

High Street
UMI Church

UPDATE LEARNING CLASSES PARKING PASS

OLDER
ADULT
MINISTRY



GOD'S GIFT OF LONG LIFE
THE UNITED METHODIST CHURCH
Member of Shepherd's
Centers Of America

Update Learning 2012

SPRING TERM • EVERY MONDAY FOR SIX WEEKS

March 26 • April 2, 9, 16, 23, 30

HIGH STREET UNITED METHODIST CHURCH

OLDER ADULT PROGRAMS

219 S. High Street • Muncie, Indiana 47305 • 765-747-8500

Deborah Musick, Director, Adult Ministries

deborahmusick@munciehighstreet.com • www.munciehighstreet.com



UPDATE LEARNING NOURISHES THE BODY, MIND, AND SPIRIT

*"Discipleship under Jesus Christ is holistic, both spiritual and physical,
following Jesus requires our whole selves: the healthier we are,
the more able we are to be about the will of God."*

—Rev. Chris Owens, 1st UMC, Laurel, MD

SPRING SESSION • MONDAYS • MARCH 26 through APRIL 30

1. Registrations should be mailed as soon as possible. **Keep A Copy of Your Classes.**
2. You will be registered in your first choice class, unless otherwise notified.
3. If you are accepted in a **Limited Number Class** and **Cannot Attend**, please call 747-8500, so someone else can be notified to take your place.
4. Name tags are available for each registered person. Pick up in the elevator area in the basement. Return at the end of the day.
5. If you are staying for afternoon classes, you are invited to bring a sack lunch and may keep it in our refrigerator.
6. **After lunch on the last day of classes, April 30, will be our Teacher Recognition. Plan to stay for the recognition and a program by Larry Davis, a singer with the Gracemen Quartet for 30 years.** On this day, **SACK LUNCHES** will be available for you to purchase— tickets will be sold during weeks 4 and 5.
7. Also, on April 30, **BRING CRAFTS COMPLETED THIS SESSION** for display in Parish Hall.

PARKING FOR UPDATE LEARNING

Since welcoming IVY Tech as our new neighbors in Fall, 2010, our parking for Update Learning has continued to go very smoothly. **If you park in any of the IVY Tech lots around the church, you will be ticketed and possibly towed.** But, we have secured sufficient parking that is close by the church. *Please carpool whenever possible. This not only helps the space situation, but is good for the environment.*

These Are The Parking Options For Update Learning:

- 1) The Church Lot
- 2) **AFTER 8:00 a.m.** parking is available in the **Old National** lot at the southeast corner of High and Adams Streets. (Please do NOT park there before this time, as the employees are entitled to their spaces first.)
- 3) **Muncie Children's Museum/Horizon Center**, 515 S. High St. Park near the High St. entrance.
- 4) For those only taking one class, a **2-Hour City Lot** is available across the street from the church.

YOU NEED TO DISPLAY THIS CARD IN YOUR WINDOW WHEN PARKING IN ANY OF THESE LOTS.

8:15 to 8:55 A.M.

Continental Breakfast (at cost)
8:30 A.M.

All registrants meet together in Parish Hall each Monday of classes.

*** **9:00-9:50 A.M.** ***

Flower Arranging

Coordinated by Mary Wertzler

Each week a demonstration will be given by a different presenter. A variety of techniques will be demonstrated.

Mar. 26 Alley Kat Kathy Amburn
Apr. 2 Foister's Sharon Grubbs
Apr. 9 Lazy Daisy Sharon Russell
Apr. 16 Paul's Florist Joe Davis
Apr. 23 Minnetrista Cultural Center
Cassie Banning
Apr. 30 Creating Paper Flowers
Susan Helfrich

Quilting: Scrapfest

Judi Reece

Collect your scraps for several block designs which can be any size from placemats to full quilts. Beginners are welcomed.

Eat Healthy, Happy and Smart #9

Betty Hays

LIMIT 15 Breeze into Spring with some all time favorites: Brunches, kid friendly fare, speedy skillet meals, grilled greats, potluck pleasures, and herbs from the Bible. (Samples of course!)

Body Recall Demonstration

Ross VanNess and Mary Kaye Lyon

Learn how to exercise without pain or without damage to your joints. Anyone can benefit from these gentle exercises, led by a certified Body Recall instructor.

Art Class

Don Rogers

This will be a 2-hour class, from 9:00 to 10:50. Beginners are welcome and will be given basic instructions. More advance students are welcome to bring their current projects.

