



SUNRISE SIDE LIFELONG LEARNING

FALL PROGRAM • Sept. 2019 - Dec. 2019



Expand your world. Enrich your life!

CLASSES AND TRAVEL FOR ADULTS 50 AND OVER
IN ALCONA, ARENAC, IOSCO AND OGEMAW COUNTIES



SUNRISE SIDE LIFELONG LEARNING

SSLL is a member-directed, 501(c)3, nonprofit organization that plans and offers informal educational programs and activities to enrich the daily lives of its members and others through classes, trips, outdoor activities and social events. Each Spring/Summer, Fall and Limited Winter, new sets of classes and trips will be offered to people who are 50 and over in Alcona, Iosco, Arenac and Ogemaw counties. People are asked to pre-register for all programs and events and to evaluate the events in which they participate. It is our mission to provide participants with the highest quality, lowest cost programs to foster their continual learning and enrich their lives.

Sunrise Side Lifelong Learning (SSLL) offers unique classes, but without tests, grades or papers, that will meet 1-4 two hour sessions. Some day long workshops are also available. You do not have to have graduated from high school or college to attend. You just need to have an interest in continuous learning. Classes are offered in the following categories:

- Art & Photography
- Computers & Technology
- Cooking & Hobbies
- Fitness & Health
- History & the Future
- Legal Issues, Personal Finance and Development
- Literature, Language & Writing
- Music, Movies & Plays
- Nature & Science
- Religion, Spirituality & Anthropology

Sunrise Side Lifelong Learning also provides two to three day trips each month, up to three multiple day domestic trips a year, and one international trip per year. It is anticipated that people of like interests will form Interest Groups to offer even more opportunities for SSLL members.

• MEMBERSHIP •

Membership is \$30 per year, or \$37 per year if you have no email address, and covers programs and events from Jan. 1 through Dec. 31. Membership has the following benefits:

- Reduced cost for all SSLL classes and programs
- Monthly Newsletters
- Membership in an on-going learning community
- Opportunities to guide the organization's development and services
- Early Registration
- Three Membership Meetings a Year

Membership dues help fund three yearly program guides as well as help maintain our phone, postal and office services so quality programs can be continually developed and presented.

• Registration & Event Details •

1. REGISTRATION: Members can register upon receiving their program (early registration). In order to qualify for early registration with the summer program, you would need to be a member on December 31 and renew your membership for the current year. Registration can be mailed or brought to the office. Registrations will be taken in the order received. To guarantee your reservation in a class or trip, payment must be received with your registration form. Trip and class size limits are listed with each description. Maximum Trip size is 27 unless otherwise stated; a registration deadline is needed to be able to secure bus, tickets and meals ahead of time, in order to conduct the trip. All trips are for members only. If you have missed the deadline for a trip, you can still call to indicate your interest. In some cases, you may still be able to register. Times for SSLL events are subject to change. You will receive notification with all pertinent information at least one week prior to an event. Notifications will be via email if you have not submitted the additional \$7 membership fee for mailing. Always check your spam.

2. WAIT LISTS: When an event is full, we form a wait list. If a cancellation occurs, we will call the first person on the wait list and continue down until we can fill the vacancy. If you have paid for an event and are waitlisted, you will be refunded once the event takes place.

3. TRIP ACTIVITY LEVELS: Please do not sign up for a trip that is beyond your physical capabilities. All trips have a symbol that shows that trip's activity level.

E=Easy: minimum walking, some stairs, boarding bus is OK, can stand for up to an hour

M=Moderate: may need to walk a mile, stand for over an hour, may need to climb stairs

H=Hard: may need to walk more than a mile on uneven terrain, may need to climb up to 2 flights of stairs, may need to be in confined spaces, may need to do several activities back to back

4. 5-MINUTE WAIT TIME: If you are attending a class or trip that specifies meeting at a parking area, the group will wait no more than 5 minutes beyond the posted start time.

5. MEMBERSHIP AND WAIVER FORM: For each participant, a Waiver must be signed and on file in the SSLL office. Your form will be valid for the calendar year. This policy informs and protects our participants as well as SSLL.

6. EMERGENCY CONTACTS: You will be asked to provide emergency contact information on your membership form. Please make sure you use a contact that will not be attending events with you.

7. CANCELLATIONS, INCOMPLETE EVENTS AND REFUNDS: If you cannot attend an event for which you have already paid, you must notify the SSLL office, 362-3006 ext. 1168, one week prior to the class and one month prior to a day trip, in order to receive a refund. Additional restrictions on cancellation or refunds for events may apply as set forth in the event descriptions or terms and conditions of third-party providers. If area schools are closed due to weather conditions then, unless registrants are otherwise notified by phone or email, all SSLL events for that day will also be cancelled. In addition, SSLL may cancel or be unable to complete events due to inclement weather, emergency, acts of God, actions of third parties, or other events or circumstances beyond the control of SSLL. If an event is cancelled or not completed, SSLL will make reasonable attempts to reschedule the event. If an event is not rescheduled, or a registrant provides notice to SSLL that the registrant is unable to attend the rescheduled event, SSLL will issue a refund to the registrant; provided, however, that the amount refunded to the registrant will be reduced by any amounts paid by SSLL to third parties in respect of the event for which SSLL has not itself received a refund.

