

Adventures in Learning—Fall Session 2019



Registration: \$60 paid by September 3rd or as soon as you can.

Fees are nonrefundable. You may attend as many classes as you like in these eight weeks for one registration fee!

A limited number of \$30 scholarships are available. For more information, call the LifeVentures Office 316-682-0504

Lunch Fee: \$9/week (See chef's menu on page 5.) OR bring your own lunch.

Lunch reservations need to be made in advance by Friday noon (316-682-0504).

~ **8:45—9:15 a.m.** ~

BLOOD PRESSURE CHECK
(Room 151)

Arline Smith, R.N.

~ **8:45—9:15 a.m.** ~

MEET & GREET
with COFFEE & SNACKS
(Hedrick Hall)

Meet new members and greet old friends.

- ☼ Coffee and snacks will be available from 8:45-10:30 a.m..
- ☼ If you want to bring a snack to share
 - be sure to sign up
 - the snack needs to be finger food and fit on a napkin; plates and forks will not be furnished
 - have the snack here by 9:00 a.m.
- ☼ The LifeVentures Board will provide snacks, also.

~ **9:15—10:15 a.m.** ~

HISTORY
(Hedrick Hall)

September 10: “Red River War: Part I”

Ken Spurgeon, Associate Professor at Friends University

The Red River War was a campaign in 1874-1875 to displace the Kiowa, Comanche, Southern Cheyenne and Arapaho from their lands and relocate them to the reservation.

September 17: “Red River War: Part II”

Ken Spurgeon, Associate Professor at Friends University

The Red River War was a campaign in 1874-1875 to displace the Kiowa, Comanche, Southern Cheyenne and Arapaho from their lands and relocate them to the reservation.

September 24: “America’s Love/Hate History with Refugees”

Ernestine Krehbiel, Retired Teacher

The US is one of the most generous countries in the world and yet, at other times, one of the most tight-fisted - holding our doors tightly shut to refugees. At the beginning of WW II, the US turned away a ship from docking in Miami with nearly 1000 Jewish Holocaust refugees. Yet, in 1975, plane loads of Vietnamese infants and babies taken from hospitals and orphanages were taken to nations around the world including the US and Canada. The history session will be about the long history of America’s cycle of compassion vs reluctance toward those who want to come to the US.

October 1: “Hatteberg’s People”

Larry Hatteberg, Photojournalist/Anchor
Hatteberg’s People series

October 8: “Goat Glands to Ranch Hands”

Orin Friesen, Retired Operations Manager
The 90-year history of the Wichita radio station best-known as KFDI (AM 1070.)

October 15: “The History Within the Museum of World Treasures”

Larry Riedlinger, Volunteer and Tour Guide
Explore the Museum of World Treasures by taking a sneak peak into the exhibits and the history that lies within them. A great way to discover what the museum has to offer before setting foot in the doors.

October 22: “The Holocaust of World War II”

Lotti Eichhorn, She grew up in Switzerland during World War II.

Events leading to/occurring during the Holocaust and how the U.S. Holocaust Memorial Museum in Washington, D.C. depicts it.

October 29: “Consequences of Treaty of Versailles: 100 Years Later”

Dr. John Dreifort, Professor of History at Wichita State University

Having just celebrated the 100th anniversary of the signing of the Treaty of Versailles that ended World War I, it is appropriate to examine its impact on the rest of the 20th Century as well as our own era. The Great Depression, the rise of Nazi Germany, World War II, the ongoing Middle East conflict among others can be traced back to the treaty. How did this happen? Join us to find out.

~ **9:15—10:15 a.m.** ~

BETWEEN THE COVERS

(Room 150-151)

September 10: “The Magic of Oz”

Theresa Reiter, K-12 Teacher-Librarian
Put on your ruby slippers! American author, L. Frank Baum, is chiefly famous for The Wonderful Wizard of Oz and its sequels. But he also wrote 41 other novels, plus short stories, poems and scripts. Join us as we discover the talents of “the man behind the curtain.” We will also discuss the beloved movie based on his Oz book; starring Judy Garland.