The Golden Age of Radio

Frank Scruggs

Come and listen to classic radio comedy with Bing Crosby, Guests, Bob Hope Judy Garland, Gang Busters, The Great Gildersleeve, The Green Hornet, Duffy's Tavern, and Mr. District Attorney, Comedy and Crime.

Lives of the Apostles

Dan Moore Snyder

This is the story of Jesus' hand-picked and closest followers, and what became of them after Jesus' resurrection and ascension. Come join us as we look at the Biblical, historical and traditional evidence surrounding those who first recognized Jesus as the Christ.

Inspirational Writing (2 hours)

Maude Jennings

Have you ever wanted to tell your side of the story; preserve stories for yourself or your family; reflect on what it means to be human; explore a "great idea" or write a poem? It might be fun and a great chance to find out what else you can do.

Elder-law—Making Sure

Your Choices Count!

Gregory Smith, Attorney at Law

An overview of selected issues facing senior citizens and approaches to meeting those issues. Included will be discussion of transfer of property, transportation, estate planning, medical directives, and taxes.

Needlework Potpourri **Susan Danner**

Do you have an unfinished needlework project that has you stymied? Can't quite figure out that pattern? Need help starting a project? Want to learn a new skill—knitting, intarsia, crocheting, counted cross stitch, needlepoint, blackwork? Bring whatever you are working on, and see what happens!

AARP Driver Safety Class

Tom Leonard

LIMIT 10 TO 25 This classroom refresher course will teach you defensive techniques that foster safer driving. A certificate will be awarded only to those who attend all six classes. Cost of materials is \$12 for AARP members and \$14 for non-members and is due at the first class session. Make check out to AARP.

*** **10:00-10:50 A.M.** ***

"Prohibition: Better Than No Liquor At All"

Richard Harris

This humorous quote by Will Rogers summed up the "noble experiment" very well. Prohibition was more than 150 years in the making, but only lasted 13. Richard Harris will be exploring this curious attempt at social engineering. The cast of characters is fascinating, and there is so much about Prohibition not well known. There will be much to laugh about.

Paper Folding

Betsy Pyle

LIMIT 10 Iris folding is a unique and easy folding technique for making cards. We will make the cards upside down, and be surprised when we turn it over, and complete the card with rubber stamping and punches.

continued →

UPDATE LEARNING REGISTRATION FORM • Every Monday, MARCH 26 through APRIL 30, 2012

Date Registration Sent _____
 Name _____
 Street _____
 City _____ State _____ Zip _____
 Telephone _____
 Age: 50-55 55-60 60 70 80 90
 (Courses open to persons 50 years or older)

INDICATE YOUR CHOICES OF COURSES:

9:00 A.M. 1st _____
 2nd _____
 10:00 A.M. 1st _____
 2nd _____
 11:00 A.M. 1st _____
 2nd _____
 12:00 NOON—LUNCH
 12:30 P.M. 1st _____
 2nd _____

\$8.00 covers registration for 1-4 courses for 6 weeks.
 Pre-registration is encouraged to obtain desired classes.

Send money or check (payable to UPDATE LEARNING) to:
 Update Learning, High Street United Methodist Church, 219 S. High Street, Muncie, IN 47305
 This is my first time to attend. I have my name tag and I will bring it.
 Elevator and wheelchairs are available.

Beginning and Intermediate Knitting
Charlotte Ferris

Charlotte has taught at Update Learning for over 30 years. She only gets better! Bring your own project to the first week of class.

Line Dancing **Jane Pitsner**

LIMIT 40 Have fun with some of the old favorites: a variety of country western, waltz, cha-cha, mambo, polka and Celtic dances.

Big Band Music **David Reece**

Enjoy the history of those who provided the marvelous sounds from the 1920's to the 1950's. The players, composers, arrangers, and the singers are all part of this class, for the sources are infinite and the players come alive as you'll hear their stories and their priceless performances.

Art Class, continued **Don Rogers**

This will be a 2-hour class, from 9:00 to 10:50. Beginners are welcome and will be given basic instructions. More advanced students are welcome to bring their current projects.

Paul: The Great Apostle
David Cartwright

The man, the teacher, the pastor, the missionary, the fund-raiser, the legacy. Please bring your Bibles.

Finances and Investments **Tom Foote**

During these sessions we will explore a multitude of topics that involve finances. We will break down jargon and how industry speaks to give you a better understanding of the markets and your finances.