• DAY AND OVERNIGHT TRIPS •

LABOR DAY BRIDGE WALK WITH BEYOND HORIZONS

Mackinaw City • Monday, Sept. 2

Picking up Passengers: Standish (train station) 3:15AM; Tawas City (Wal-Mart) 4AM; Oscoda (K-Mart) 4:30AM; Alpena (Ramada Inn) 5:30AM. Reservation required. First come first serve on seating availability. Public welcome. Reserve, ASAP, with Beyond Horizons at (989) 770-7077; **\$40 per person**



DOW GARDENS & WHITING FOREST CANOPY WALK

Midland • Friday, Sept. 6 • 9AM-4:30PM

Experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, an award-winning children's garden, towering pines, and delightful water features. Whiting Forest of Dow Gardens features 54 acres of woodlands, ponds, apple orchard, meadows and a stream. Guests of all ages and abilities are immersed in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground. For lunch, we will enjoy lunch at the famous Grand Traverse Pie Company. Price includes bus, driver tip, lunch, admission, private tours of Dow Gardens and Whiting Forest, and canopy walk.

Maximum Group Size: 27 • Registration Deadline: August 29 • Difficulty level: M (Walking) • Price: \$99 members

ARCHANGEL ANCIENT TREE ARCHIVE, CRYSTAL LAKE ALPACA FARM AND PT. BETSIE LIGHTHOUSE

Frankfort & Copemish • Wednesday, Sept. 25
7AM-7PM

With over 8,000 species of trees on the endangered species list, we need to find ways to secure the future of our trees. One of the top places in the world doing this is right here in Michigan at the Archangel Ancient Tree Archives. They have cloned trees from the top "champion" trees of the world, including Sherwood Forest in England to the Sequoias in California and everywhere in between! We will take a two-hour tour and learn of their worldly influence and the work they are doing to propagate, reforest and archive trees. We will travel to Frankfort for lunch, before visiting the Crystal Lake Alpaca Farm and Pt. Betsie Lighthouse in the afternoon. Price includes bus and driver tip, Archive tour and donation, lunch and lighthouse admission.



Maximum Group Size: 27 people • Registration Deadline: September 11 • Difficulty Level: E (Some Walking) • Price: \$99 members

SILVER LAKE STABLES & PARSHALLVILLE CIDER MILL

Fenton • Thursday, Oct. 3 • 7:30AM-7:30PM

Join us as we explore the beautiful town of Fenton. We will visit the famous Parshallville Cider Mill where we will be treated to a historic tour and enjoy some cider and donuts. Lunch will be in downtown Fenton at The Laundry Restaurant. After lunch, we will have time to stroll the town, enjoy the historical statues and sculptures as well as the quaint shops. Finally, we are off to Silver Lake Stables for a tour of this gorgeous ranch and demonstration which features gaited saddle bred horses (the dancing kind!) Price includes bus and driver tip, all tours and admissions and lunch. Fast food stop on the way home at your own expense.

**Max Group Size: 27 people • Registration Deadline: September 13
Difficulty Level: E-M (Walking) • Price: \$119 members**

BEAUTIFUL: THE CAROL KING MUSICAL

Midland Saturday, Oct. 12 • 10:15AM-6:15PM

Beautiful tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music



history. She made more than beautiful music; she wrote the soundtrack to a generation. This play won two Tony Awards and a Grammy Award. Come hear greats like "I Feel the Earth Move", "One Fine Day", "A Natural Woman", "You've Got a Friend" and the title song "Beautiful". Price includes lunch, show, bus and driver tip.

Max Group Size: 27 • Registration Deadline: September 13
• Difficulty Level: E-M (2 Flights Stairs) Price: \$ 129 members



MICHIGAN SUGAR PRODUCTION TOUR AND DELTA COLLEGE PLANETARIUM

Bay City • Thursday, Oct. 24 • 8:00AM-4:00PM

Join us to tour the Michigan Sugar Company at their state-of-the-art facility in Bay City.



Learn what cassette mixers and diffusion towers do and meet "Pete the Beet". Hear about the company's history and follow the path sugar beets take from delivery to processing to packaging. We will have lunch at Gatsby's Seafood and Steakhouse in Bay City, then we will walk across the street to enjoy the Delta College Planetarium. 2019 marks the 50th anniversary of the first Apollo

landing on the Moon. Do you remember where you were when that occurred? We will see their show "From Earth to the Universe", as well as see the full dome autumn evening sky. Price includes factory tour, lunch, planetarium admission and show, bus and driver tip.

Maximum Group Size: 27 • Registration Deadline: October 10 • Difficulty Level: M (1 Mile Walk, stairs, heat) • Price: \$89 members

MICHIGAN FOOD, BEER AND WINE FESTIVAL

Flint • Saturday, Nov. 2 • 3:30-11:30PM

This is the 8th anniversary of this event, sponsored by Flint Radio Stations. We will sample great local food, and craft beers from over 100 Michigan brewers and/or 60 Michigan wineries. All the tastings are held at the Dort Event Center, where you can stroll from booth to booth. There will be food booths, arts and crafts and live music. There is also an outdoor area with lawn games, as well as a free photo booth. With the price of your ticket, you will receive a commemorative glass, 10 sample tickets to use for beer or wine tasting, and 5 sample food tickets. Additional samples will be at your own expense. Price includes bus and driver tip, parking, and admission ticket.



