

MCC FRIDAYS AT APPLEWOOD-LECTURE SERIES

NEW Flint Mayor Dayne Walling will cover his goals that he plans to attain over the course of the remainder of the year and the upcoming year. **Local Sculptor and Jeweler – Suzanne Johnson** - Ever wonder what lies within the mind of an artist? Suzanne Johnson stands firmly with one foot in the world of art, and the other foot in the world of business. She has traveled the world, developing a unique appreciation for the diversity of cultures. She has explored Europe and quests to study the artworks of the ancient masters. She will share her experiences with us, explaining how she overcame obstacles which ultimately added to her skill in sculpture. She loves to create fresh new jewelry designs that are comfortable, yet timelessly elegant. "Art is a necessary form of expression for Suzanne. A day without art is a day without speaking." Her studio in Grand Blanc provides her with perfect atmosphere; it is truly a working studio. You will find her there creating drawings for jewelry design for clients, carving the waxes to be cast into gold, sculpturing clay protracts, figures and monuments to be cast into bronze.

(Seating limited to 110)

\$10	09/10/09	NOCR-LL300-09	9:00am - 10am	Breakfast Fare	RTC 1301
			10:00am - 11:30am	Lectures	RTC Auditorium

Professional Football Player and Motivational Speaker – Eric Hipple has spent his entire NFL Career with the Detroit Lions ('80-'90), and went on to have a successful business career in the auto industry and as a motivational speaker. However, he lost his son at age 15 due to depression. He decided to devote his energies to helping others detect and treat depression. He is currently an outreach coordinator and spokesperson for the University of Michigan Depression Center. He will talk about: 1) *Depression and BI-polar Awareness*; 2) *Suicide Prevention*; and 3) *Depression in Athletes and Sports*. **Legendary Flint Area Coach – Jack Pratt** carved out a wonderful coaching career over the past five decades, exerting an immense influence over athletes at Powers, Grand Blanc, Kearsley and St. Matthews. Hear from this exceptional gentleman what his thoughts and memories are about the athletes.

(Seating limited to 200)

ROAD TRIP TO: Flint Institute of Arts-Isabel Room

\$10	10/09/09	NOCR-LL300-10	9:00am - 10am	Breakfast Fare	
			10:00am - 11:30am	Lectures	

(Located downstairs to the right) *Sponsored by Bernie & Betty Borden, Borden's Lawncare & Snow Removal* 1120 E. Kearsley Street, Flint, MI. Includes FREE tour of the Graphic Beauty: Contemporary Rock & Roll Posters Exhibit!

Flint Gerontologist – Dr. Matt Weiss will discuss the wide ranging and interesting topic of "Healthy Aging" - explaining the role exercise and diet play. He will also enlighten us about what the latest research is concerning staying active and healthy as we all grow older. (Seating limited to 110)

\$10	11/13/09	NOCR-LL300-11	9:00am - 10:00am	Breakfast Fare	RTC 1301
			10:00am - 11:30am	Lecture	RTC Auditorium

Flint Lawyer and Judge –Tom Yeotis will speak to the Lifelong Learning Seniors about his lifelong memories of Flint – which we'll all be interested in hearing. He has also had a lifelong interest in the Flint Sports scene and was instrumental in starting the Greater Flint Hall of Fame. **Holiday Season Entertainment–Dibbleville Dolls** - a group of singers from the Fenton area who have developed a wonderful reputation of entertaining people with their beautiful upbeat music. You'll enjoy hearing them sing Christmas music, which is guaranteed to get us all into the Christmas spirit! (Seating limited to 110)

\$10	12/11/09	NOCR-LL300-12	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lecture	RTC Auditorium

Channel 12 Weatherman – John McMurray WJRT Meteorologist John McMurray will discuss his lengthy career on Channel 12 and on WJRT Radio, His hobby of sailing and his friendship with WJR Radio personality, the Late J. P. McCarthy. (Seating limited to 110)

\$10	01/08/10	NOCR-LL300-01	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lecture	RTC Auditorium

The Aging Eye – Dr. Jeff Rohr - This lecture will focus on common eye diseases, such as glaucoma, macular degeneration and diabetes. You will learn about many conditions that can permanently affect your eye and vision. Did you know that macular degeneration is the most common cause of vision loss in the United States for people over the age of sixty? You will also learn about the best ways to protect yourself from many of these conditions, including various nutritional supplements that may slow the progression of these potentially devastating diseases.