Rug Hooking **Dana Davis**

Each student needs to bring a 12" embroidery hoop. Cost of materials is \$25 due at the first class session.

Inspirational Writing, continued
Maude Jennings

This will be a 2-hour class from 9:00 to 10:50

*** 11:00-11:50 A.M. ***

Praise Moves **Jennifer Everetts**

This is a Christian Alternative to Yoga, with gentle stretching and toning exercises and moves. Wear comfortable clothing and bring a mat or towel.

The Super Stars **Conrad Lane**

Every year from 1932—1978 (Hollywood's golden age) Quigley Publications would poll motion picture theater owners asking them to name the top ten box-office attractions of each year. Every week we will take a look at six of these top performers (3 women and 3 men) and examine their lives and careers. See if you can guess which ones made the list.

Islam: The Politically Incorrect Version
Celia Burns

The class will compare and contrast Islam with Christianity and Judaism. We will address how it impacts the Middle East crisis today.

Painless Opera and Ballet #4
Richard Hays

View selected scenes from operas and ballets. Selections may include operas: Daughter of the Regiment, Romeo and Juliet, Tristan & Isokle, and ballets Swan Lake, Sylphide. English subtitles for operas and Richard will provide additional story details.

Bridge
LIMIT 20 This class will play until 12:30. Everyone who enjoys playing Bridge is welcome.

Honest to God: A Study of Psalms
High Street Pastors

What does it mean to relate to God when all is going well? How do we relate to God when we are in crisis or life falls apart? And what does it mean to relate to God when we sense He has acted to renew our lives and circumstances? The Psalms provide us much-needed insights.

Beginners: Creating Unique and Beautiful Greeting Cards
Betsy Pyle, Kay Stickle

LIMIT 16 Kits will be available each week at \$1 each. Included will be rubber stamping, resist technique, layering and embossing, and "paper embroidery" with punch and metallic thread to make your own design. Please bring double sided adhesive. Options are available at Joann's or Hobby Lobby.

It's a Good "Deal" **Lex Richards**

If you enjoy card games of all kinds, you will want to join this group. Brand new games and old favorites are offered. Games are for two, three, four and more players.

Crochet All Steps **Linda Campbell**

Learn basic stitches, how to read patterns, and yarn labels. Learn needle sizes and materials. Practice yarn and needles will be provided for the first time. Bring current project, and new projects will be discussed.

Backyard Bird Watching **Jim Lambert**

When is a sparrow not a sparrow? Identifying those "little brown blobs" in your back yard. How to tell when birds are getting amorous.

*** 12:00 NOON ***

You are welcome to bring your lunch and store it in the refrigerators in the kitchen off Parish Hall.

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RETURN SERVICE REQUESTED

*** 2 Hour Classes ***
From 12:30 to 2:30 P.M.

*Intermediate: Creating Unique
and Beautiful Greeting Cards*

Betsy Pyle, Kay Stickle

LIMIT 16 Kits will be available each week at \$1 each. Included will be rubber stamping, resist technique, layering and embossing, and “paper embroidery” with punch and metallic thread to make your own design. Please bring double sided adhesive. Options are available at Joann’s or Hobby Lobby.

Basket Weaving **Linda Swanger**

LIMIT 10 Learn the art of basket weaving by weaving a simple basket. There will be a \$10.00 fee for materials.

Mah Jongg For Fun **Sydney Wulff**

LIMIT 12 Experienced players—or those who are just beginning—are invited to join this group.

Bridge

Players will continue to play for fun.

Growing Through Grief:

Personal Healing **Deborah Musick**

We will explore efforts to help heal the wounds of the spirit called “grief”. The power to transform loss into growth is released in two ways-- by being in relationships of mutual caring and finding spiritual meaning in losses. The sessions will begin with a video, followed by an informal time of sharing.

Living a Healthy Life with

Chronic Conditions

Lana Ramaly and Sheila Fraze

\$10 fee includes a large, practical book. If you or someone you know is dealing with heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and other chronic conditions, you will find this a remarkable resource. The simple goal is to help anyone with a chronic illness to live a productive, healthy life.

Riding the Bus

Alvie Sargent

MITS travel training gives you the skill and confidence to get where you need to go in Muncie “riding the bus”. You will take several “field trips” to places like the mall, a grocery, and the hospital. You need to be able to walk one block. A free bus pass is included.