Maximum Group Size: 27 • Registration Deadline: October 16 • Difficulty Level: M (walking) • Price: \$99 members

SILVER BELLS IN THE CITY

Lansing • Friday, Nov. 22 • 2-11:30PM



Kick-off the holiday season with us in our state's capitol at the 35th Annual Silver Bells in the City Celebration. We will have dinner together, then attend the electric light parade, take part in the community sing-a-long and see the lighting of the official state Christmas tree, as well as visit Silver Bells Village, and see lots of live entertainment. All participants will receive a commemorative brochure, listing the times and places of all events. Enjoy our state capitol at Christmas in a whole new way. Price includes bus, driver tip, dinner, and the community events.

Maximum Group Size: 27 people • Registration Deadline: November 8 • Difficulty Level: M (Walking) • Price: \$99 members

MEADOWBROOK HALL AT CHRISTMAS & SANDERS CHOCOLATE FACTORY

Thurs., Dec. 5 • 7AM-6PM

The holidays shine brighter at The Great Estate! This is the 48th year of self-guided walks through the elegant rooms of the Hall decked in holiday splendor with over 50 dazzling trees, including a 10' tall poinsettia tree on the sun porch. We will also have an elegant

lunch at Meadowbrook. Following this, we will visit the Sanders Chocolate Factory for a guided tour, including free chocolate samples! Pick up your holiday treats in the Sanders Chocolate and Ice Cream Shoppe before we depart for home. Price includes bus, driver tip, tours, and lunch.

Maximum Group Size: 27 • Registration Deadline: November 13

• **Difficulty Level: M (Walking) • Price: \$119 members**



DETROIT ZOO AT CHRISTMAS

Saturday, Dec. 7, 2019



Join Beyond Horizon's bus company for an afternoon through evening trip to the Detroit Zoo, decorated for the holidays. Trip includes your bus trip and ticket to the Zoo. Meals will be on your own.; Departs Meijer – Wilder Road, Bay City at 12:45 pm (If 12 or more people register in our area, they will arrange a Tawas City Walmart pick up) Public welcome. Reserve with Beyond Horizons at (989) 770-7077; **\$40 per person**

• UPCOMING TRIPS •

BLUE MAN GROUP

Midland • Saturday, Feb. 22, 2020 • 10AM-5:30PM

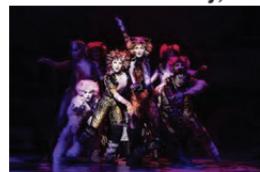
Blue Man Group will rock your world, blow your mind, and unleash your spirit! They are bald, they are blue and these three men will offer music, laughter and surprises at every turn. By the end of this spectacular journey, you'll be saying "I don't even know what just happened, but I LOOOVED it". 35 million people of all ages, languages and cultures have experienced the unexpected with Blue Man Group. Now it's your turn to see what all the hype is about! Price includes bus and driver tip, lunch before the show and show ticket.



Maximum Group Size: 27 • Registration Deadline: January 24 • Difficulty Level: E-M (2 Flights Stairs) • Price: \$125 members

CATS: THE MUSICAL

Midland • Tuesday, May 12, 2020 • 3:30-11:30PM



Rediscover CATS---the beloved musical with breathtaking music---including one of the most treasured songs in musical theater, "Memory". Featuring new sound design, direction and choreography for a new generation---experience CATS for the first time as it begins a new life, or let it thrill you all over again! Winner of 7 Tony Awards. We will begin the evening with dinner, then go to the show. Price includes show ticket, bus, driver tip and dinner.

Maximum Group Size: 27 • Registration Deadline: April 7 • Difficulty Level: E-M (2 Flights Stairs) • Price: \$141 members

NATIONAL PARKS OF AMERICA

September 10-21, 2020 • 12 Days

Join us on a journey through seven of America's most incredible national parks. Your tour opens in Arizona where you will enjoy a stay in the world-famous resort town of Scottsdale. On day two visit the artists' colony of Sedona where you will see the amazing rock formations change hue with each turn in the road. Day three; embark on a cruise on scenic Lake Powell, look out over Glen Canyon Dam and travel through Marble Canyon before arriving at spectacular Grand Canyon. Our next destination is Zion National Park. Enjoy the view from the floor of the canyon as you ride along on the Zion tram. We'll visit nearby Bryce Canyon National Park before enjoying a tour of Salt Lake City featuring the Great Salt Lake, the State Capitol and the residential district. En route to Wyoming, you will see majestic Bear Lake Summit. Later, arrive in Jackson Hole where





you will experience cowboy entertainment and a traditional chuck wagon dinner. From Jackson Hole, you'll pass through Grand Teton National Park before arriving at amazing Yellowstone National Park for a guided tour and a look at Old Faithful. You will also take a trip along Lake Yellowstone and over Sylvan Pass, then stop at the Buffalo Bill Center of the West. Next we'll drive the incredible Bighorn Mountains to the territory of the Great Sioux Nation to visit the Crazy Horse Memorial and the Native American Cultural Center. Later, see one of the country's most famous landmarks, Mount Rushmore. This tour includes traveling to high altitudes (approx. 10,000 ft.). We suggest you consult your physician if you have any concerns. This trip includes transportation to DTW, admission fees, accommodations, 10 breakfasts, 7 dinners.

