

# CALL FOR Fall Proposals!

Do you have an idea for a Study Group?

You can meet in-person, virtually, or be considered for a hybrid option. (Hybrid not guaranteed.)

Contact Julie Brown or watch the weekly newsletter for details!

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VISIT US ONLINE: [OLLI-UMICH.ORG](https://OLLI-UMICH.ORG)

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## SPRING STUDY GROUPS

APRIL - JUNE 2022

[OLLI-UMICH.ORG](https://OLLI-UMICH.ORG)  
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# OLLI



After a two-year hiatus, OLLI is bringing back in-person Study Groups, as well as some exciting new virtual offerings for the spring!

In-person Study Groups, with the exception of the County Farm Park, will be held at the Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor, MI 48105.

**Masks are required in the building**, regardless of vaccination status and must be worn at all times unless actively eating or drinking.

If at any time Michigan Medicine determines it to be unsafe to meet in-person, all in-person groups will either change to virtual or will be canceled with refunds given.

There is no lottery for any of the Study Groups - first come is first served. We will not "hold" places in line, fair is fair!

To register, visit [OLLI-umich.org](https://olli-umich.org) or call (734) 998-9351.

## IN-PERSON STUDY GROUPS

### **Build Your Resilience: A Course in Health and Healing**

*with Aura Ahuvia*

Mondays, April 4 – June 13  
(except Memorial Day)  
10:00am – 12:00pm | \$45

Sick of feeling stressed out by life? Would you like to feel better? Reducing our stress can help us feel happier, cope better, and increase

vitality and energy. This group will introduce you to activities that make life better.

### **The War of 1812-Crucible of Controversy: Capitol Attacks and Lewis Cass**

*with Rochelle Balkam*

Tuesday, April 5

10:00 am – 12:00 pm | \$10

In the aftermath of the January 6, 2021 attack on the US Capitol, we heard references to the last attack by the British being during the War of 1812. What we don't hear is that it was in retaliation for the Americans attacking the capitol in York (present day Toronto.)

### **Step by Step-Michigan Women March**

*with Rochelle Balkam*

Tuesday, April 19, 2022

10:00 am – 12:00 pm | \$10

U.S. Representative and Lt. Governor Martha Griffiths, was just one of the Michigan women from Native American women to the current Governor who have contributed in every field and enriched us as a state. Some of these lives have been memorialized with statues and in history books, but many live on in the attic of history. Every family has a woman who made a difference.

### **Capturing Energy with (Your) Solar Panels**

*with Murray Rosenthal*

Wednesday, May 11

10:00 – 11:30am | \$10

This interactive presentation will inform participants of how capturing solar energy from the sun can positively impact your life and the planet.

### **Veridian: Sustainable Development We Need for 2050 Being Built Today**

*with Matt Grocoff*

Friday, May 20

12:30 – 2:30 pm | \$10

Veridian at County Farm in Ann Arbor, Michigan is nestled on County Farm Park with 130 acres of woods, trillium-lined trails, gardens, and playgrounds. It is targeted to be one of the nation's first mixed-income net zero energy communities. It will be 100% all-electric, powered by solar with no gas lines or combustion appliances of any kind. This Study Group will be held at a TBD location near County Farm. There will be a walk-through of the farm after the lecture.

## VIRTUAL STUDY GROUPS

### **Art History II: Bronze Age Art in the Eastern Mediterranean**

*with Molly Lindner*

Tuesdays, March 8 – April 12

2:30 – 4:00pm | \$35

Dr. Lindner offers a six-part series on ancient and medieval art.

Art History II begins with the architecture and wall paintings of New Kingdom Egypt's magnificent temples and tombs.

### **The Charcoal Project: Fighting Climate Change with Sustainable Biomass Fuel Options in East Africa**

*with Sylvia Herzog*

Wednesday, April 6

10:00 – 11:30am | \$10

Access to energy for clean cooking is a daily challenge for 2.7 billion people around the world. Access to affordable, reliable, sustainable, and modern energy

is one of the UN Sustainable Development Goals (SDG7).

The Charcoal Project (TCP) is a US-based non-profit focused on finding solutions to unsustainable production and consumption of wood fuels around the world. Sylvia Herzog has been with TCP since 2010. Betty Zizinga Kaddu, Founder and Managing Director, Best of Waste Limited (BOW), Uganda.

### **Genesis: Where It All Began**

*with Ken Phifer*

Wednesdays, April 6 – May 4

10:00am – 12:00pm | \$30

Genesis is the first book of both the Jewish and the Christian Bibles. It is a book that resonates throughout the remainder of both of these Bibles. Its stories and themes also have a prominent place in the Muslim sacred text, the Qu'ran. Rev. Phifer will describe how and why the book was written, by whom, and some of the meanings that have continued to play important roles in western civilization.

### **Altered States - Exploring Hypnotic Trance**

*with Mike Murray*

Wednesdays, April 13 – May 18

10:00am – 12:00pm | \$35

What is Hypnosis? Is it just a lot of hocus pocus or a powerful healer? What is trance? Is all hypnosis self-hypnosis? Is Mindfulness Meditation a form of self-hypnosis? These are just a few of the questions we'll cover as we explore this fascinating subject.

Mike Murray is a clinical psychologist. He practiced hypnotherapy for several decades. He has successfully used self-hypnosis to make some important changes in his own life.