What's New at Flint's Farmers Market - Mr. Dick Ramsdell come hear about what's happening at the market! Learn about the Farmers Co-op and check out the new vendors and the old favorites. (Seating limited to 110)

\$10	02/12/10	NOCR-LL300-02	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lecture	RTC Auditorium

Flint Area Authors Month–Brenda Brissette-Mata and Allan Meade, columnist at the Flint Journal and Radio Host on AM 1470 WFNT, will discuss her book which is a compilation of her favorite articles over the years. Allan Meade of Fenton will discuss the book he authored, "An Extraordinary Life." (Seating limited to 110)

\$10	03/12/10	NOCR-LL300-03	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lecture	RTC Auditorium

Our Aging Brain–Dr. Stephen TePaste "Maintaining Your Brain" is a presentation on how to reduce your chances of developing dementia. We will learn about the new science on fitness and keeping an active mind to maintain YOUR brain. He will also discuss Alzheimer Disease – prevention and treatment. (Seating limited to 110)

\$10	04/09/10	NOCR-LL300-04	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lectures	RTC Auditorium

Celebrating Outstanding Flint Women: The Late Ruth Mott & JoAnne Shaw—Steven Wilson, Ruth Mott Foundation CEO will speak about Mrs. Ruth Mott – Hear about her passions, interests, and the Ruth Mott Foundation. **JoAnne Shaw**, CEO of the Coffee Beanery, will discuss the road she has traveled, from the startup of her first Coffee Beanery in Dearborn in 1976 to the present with over 100 locations in 20 states and several countries. (Seating limited to 110)

\$10	05/14/10	NOCR-LL300-5	9:00am-10:00am	Breakfast Fare	RTC 1301
			10:00am-11:30am	Lectures	RTC Auditorium

How To Order

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Each month from
September to May, a
wonderful program
will be offered to
seniors that will
inspire, rejuvenate,
stimulate and refresh.
Each event will
feature a unique
program and of
course be
accompanied with lite
refreshments and
door prizes.

We've changed the following:

- ◆ New Name (formerly MCC Lifelong Learning)
- ◆ New Format Breakfast Fare at 9 a.m. with lectures starting at 10 a.m.
- ◆ New Location in the Regional Technology Building (RTC)
- ◆ New Leadership
Desiree Londrigan working with Ken Wensel

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Come One, Come All!!

MCC FRIDAYS AT APPLEWOOD-LECTURE SERIES

MCC FRIDAYS AT APPLEWOOD-LECTURE SERIES for SENIORS PROGRAM

This year is full of changes for this program. Desiree Londrigan was recently re-assigned to assist me with coordinating and running this program. I am very excited about this change because she was one of the founding organizers of this program!

Here is a summary of the changes for this program:

- o New Name Fridays At Applewood Lecture Series
- ◆ New Format Coffee Hour from 9am-10am, RTC 1301
Lecture from 10am-11:30am, RTC Auditorium
- o New Location Regional Technology Center-Auditorium
- ◆ New Leadership Desiree Londrigan

The location for the lectures has moved to the Regional Technology Center (RTC) due to some major construction taking place on campus. I think you will find the parking and facilities very accommodating.

Please take the time to view the line up of speakers for the series—I think you will find them to be outstanding! Order your tickets for the series today by calling (810) 232-8044 or by mailing the Ticket Order Form found on the front side. Seating is limited to 110 attendees per lecture.

Ken Wensel, Program Coordinator
MCC Fridays at Applewood Lecture Series

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