We’ll also learn updates about new developments occurring along Michigan Avenue, Midtown-Cass Corridor and Eastern Market. We’ll enjoy a lovely lunch at Cass Cafe, a family owned and operated restaurant located in the heart of the Cass Corridor since 1993. Choose your favorite: Alaskan Beer Battered Cod, Chicken and Waffles, Cobb Salad, Salmon BLT or Reuben Sandwich.

**DATE & TIME:** Thursday, Nov. 7. Leave the Hannah Community Center at 7:30 a.m. and be back around 5:30 p.m.  
**COST:** $90 and includes your private studio tour with artist, public art tour with guest artist, lunch at Cass Cafe and round trip transportation in a comfortable motorcoach.

TO REGISTER and get more information, please pick up a form at the Prime Time office, or call 517-337-1113, and we’ll email you the form. Deadline for registration is Oct. 7.
MORE CLASSES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay seven days prior to the first class.

**Beginner Meditation**

**Fridays, Oct. 4-25**  
1-2:15 p.m., Room 144  
$60 (M), $65 (NM)

Have you ever wondered what meditation is and how it works? Have you ever wanted to try it? Kurt Scholler will introduce a variety of techniques and provide plenty of time to practice together and talk about your experiences. The purpose of the class is to introduce you to meditation techniques so you can practice at home or wherever you are. Techniques come from a variety of meditative traditions and are taught in a non-denominational way, using everyday language. There are lots of reasons to participate: maybe you want to re-invent yourself in retirement and be open to new experiences; or maybe you would like to experience more self-love and acceptance as your body ages; or you are fed up with negative thinking and just want a little peace and quiet. Join us! Maximum 20.  
Facilitator: Kurt Scholler

**Death Cafe**

**Tuesdays, Sept. 17, Oct. 15 & Nov. 19, 12:30-2 p.m., Lounge**  
**Cost: $2 per session donation for drinks and snacks**

Speaking casually about death is taboo in many cultures, but death is part of life, and when we talk about it, we help normalize it. Normalizing death helps us better prepare for it. You can’t prepare for something you don’t acknowledge. By having conversations about death, you can help others feel more comfortable about death, too, so it’s not viewed as something morbid, but something absolutely worth talking about.  
“At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is ‘to increase awareness of death with a view to helping people make the most of their (finite) lives’. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.” – From the Death Cafe website (https://deathcafe.com/)  
Facilitator: Julie Dillon

**Behind the Scenes**

**Featuring the MSU Department of Theatre Production Directors, Faculty & Students**

**Thursdays, Oct. 3 & 24, 3-5 p.m., Conference Room, Cost: $40 (M), $45 (NM)**  
*(Cost includes a digital copy of the script and a show ticket!)*

Attention all theatre lovers! Don’t miss this unique opportunity to learn more about MSU Department of Theatre productions. Join Behind the Scenes at East Lansing Hannah Community Center. Each “Behind the Scenes” event has three sessions:

- **First class:** An open discussion of the play and related historical context will be led by MSU faculty or a community expert.
- **The play:** The Behind the Scenes package includes a ticket to the production at MSU on the day and time of your choosing.
- **Second class:** After the play, attendees will have the opportunity to interact with the faculty and students involved in the production.

Classes are scheduled for two hours and are limited to no more than 20 attendees to promote active discussion.  
Play run: **Oct. 11-20, 2019** (see http://theatre.msu.edu/ for more information)

The fall play is “Frankenstein,” a new adaptation of Mary Wollstonecraft Shelley’s novel by Quinn Mattfeld, a theatre artist who specializes in Shakespeare as an actor and director. The adaptation is meant to be Shakespearean in scope, and closer to the novel as a source than most film versions are. Director Ryan Welsh has cast a woman (MFA candidate Abbie Cathcart) as the Creature, lending another new dimension to this classic tale.