Max Group Size: 44 • Registration Deadline: March 3, 2020 • Difficulty Level: M-H (Stairs and Walk reasonable distances, possibly over uneven grounds) • Price: \$5049 Double, \$6449 Single; \$500 deposit due upon registering for this trip

THE GREAT RIVERS OF EUROPE

June 4-19, 2020 • 16 Days

Venture through history along the scenic Rhine, Main, and Danube rivers, where medieval architecture beckons from every riverbank... time-honored wine-making traditions abound at hillside vineyards... and landscapes seem to spring from the canvases of centuries-old masterworks. Take in the sights, sounds, and flavors of three distinct European nations — from Amsterdam's charming canals to Germany's traditional folk music and Vienna's renowned coffeehouse culture. Journey on a signature European River Cruise through the Netherlands, Germany, and Austria, uncovering local cultures along the way both onboard and during excursions. Your journey begins in Amsterdam with numerous ports along the way and ends in Vienna. This trip includes transportation from Tawas to DTW, accommodations aboard a private river ship, all meals, 12 guided tours at ports of call, 5 exclusive discovery series events, local program directors, gratuities for local guides and motor coach drivers, all port charges and baggage handling.



Maximum Group Size: 50 • Registration Deadline: November 30, 2019 • Difficulty Level: M-H • Price: Starting at \$5895; \$60 will reserve your place on the trip and will be used to cover bus costs to and from DTW airport. Passport Required (expiration at least 6 months from return)

MOSCOW AND VOLGOGRAD, RUSSIA

End of September-beginning of Oct. 2021 • 10 Days

Come with us to visit a very special part of Russia: Volgograd, formerly Stalingrad. This city played a vital role in stopping the Nazis in WWII. Many say that without the hand-to-hand fighting in that city we might all be speaking German. The history here is incredible and they have honored the past. Volgograd is also culturally fascinating with an integration of cultures. The Volga River has been a significant trade and migration route. This is a German settlement and the Cossacks also play a role. You will see one of the largest statues in the world, war memorials, museums and fascinating architecture. You'll also take a boat cruise on the Volga River during this 10-day trip to this historic, yet enchanting city. At the end of the trip, we will fly to Moscow and take a city tour there to see Red Square, GUM (an iconic and historic department store) and other sites. Please email or call to get on the "Interested List".

Maximum Group Size: 10 people • Difficulty Level: M Price: TBD, estimated \$5000 members



• CLASSES •

ART & PHOTOGRAPHY

PHOTOGRAPHY COMPOSITION AND EDITING (MUST HAVE AT LEAST INTERMEDIATE KNOWLEDGE AND EXPERIENCE)

Wed., Sept. 4, 6:30-9:00AM & Thurs., Sept. 5 • 10AM-Noon

On Wednesday, SSLL member and professional photographer, Shelley Goodlaski will teach a photography workshop in Oscoda. The students will meet Shelley at the Oscoda Beach pier where they will learn about composition while taking sunrise photos. The class will continue at a coffee shop where the group can take a coffee break and share in discussion before heading to Enchanted Blooms for a flower composition session. Students should bring a cell phone or digital camera. Thursday will be spent in the SSLL classroom at IRESA to edit, critique and review the photos from the day. This is an intermediate class for those who have taken Shelley's introduction course or that of another photographer. Class size is limited to 10 students.

Price: \$30 members; \$45 non-members

WOOD CARVING: MAKE A CHRISTMAS DECORATION

Weds., Oct. 9, 16, 23 and 30 • 1-3PM

Learn with local wood carver and SSLL member, Greg Wilkinson, about different wood carving tools and techniques as you make a Christmas decoration that you will take home and treasure.

Price: \$40 members; \$50 non-members (Includes supplies)

INTRODUCTION TO NEEDLE FELTING

Weds., October 9 & 16 • 9:30AM -12:30PM

Needle felting is a craft that sounds way more complex than it actually is — and gets super cute results. Check out how easy it is to make a charming clutch purse for yourself or a friend. You will create a 4 1/2 " by 8" felted purse in the colors of your choice. It will be fully lined and have a closing flap. The project will include basic embroidery stitches with floss and beaded trims. This class will be held at the Tawas Bay Art Gallery on Newman St. in East Tawas. Maximum Class Size: 10 people

Price: \$40 members; \$55 non-members (Includes supplies)

COMPUTERS AND TECHNOLOGY

KNOWING YOUR HOME IS SAFE FROM A DISTANCE/HOME SECURITY TECHNOLOGIES

Wed., October 2 • 1-3PM

Are you one of many SSLL members who take extended trips? There are now many moderately priced devices, not just home security systems, to keep your home safe while you are gone. In this class, Larry Holland, a member of the Tier 4 Tech Support community, will talk about and show several technologies that might be helpful to you. Affordable home cameras (both interior and exterior) and smart thermostats are not only adjustable with your smartphone, but send notifications when issues are detected. There is often a rebate associated with installing these devices. Join us for this "show and tell" 90-minute session.