September 17: “Election 2020: Between the Pages”

Victoria French, Community Interest Development Manager at Barnes and Noble
A look at the 2020 presidential candidates based on books by the candidates or those close to them.

September 24: “Chills, Thrills & Ghoulish Books”

Theresa Reiter, K-12 Teacher-Librarian
Join us as we discuss mystery, crime, horror and true crime books, new and old. Bring your favorites to share. Let's get ready for the **spooky month of October.**

October 1: “How to Make the Most of Your Life”

Carmaine Ternes, Researcher, Writer, Presenter, Volunteer
Book review of Encore: Finding Work in the Second Half of Life by Marc Freedman

October 8: “Big Read: Lab Girl by Hope Jahren”

Racine Zackula, Professional Bookie, Adult Fiction Selection at Wichita Public Library
Join in the lively discussion as we explore the themes of this book whether it is beauty of nature and science or the struggle of modern scientists who wish to unravel mysteries of our world.

October 15: “New Fall Releases”

Shirley Wells, Bookseller, Book Club and Book Talk Coordinator at Watermark Books & Café
Shirley will share several of the fall releases that have the book publishing world abuzz!

October 22: “World War II as a Setting...: Books Featuring Women During WWII”

Racine Zackula, Professional Bookie, Adult Fiction Selection at Wichita Public Library
Hilary Mantel said, “Historical fiction comes out of greed for experience.” Come discover books set in WWII that will fill your need to know more about this important time. Our presenter will

discuss titles and attendees are free to bring their favorites as well.

October 29: “Writing Family Stories”

Bonnie D. Tharp, Author
Every family has stories they'd like to share & pass down through the generations. We will talk about capturing them & making them interesting for the younger generations.

~ **10:15—10:30 a.m.** ~

COFFEE AND CONNECTIONS

(Hedrick Hall)

~ **10:30—11:30 a.m.** ~

POTPOURRI

(Hedrick Hall)

September 10: “The Fight to Achieve the Vote for Women ”

Ernestine Krehbiel, Retired Teacher
The US women's suffrage movement was a decades-long fight to win the right to vote for women in the US. Kansas was the 8th state to grant women the right to vote, years before the passage of the 19th Amendment. Little of the history of this fight for equality was in textbooks then and may not be in current textbooks. One would be amazed at what some of our foremothers went through in their fight for the vote - just to be considered equal citizens in the US.

September 17: “Our Tallgrass Prairie National Preserve”

Eric Patterson, Park Ranger
Virtual prairie tour power point

September 24: “Senior Group Travel”

Don Evans, Travel Committee Chairperson
Introduce the Air Capital Active People (ACAP) travel group.

October 1: “Enjoy Wichita on the Cheap”

Carolyn Erickson, Publisher
Find ways to enjoy some of the best things about our city for FREE or on the cheap.

October 8: “Medications and Memory”

Teresa Hatfield, Extension Agent
Older adults on average are prescribed more medications on average than any other age group. Medications and even non-prescription substances may affect your memory. Join us to learn which drugs or substances could impact your memory.

EXPLORING OUR WORLD

(Chapel)

Marilyn Mason, LifeVentures member, facilitator

October 15: “Wichita Police Department Homeless Outreach Program”

Officer Chris Williams, Wichita Police Officer
I will be telling you more about our Homeless Outreach team, what we do, and how you can help Homeless individuals and families get out of Homeless situations.

October 22: “Design Your Empowered Future”

Katherine Ambrose, CSDC, CSHP, TV Host, Senior Life Coach, & Realtor®

Learn behind-the-scenes story on the launch of PBS’ **Empowering Senior** TV Show. The 1st show of its kind in North America! Designed to equip mature adults wishing to remain in control of their own life through their 70’s, 80’s, 90’s & beyond!