**Continuing Meditation**

**Fridays, Nov. 1-15**  
2:30-3:30 p.m., Room 144  
$45 (M), $50 (NM)

At the request of Kurt’s students, we are offering a continuation of his beginning class! This class is for those who have had some experience with meditation (with teacher Kurt Scholler or with someone else) and want to explore their practice further. Maximum 20.  
Facilitator: Kurt Scholler
DISCUSSION GROUPS & BOOKS

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay seven days prior to the first class.

Read Aloud Group*
Tuesdays, 9:30-10:30 a.m., Lounge
Drop-in cost: $2 (M), $3 (NM)
Reading aloud has been found to be one of the most challenging exercises for the brain! We read from novels, essays, poetry, articles, fiction, non-fiction, mystery, humor, books, magazines and off the web. Usually there is a little time for discussion. Join us!
Facilitator: Judy Wattenberg

What’s So Funny*
Wednesdays, 11 a.m.-Noon
Lounge
Drop-in cost: $2 (M), $3 (NM)
What’s So Funny is a weekly session to learn about, discuss and enjoy humor. Most weeks will focus on a theme, such as political, elder humor, etc. The goals of these sessions are to learn a little, laugh a lot.
Facilitator: Judy Wattenberg

Nonfiction Book Club*
Wednesdays, 11:30 a.m.-12:30 p.m.
Conference Room
Drop-in cost: $2 (M), $3 (NM)
This group reads nonfiction on a wide range of topics, including politics, religion, history and more. Group members choose the readings together and are responsible for obtaining their own copies of the material. Everyone is welcome to this dynamic group!
Facilitator: Lisa Thelen

India Seniors
4th Wednesday of the month
Sept. 25, Oct. 23, Nov. 27, 4 p.m.
The India Seniors group gathers for conversations, information sharing and cheer.

*Punch cards!
Members will be able to purchase punch cards for classes with asterisks on these two pages. Punch cards will expire on Dec. 20, 2019.

Wednesday Morning
Book Discussions
Wednesdays, 10-11 a.m., Lounge
Facilitator: Nancy Lucas

Session I: Sept. 4-25
Cost: $8 (M), $13 (NM)

Where the Crawdads Sing, by Delia Owens

Session II: Oct. 2-30
Cost: $10 (M), $15 (NM)

Slaughterhouse Five by Kurt Vonnegut

Session III: Nov. 6-27
Cost: $8 (M), $13 (NM)

The Late Show by Michael Connelly

Fiction Book Club
Session I: Sept. 25-Oct. 30
Wednesdays, 1-2:30 p.m.
Room 144
Cost: $12 (M), $17 (NM)
The Fiction Book Group will discuss All the King’s Men, a “novel by Robert Penn Warren first published in 1946. Its title is drawn from the nursery rhyme Humpty Dumpty. In 1947, Warren won the Pulitzer Prize for All the King’s Men. It was adapted for a film in 1949 and 2006; the 1949 version won the Academy Award for Best Picture. It is rated as the 36th greatest novel of the 20th century by Modern Library, and it was chosen as one of Time magazine’s 100 best novels since 1923.” This book is a political tale based loosely on the life of Huey P. Long. The session ends with a pot luck and viewing of the movie on October 30. Moderated by Jim Coty. Book is available at Schuler’s Book Store.
Facilitator: Jim Coty

What’s So Funny*
Wednesdays, 11 a.m-Noon
Lounge
Drop-in cost: $2 (M), $3 (NM)

What’s So Funny is a weekly session to learn about, discuss and enjoy humor. Most weeks will focus on a theme, such as political, elder humor, etc. The goals of these sessions are to learn a little, laugh a lot.
Facilitator: Judy Wattenberg

Spanish Literature*
Mondays, 10 a.m.-Noon
Conference Room
Drop-in cost: $2 (M), $3 (NM)
Participants will read literature from Spanish-speaking countries.