Price: \$10 members; \$20 non-members

INDIVIDUAL COMPUTER, SMARTPHONE OR DEVICE TUTORING

Time Convenient to You • 90 Mins.

Sign up to have a private lesson on your computer, smartphone or tablet to take you to the next level in your device use. We have instructors who are willing to work with beginners through advanced levels. For example, you have basic Excel skills, but want to learn formulas or charts and graphs. Or perhaps you're wondering: "OK, I have a new tablet. What can I do with it?" You select the topic and skill level for your individual training session. Help can be provided in the following: General introduction, Windows 8, Windows 10, Word, Excel, Search, Power-point, Email, Facebook, Online shopping; you ask, and we will provide it.

Price: \$20 members; \$40 non-members

COOKING AND HOBBIES

SPECIAL PUMPKIN ROLLS

Thursday, Sept. 12 • 3PM-5PM

Old Fashioned Pumpkin Rolls with a heavenly cream cheese filling are the perfect way to usher in the fall season! Impress your guests by baking up this autumnal pumpkin cake roll. Step-by-step instructions will guide you through the process as each person will make their own rolls to take home with them. You will receive the recipe for these delightful treats, so you can continue to enjoy them whenever you like!

Maximum Class Size: 10

Price: \$15 members; \$25 non-members

BOWLING FOR FUN

Tuesday, Oct. 1 • 1-3PM

Whether you throw strikes like it's nothing or if you haven't been to an alley in years, here's why you should choose a bowling alley the next time you're looking for something fun to do. Bowling is a fun way to inspire competition between friends, and you can get as serious (or not) about it as you want. Another reason we love it? In between frames, there's time to just hang out and talk or enjoy some food and drinks. Come join us for an afternoon of bowling at Vista Lanes on US 23 in Oscoda. Perhaps we can even form teams from our various cities. Bowling ball, shoes, and two games of bowling are included in the cost of this fun class.

Price: \$6 members; \$8 non-members

FITNESS AND HEALTH

EYE HEALTH AND CARE

Friday, October 25 • 9:30-11:00AM

Learn about preventative measures for common eye problems affecting seniors, such as astigmatism, conjunctivitis, diabetic retinopathy, cataracts, glaucoma and macular degeneration. Dr. Darnell will share ideas to preserve and care for your eyes. Come to interact with a local optometrist and get your questions answered.

Price: \$10 members; \$20 non-members

PREPARING FOR, AVOIDING AND HANDLING EMERGENCIES AT HOME

Tuesday, November 12 • 10AM-Noon

This class will feature medical professionals from Iosco County EMS and Ascension St. Joseph Hospital and Ascension Standish Hospital. They will team up to help us better prepare for an emergency. EMS will provide information on preparations you can make prior to an at home emergency and what to expect when EMS arrives. The hospital team will then cover strengthening exercises to prevent falls, along with effects of certain medications that may increase the risk of a fall, and equipment relating to prevention. And finally, we will have hands on instruction on stopping a bleed by packing a wound, applying a tourniquet and bandaging.

Price: \$15 members; \$25 non-members

ESSENTIAL OILS: EMOTIONS AND MEMORY

Wednesday, November 13 • 10AM-Noon

Learn about the Limbic System of the Brain and how Essential Oils can improve your mental and spiritual health. Our sense of smell is more powerful than we think it to be and has great influence over our thoughts, emotions, moods, behavior and memories.

Price: \$15 members; \$25 non-members

HISTORY AND THE FUTURE

MICHIGAN POLAR BEARS—SERIOUSLY!

Tuesday, September 10 • 9:30-11:30AM

This is the 100th anniversary of the return to the US of a forgotten force of American troops from Archangel in northern Russia. This was a strange offshoot of World War I. They were mostly troops from Michigan. They had sailed for Europe thinking they would be fighting the Kaiser in France. Yet, they wound up in frozen snow above the Arctic Circle fighting Bolsheviks for six frustrating, freezing months, long after the armistice with Germany was signed and the war was officially over. They called themselves the Polar Bears. This class will focus on their story.

Price: \$15 members; \$25 non-members

CELEBRATING THE CENTENNIAL OF WOMEN'S SUFFRAGE

Fri, Oct. 4, 11, & 18 • 1-3PM

1919 marked the passage of the women's right to vote by the US Congress, then the new bill was finally ratified by the states one year later in August of 1920. Therefore, we are going to examine the fight for women to vote, pros and cons, and learn about the women who led the cause for many years. In addition, we will take a quick look at what the country and states are doing to celebrate the 100th year anniversary of women's right to vote.