Understand how to effectively communicate with family, friends, & professionals about wishes for our lives today & tomorrow. Candid conversation on how to design a future worth living...free of overwhelm & worry starting NOW! Practical tips on how to take action & accomplish goals from aging-in-place well; de-cluttering & downsizing; selling the family home As-Is, and how to make a move SIMPLE.

=> 7 facts on making a fresh start... all of the modern housing options available for Active Adults, planning ahead to protect our best imaginable life moving forward.

October 29: “The Historical Museum - celebrating local history”

Eric Cale, Museum Director

For generations the Museum has collected, preserved and interpreted the material culture that tells our local story. Learn why the Museum is considered one of the finest local history museums.

CRAFTY POETS

(Room 150-151)

September 10 through October 29

Roy Beckemeyer, LifeVentures member, has had his poetry published in many literary journals and anthologies. He has 3 books of poetry in print, and has led LifeVentures poetry workshops since 2010.

Participants will write poetry weekly and read it aloud to the class. The book, “The Crafty Poet II”, will be used.



September 10: “Robotics”

Robots are starting to perform the core features of life, to the point where it may be possible to have a robot that actually “lives.” You are introduced to robots that “eat” by harvesting energy; robots that “grow” by building and improving themselves; and robots that “evolve” by designing themselves autonomously.

September 17: “Maya Civilization”

Fascinating story of the Maya Civilization - spectacular empire that ranks as one of the greatest cultures that our planet has ever seen.

Visit Chichen Itza the best known of Maya cities.

Learn about Tikal another great Maya city. It was occupied for hundreds of years then suddenly abandoned and forgotten for a thousand years.

September 24: “Botany”

Are so-called “Bad Plants” like poison ivy really so bad? Learn about special evolutionary relationship between specific flowers and pollinators that play a necessary role in plant evolution. Note: Stunning images, example - close-up video of ladybug flying.

October 1: “Skeptics Guide to American History”

Examines commonly held myths and half-truths and invites you to think about what really happened - as opposed to what many people believe happened. Asks the question - “Who in history do we choose to remember and why?” While most Americans know the important figures in American history, Professor Stoler explains that others are just as accomplished, but far less known, i.e. John Adams, John Quincy Adams and George C. Marshall.

October 8: “Washington D.C.”

Founding and history of Supreme Court, explore Court in action, encompassing courtroom procedure and how cases are selected and ruled upon. Explore the world’s largest library. Tour begins with monumental Jefferson Building with its gleaming Beaux Arts décor. Then visit the Adams, Madison, Folger Shakespeare Library.

October 15: “Skywatching”

Explore science behind everyday events such as majestic sunrise or dramatic sunset. Why is the sky blue? Watch dynamic lightening bolts in super-slow motion to understand process.



October 22: "Pink Boots" and "Bicycling through Afghanistan"

True stories of two women who are making a difference in the world.

"Pink Boots" shows the transformation of a very protected girl (her mother thought even joining Girl Scouts was too dangerous for her daughter) to an NFL cheerleader to wife, mother, and world renown expert in lemurs.

"Bicycling through Afghanistan" is the story of a woman who is using bicycles to help empower women in Afghanistan.

October 29: "Skeptics Guide to Health, Medicine, and the Media"

Discover how drug companies sometimes develop a drug first, and only then identify a disease the drug can address - think restless legs syndrome or chronic dry eye. Opioids had been around for a century before exploding into the crisis we have today. But the cause of the current crisis is not as simple as the story we often hear. Learn what the most common cause of opioid death is today, and the role the news media can play with respect to educating families and creating pressure for policy change.

~ 1:15—2:15 p.m. ~

**RELIGION
(Room 150-151)**

**After the New Testament:
The Writings of the Apostolic Fathers**

From The Great Courses DVD collection
Lecturer: Professor Bart D. Ehrman, Ph.D., M.Div.
He is the James A. Gray Distinguished Professor at The University of North Carolina at Chapel Hill.