Fall 2019 • Prime Time Seniors Program • 819 Abbot Road • East Lansing, MI 48823 • 517-337-1113 • www.ELPrimeTime.com
DISCUSSION GROUPS, GAMES & MUSIC

M=Members  NM=Non-Members All classes need a minimum of five participants. Please enroll & pay seven days prior to the first class.

Current Events*
Wednesdays, 1-2:45 p.m.
Room 142
Drop-in cost: $2 (M), $3 (NM)
News junkies welcome! If you enjoy talking about the latest news, sports, politics and the economy, or simply joining this lively group. Sessions are moderator-led and some feature guest speakers. Join us!

Game players:
In order to be consistent with pricing, game players will be charged $1 per full hour of play per person, with one additional dollar added overall for nonmembers.

Scrabble*
Mondays, 2–4:30 p.m., Lounge
Drop-in cost: $2 (M), $3 (NM)
If you love words and language, this classic game will provide hours of fun! All skill levels are welcome!

Duplicate Bridge
Thursdays, 4:30–8 p.m., Lounge
Drop-in cost: $4 (M), $5 (NM)
($1 per full hour of play; plus $1 for NM)
This favorite game will challenge your skills of strategy. We are welcoming new players.

Mah Jongg*
Thursdays, 1–3 p.m., Lounge
Drop-in cost: $2 (M), $3 (NM)
Play this social game of numerical strategy—it will stimulate your mind! Chinese and American versions played.

Euchre*
Fridays, 10 a.m.-Noon, Lounge
Drop-in cost: $2 (M), $3 (NM)
Trump always wins in this social and strategic card game.

Prime Time Crime
Time: Mystery Discussion Group
Tuesdays, Sept. 10-Oct. 15
1-3 p.m., Room 144
Cost: $13 (M), $18 (NM)
Exciting Thrillers
Sept. 10 • The Big Heat, 1953, 92 min.
Sept. 17 • Trumbo, 2015, 164 min.
Oct. 1 • Unlocked, 2017, 90 min.
Oct. 8 • Crash, 2004, 112 min.
Oct. 15 • Some Like it Hot, 1959, 160 min.
Facilitator: John Larson

Beginning Ukulele
Wednesdays, Oct. 9-Dec 18
10 weeks. No class Nov. 27
9:30-10:30 a.m., Room 142
Cost: $81 (M), $86 (NM)
Would you like to get together with others to sing songs and enjoy yourself? If so, you should try playing the ukulele in this entertaining and engaging class. No musical experience necessary! Borrow one of our ukuleles with a $50 returnable check, or bring your own uke. Get ready for some fun! Maximum 20. Instructor: Liz Wright

Beginners Plus Uke
Thursdays, Oct. 10-Dec. 19
10 weeks. No class Nov. 28
1-2 p.m., Room 142
Cost: $81 (M), $86 (NM)
If you’ve taken Beginning Ukulele class and are ready for the next step, but don’t quite feel ready to move up to the Intermediate level, this Beginners Plus class is for you. Students should feel at ease playing C, F, G7, Am, G, D7 and Em chords along with a few strum variations. Students must provide a music stand. Maximum 30.
Instructor: Ben Hassenger

Intermediate Ukulele
Wednesdays, Oct. 2-Dec. 4
No class Oct. 30 & Nov. 27
11 a.m.-Noon, Room 235
Cost: $81 (M), $86 (NM)
Eager to continue your ukulele practice? Michigan’s Ukulele Ambassador and founder of the Mighty Uke Day Festival, Ben Hassenger, will teach you a variety of more advanced chords and rhythms that you’ll use to play more challenging songs. Intermediate students are encouraged to purchase their own ukulele. All music will be provided. Maximum 60.
Instructor: Ben Hassenger
The Friends of the East Lansing Seniors’ Program thanks the following for their generous donations in 2018.