Price: \$30 members; \$45 non-members

LEGAL ISSUES, PERSONAL FINANCE AND DEVELOPMENT

MAXIMIZE YOUR MEDICARE

Monday, October 21 • 10-Noon

AARP recommends that you re-examine your Medicare Part D options yearly, as Medicare changes. In this class, Kitty Glomski, from Region 9 Area Agency on Aging, will focus on what you need to know before you make decisions during the Medicare open enrollment period from Oct. 15 - Dec. 7; she will have all the updated information for 2019. She will discuss changes in Medicare, as well as Medicare fraud. This class is appropriate to new Medicare candidates as well as those who have been on Medicare for a long time. There will be time to get your own questions answered and to evaluate your Part D drug plan. Participants should bring their cards and medication lists. This class will be held at ACC Huron Shores Campus on the old airbase in Oscoda. Max 22

Price: Free to all; However, you must register with SSLL

STAY SAFE—AND SAVE—with THE AARP SMART DRIVER COURSE

Tues. & Wed., October 22,23 • Noon – 4:00PM

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). Participants should bring their driver's license, their AARP card (for the \$5 discount), snacks and beverages, if desired. This class is limited to 18 and will be held in room 202 of the ACC Huron Shores Campus in Oscoda. Participants will register with SSLL but pay the day of class. Checks should be made out to AARP.

Price: \$15 for AARP members, \$20 for all others

AVOIDING AND DEALING WITH FINANCIAL FRAUD AND SCAMS

Tues. Nov 5 • 1-3PM

Scammers are getting increasingly sophisticated in their attempts to get your money or personal details. Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. They are taking advantage of new technology, new products and services and major events to create believable stories that will convince you to give them your money or personal details. By following the tips given in this class, you can outsmart even the most cunning fraudsters and shield yourself from financial harm.

Price: \$15 members; \$20 non-members

LITERATURE, LANGUAGE AND WRITING

15TH ANNUAL MID-MICHIGAN WRITERS' CONFERENCE

Standish Saturday, Oct. 5

This year's conference speaker will feature author, Cari Noga, who will present "From Pantser to Plotter and How I Grew". *Publisher's Weekly* described Ms. Noga's novel, *Sparrow Migrations*, semi-finalist of the Amazon Breakthrough Novel Award, as "brimming with Humanity and Grace". Mid-Michigan member, Chris Lucka, will also lead a workshop, "Polishing Your Piece: Notes from a Freelance Editor". Both novice and experienced writers, as well as avid readers, are welcomed at this conference. It will be held at the Northeast Arts Council Center, 3233 Grove St., Standish. Price includes morning snacks, lunch and workshop materials. Registration Deadline: Oct. 2; Send check or money order to Mid-Michigan Writers, PO Box 924, Standish, MI. 48658. For more information, call (989) 846-6546 or 482-9005. **Price: \$35**

SPINNING STORIES

Tuesday, Oct. 8 • 11AM-2PM

Whether you want to write fiction or a memoir, this three-hour class will take you from how to get started, how to keep going, and how to polish your story to a finished work. Class members will receive a copy of "Writing Life Stories One Piece at a Time". Class limited to 20.

Price: \$20 members; \$30 non-members

GET THE MOST OUT OF YOUR LIBRARY

Wednesday, Nov. 6 • 1-3PM

Did you know that you can go to your local library for more than books and that you can borrow materials from the State of Michigan library system, as well as the rest of the USA? Do you own a Kindle, Nook or other mobile device? Your library has downloadable audiobooks, ebooks, magazines on-line, music, movies, TV and even comic books. Come and learn how your local library can better serve you. Oh, and don't forget libraries offer some great guest presentations for ALL, free to everyone.

Free, open to the public; registration with SSSL is required: (989) 362-3006, ext 1168

MUSIC, MOVIES AND PLAYS

BELLS OF GLORY HAND BELL RINGING

Monday, Oct. 7 • 1-2:30PM

Bells of Glory hand bell group from Oscoda Trinity Lutheran will perform a concert as well as provide interesting information about the bells, techniques, care of the bells and requirements to play. This class will meet at Trinity Lutheran Church, 5625 N. US23 in Oscoda.

Price: \$15 members; \$25 non-members

TAWAS BAY PLAYERS: CHURCH BASEMENT LADIES

Sunday, Oct. 20 • 1:45-6:00PM

The ladies of the local church fortify their flock with love, wisdom and, of course, the food they prepare in the church's basement kitchen. Bringing their own special brand of humor, the story of four women, as they organize the food and solve the problems of their church, mixes together wonderful music, endearing characters, and side-splitting scenes to serve up a deliciously delightful journey. Funny and down-to-earth, you will recognize and embrace these ladies as they witness the church year unfold in this comedy musical. After the show, we participate in a "talk-back" with the actors and crew, before enjoying a dinner at G's Pizzeria.

Price: \$31 members; \$51 non-members

NATURE AND SCIENCE

NATURE'S GOURMET: OUTDOOR COOKING

Wednesday, Sept. 18 • 1-3PM

Nature lovers; enjoy the call of the wild while satisfying your "inner hunger". Whether you're entertaining adults or children, this is your chance to be creative and have fun. Experience the joy of cooking over your campfire, in your own oven or fireplace. You will enjoy some "demos" and snacks and leave with ideas and recipes for better cooking and appreciating nature's bounty. The class will be held at instructor's residence in Oscoda. Please bring a lawn chair. Class will be held rain or shine. Maximum Class Size: 20

Price: \$20 members; \$30 non-members; Includes supplies

RELIGION, SPIRITUALITY, AND ANTHROPOLOGY

COMPARATIVE RELIGIONS

Thursdays, Oct. 31, Nov. 7 and 14 • 1-3PM

This class offers you an opportunity to gain a solid grasp of the key ideas of religion itself—the issues that repeatedly surface when you look at any faith's beliefs, practices, and organization. Using five major religions—Judaism, Christianity, Islam, Buddhism, and Hinduism—as illustrations of how religions can address the same core issues in parallel and different ways, you will explore religion's complex and multidimensional nature. It's an exploration that can strengthen the interpersonal understanding that underlies your daily relationships, enhance your perception of events in a diverse world, and deepen your appreciation of your own beliefs and the traditions followed by others.

Price: \$30 members; \$45 non-members

• MEMBER MEETING & SPECIAL EVENTS •

Afternoon Tea with Unique Entertainment

Monday, Sept. 9 • 3:30PM-5:00PM • IRESA

Join fellow SSLL members and friends for the delightful British custom of an afternoon tea. The unique entertainment is targeted to both men and women. Bring friends and neighbors. Maximum Participants 30 * Open to Non-Members

Price: \$12 • Registration Deadline: Sept. 3

FLOW: For Love of Water

Sept. 17 • 11:30AM-1:30PM • IRESA

Liz Rosan Kirkwood, director of FLOW (For Love of Water) will discuss their work on issues that threaten our Great Lakes, such as Line 5, fracking, aquaculture, diversions, and exports. She will show a film regarding the value of the Great Lakes to not only us but the whole world.

Registration Deadline: Sept. 3 • Price: \$8 • We require a two-week cancellation notice to receive a refund.

Fall Sunrise Social

Thursday, Sept. 26, 3pm • Harrisville State Park

Say "Good-bye" to Summer on the shores of Lake Huron as we welcome the glorious new season of Autumn. Bring a lawn chair for campfire seating, nickels for games, flashlight and a smile. Meet up with friends and make new ones as we enjoy a picnic meal of Vienna hot dogs, baked beans and salads. Campfire with S'mores and singing to follow. You can bring a dish to pass if you wish. Cars without Michigan State Park Passport MAY have to pay the entrance fee. Reservation and pre-payment required.

Price: \$10 • Registration Deadline Sept. 20

Great Lakes Environmental Restoration and Research

Keeping the Great Lakes Great: Using Stewardship and Science to Accelerate Restoration

Oct. 15 • 11:30AM-1:30PM • IRESA

Margaret Lansing of the NOAA Great Lakes Environmental Research Laboratory will be sharing restoration success stories from the Great Lakes region. She hopes to demonstrate that by working together towards targeted goals significant progress is being made and that these efforts will have a positive impact on future generations.

Registration Deadline: Oct. 1 • Price: \$8 • We require a two-week cancellation notice to receive a refund.

SSLL reserves the right to substitute membership meeting subject when unforeseen events occur.

Nov. 19 • 9:30-11AM • Feedback on Proposed Summer 2020 Program

Any SSLL member can come to give us feedback on the upcoming Summer 2020 program, plus we would like you to share your ideas on other activities we should be doing and seeing. The meeting will be held at IRESA in the SSLL classroom.

• SAVE THE DATE •

SAVE THE DATE!!! APRIL 16, 2020 Year 8 Kick-off Event

Histories and Mysteries: Shipwrecks of Lake Huron • Featuring Ric Mixter

Join us as we investigate 300 years of sailing history from Le Griffon to the largest ship ever lost on Lake Huron, the Daniel J Morrell. Historian Ric Mixter shares rare insight as well as eyewitness accounts of shipwrecks including the 1913 Storm, Nordmeer, Pewabic, and Cedarville. It's a look at a fantastic underwater museum that few get to see!

Ric Mixter is one of the most requested historians on the Great Lakes. He has written dozens of articles that have appeared on the covers of Michigan History Magazine, The Beacon and Michigan's Chronicle. He has written and hosted over 30 shows on PBS stations airing all around the mid-west and Canada and he's been featured as an expert on Discovery and History Channels. Ric is a board member at the prestigious Great Lakes Shipwreck Historical Society and is the president of the Great Lakes Lighthouse Keepers Association.

REGISTER TODAY!

Complete for all payments on SSLL events

*Name #1 _____ Phone _____

Name #2 _____ Phone _____

Class/Trip Title (Specify roommate for lodging) ** Participant Fee

Name or #1, #2 Above

1. _____ # _____
2. _____ # _____
3. _____ # _____
4. _____ # _____
5. _____ # _____
6. _____ # _____
7. _____ # _____
8. _____ # _____
9. _____ # _____
10. _____ # _____
11. _____ # _____
12. _____ # _____
13. _____ # _____
14. _____ # _____
15. _____ # _____

Check or Cash Total: \$ _____

* Call the office for the change of address, email, and emergency contacts form.