NANCY L. ABRAMSON
PAULINE ADAMS
CATHERINE ALLEN
SUSAN ALLIS
BARBARA ANDERSON
GLORIA APPLETON
ETHEL J. ARMELING
MARILYN BAIRD
JILL BAKER**
JANICE BALDWIN
RICHARD BALL
LARRY BARNES
NAN BARONE
MARY BARRETT
DOROTHY BARTHOLIC
KENNETH BEACHLER
JANE/GARY BEAUDOIN**
BETTY BEL DIN
THOMAS/HELEN BERTSCH
CHARLES/KATHLEEN BONNEAU
CAROL BOWER
KATHLEEN BOYLE
WILLIAM BRIDGELAND
ETHEL BRODY
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RICK/DEE COY
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GRACE FAUQUHER
ELLEN FERENCY
JOY D. FERGUSON
STEPHEN FINDLEY
FELIX FLISS
KAREN/CYDRE FLORY
JUDITH FRIEDLIS
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MARY FURSETH
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SANDRA GEBBER
JOHN & DIANE GODDEERIS**
SANDRA GOODMAN
NELL GUY
AL HAKALA
CARRIE HALE
DONALD/MARGARET HALL
ELIZABETH HALL
KATHLEEN HANLIN
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LAUREN HARRIS
PATRICIA/JOHN HAYS
ROSS HEATH
JUDITH HEGG
HOWARD/EILEEN HEIDEMAN
LYNN HELINE
VALERIE HENDRICKSON-CARR
HELEN/CONRAD HENKE
JACQUELINE HOLECEK
IRIS HORNER
LINDA HUMPHREYS
CHASE/SUZANNE HUNT
MAXIE/CARRIE JACkSON
ROBERTA JAMESON
MARY ANN JOHNSON**
RICHARD JOHNSON**
MARK/CARIE JOHNSON
JONE JONES
CHARTY JONES
STAN/TOBA KAPLOWITZ
L. RAO KARETI
MONA KASTER
SHAKTI/ASHOK KAUL
LEO KENNEDY
HARI KERN**
NILES KEVERN
KARIN KIRKWOOD
BRUCE/SUSIE KLNZINGER
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CONSTANCE Kwasnik
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KATIE LARGE
JOHN LARZELERE
ISABEL LEADER
JOSEPH LESHOCK
GLORIA LEW
JOYCE LOCKWOOD
CAROLYN LOGAN
JEAN & DAVE LONG
PAULETTE LOVELL
MARILYN MALONEY
VICTORIA MANNING
MAUREEN/DUANE MAYHEW
DEE Mckay
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BARBARA McILLAN
PAM/MARK MEADOWS
JUNE MESSNER
MARGARET F. METZGER
ROBERT J. MILLER
JUNE MILLS
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JILL MURPHY
BETTY MURPHY
LUAN NELSON
KATHLEEN NIEMEYER
MARY LOU O’CONNELL
SHARON OLSON
BARBARA A. PAFF
LOIS PARK
ILA PARKER
DOUGLAS PEARSON**
LARRY/HELEN PEDERSEN
JANET PERRON
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BARBARA PLESSCHER
NANCY POGEL**
NANCY POLLACK
MARY POLLOCK
FREDDIE/CHARLOTTE POSTON**
FERNE PRESTON
MARTHA PRINS
JANE/BRADFORD PRYCE**
JAMES/MARY ANN RECHTIEN
JAMES/SUE REID
MARYANN/DAVID REINHARDT
RITA RICHARDSON
PATRICIA RIST
WILLIAM/RUTH ROSENTHAL
SYLVIA RUNDQUIST
MARIYLN SCHMID
LINDA SCHROEDER
JOHN/SHARON SCHWILLE
BARBARA SCOTT
NANCY SEEBECK
MICHELE SHAFER
MARY J SHANKLAND**
ARLENE SHARP
HARRIETTE R SIANI
JANICE D. SIMPSON
ARTHUR R SLABOSKY
MARIAN SMITH
PATRICIA SNOW
PAULA SONDAG
M. SUZANNE SONTAG
MARIYLN SPALDING
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