** Please do not sign up for a trip that is beyond your physical capabilities.

All trips have a symbol that shows that trip's activity level. *

Enclose a check payable to Sunrise Side Lifelong Learning (or SSLL) and mail to:
SSLL, 27 N. Rempert Rd., Tawas City, MI 48763

Also, if you have not already done so, you will need to complete the
Membership and Waiver Form for the membership year. Thanks much!

For office use only

Check MDY	Check #	Amount\$	Initials
Comment			
Email <input type="checkbox"/> US Mail <input type="checkbox"/>	Comments Reviewed <input type="checkbox"/>	Date	Initials

SSLL 2019 Membership and Waiver (one per member) **Only once per year**

Name _____ Phone _____

Address _____

City, State, Zip _____

Email Address _____

Annual membership to SSLL: New _____ Already Member _____ **Dues: \$30**

If no email, mailing fee of \$7 **Mail:** _____

Are you a veteran? Yes No **Total:** _____

New members: Where did you hear about SSLL? _____

RELEASE, ACKNOWLEDGMENT, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT In exchange for participation in SSLL activities and/or use of property, facilities and services of Sunrise Side Lifelong Learning, I agree for myself and (if applicable) for members of my family, to the following:

1. I agree to release and discharge from liability arising from negligence of SSLL members, directors, volunteers, participants, and all other persons or entities acting for SSLL.
2. I agree to observe and obey all posted rules and warnings and I further agree to any oral instructions or directions given by SSLL employees, representatives or agents.
3. I assume full responsibility for personal injury to myself or family members and further release and discharge SSLL for injury and loss of damage arising out of my or my family's use of or presences upon the facilities used by SSLL, whether caused by the fault of myself, my family member, SSLL, or other 3rd parties.
4. I agree to indemnify and defend SSLL against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may arise from my or my family's use of or presence in the services of SSLL.
5. I agree to pay for all damages to the facilities used by SSLL caused by my or my family's reckless or willful actions.
6. By registering for classes, trips and events, I give permission for SSLL to use any photos or videos taken in future publications and marketing opportunities.
7. Any legal or equitable claim that may arise from participation in SSLL activities shall be resolved under Michigan law.
8. I acknowledge that participation in classes, trips and events is subject to the terms of the Program Guide, including without limitation the provisions regarding cancellation, incomplete events, and refunds.

I accept this Liability Waiver: Name (print) _____

Signature _____ ..Date _____

Emergency Contact: Name (**someone who will not be travelling with you**) _____

Day Phone Cell _____ Relationship _____

Night Phone Cell _____ Other _____

This signed waiver is required for participation in SSLL activities and is good from January 1, 2019 through December 31, 2019.



SUNRISE SIDE LIFELONG LEARNING

27 N. Rempert Rd., Tawas City, MI 48763

P: (989) 362-3006, ext. 1168; ssll@sunrisesidell.com

F: (989) 362-6905; www.sunrisesidell.com

Charitable Giving

To sustain our quality programming, your financial support is needed. Although Sunrise Side Lifelong Learning (SSLL) is tremendously fortunate to have passionate, qualified members, friends and others willing to volunteer their time and expertise, we still have many annual operating expenses necessary to offer such a program.

Our current membership fees cover approximately 50% of our ongoing costs. Therefore, the remaining 50% must be raised through donations, gifts, and grants. Our plans for development and an enhanced quality of programs depend 100% on charitable gifts.

Your consideration of a tax-deductible gift will benefit the program and help secure the SSLL legacy. If you would like to give to SSLL, please make a check out to SSLL and designate how you would like us to use the funds:

- (a) Transportation (bus leasing)
- (b) Speakers
- (c) Printing, Publications and Office Supplies
- (d) Staff Compensation
- (e) Insurance
- (f) Technology and Software, or
- (g) General Use

Ways You Can Give to SSLL

1. SSLL is a 501(c)3 organization and as such can receive **tax-deductible contributions** under section 170 of the Internal Revenue Code. We can also receive tax-deductible **bequests, transfers or gifts**.
2. If your **estate plan** is several years old, or if you don't have a will or living trust, see an attorney before year's end to update your plans. When planning your will or updating your existing estate plan, consider adding a bequest to SSLL to continue regular gifts.
3. Look at your **stock portfolio** to see if you have appreciated stock or mutual fund shares to use for charitable giving.
4. Check old **US Savings Bonds** to see if they have stopped earning interest. If you have some of these bonds, redeem them and use the proceeds to make a gift to SSLL.
5. If you are age 70 ½ or older, transfer part or all of your 2019 **Required Minimum Distribution** to SSLL.

If you make a charitable contribution to SSLL, you will receive a letter indicating the amount given and the date, so you have documentation for your 2019 tax year records. We can't thank you enough for giving us your serious consideration!



SUNRISE SIDE LIFELONG LEARNING

27 N. Rempert Rd. (on M-55) • Tawas City, MI 48763
www.sunrisesidell.com • Email: ssll@sunrisesidell.com
(989) 362-3006 Ext. 1168