Nina Gunter, Retired Teacher, Librarian and LifeVentures member, facilitates.

September 10:

✿ **"Introduction to the Apostolic Fathers"**

The lecture introduces a set of works from the decades after the writing of the books of the New Testament that give us important insights into how Christianity was developing in its earliest stages.

✿ **"Church Structures in Early Christianity"**

September 17:

✿ **"Letters of Ignatius"**

✿ **"Doctrinal Problems in the Early Church"**

September 24: to be decided

October 1: to be decided

October 8: to be decided

October 15: to be decided

October 22: to be decided

October 29: to be decided

THREADBARE READERS THEATRE

(Room 115/LifeVentures Office)

September 10 through October 29

Judy Oliver, Facilitator; LifeVentures Treasurer, Retired Educator.

Have a love of reading aloud, pretending you're someone else, and performing in front of groups? We have just the group for you! Come join us as we rehearse humorous skits in preparation for performances.



If you have any questions, comments or recommendations, please talk with one of our board members.

**LIFEVENTURES
BOARD OF DIRECTORS**

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LifeVentures
Your place to keep knowing & growing

~ 11:40 a.m.—12:50 p.m. ~

ENTERTAINMENT & LUNCH

(HEDRICK HALL)

*We encourage everyone
to stay and enjoy entertainment
before lunch.*

SEPTEMBER 10

Entertainment: “Superb Owl”

Rachel Roth, Naturalist and Local Bird Nerd at Great Plains Nature Center

What makes owls so superb? A special visitor will help us learn more about this captivating group of birds.

Lunch Menu: Baked Chicken
Mashed Potatoes
Green Beans
Garden Salad
Dinner Rolls
Chocolate Sheet Cake

SEPTEMBER 17

Entertainment: “Basic Needs, Bees & Bible”

Britt Hopper, Bee Doctor

My God will supply all your needs according to his riches in glory, through Christ Jesus

Lunch Menu: Lasagna
Caesar Salad
Garlic Bread
Lemon Pound Cake

SEPTEMBER 24

Entertainment: “Back to the Basics”

Heart of America Men’s Chorus
25 minutes of music ♪

Lunch Menu: BBQ Pulled Pork
Potato Salad
Baked Beans
Homemade BQ Sauce
Buns/Bread
Peach Cobbler

OCTOBER 1

Entertainment: “Tunes Old & New to Bring You Joy”

The Lewis Street Singers

Lunch Menu: Salisbury Steak
Roasted Potatoes
Green Beans
Rolls
Apple Crisp

OCTOBER 8

Entertainment: “Broadway, Pop and Classics”

Newman University Troubadours
25 minutes of music ♪

Lunch Menu: Quiche
Fresh Fruit
Fresh Tomato/Vegetable Salad
Breakfast Breads

OCTOBER 15

Entertainment: “Hear Those Bells Ring ‘Americana’

A small ensemble of joyful handbell ringers

Lunch Menu: Beef Tips and Gravy
Mashed Potatoes
Broccoli Salad
Buttered Peas and Carrots
Rolls
Pie choice: Strawberry Rhubarb Pie,
Apple Pie, Coconut Cream Pie

OCTOBER 22

Entertainment: “Making Music Side By Side”

Velma Lippoldt and Kathy Baker, Retired Music Teachers

A program of piano duets including sacred, secular and classical selections.

Lunch Menu: Turkey and Dressing
Sweet Potato Casserole
Green Beans
Cranberry Jell-O
Rolls
Pumpkin Bars

OCTOBER 29

Entertainment: “Sing-Along then Poetry”

Glennye Reimers will lead us in sing-along.
then

Roy Beckemeyer, our Poetry Class Leader, and our LifeVentures Poets will share their original poems.

Lunch Menu: Meat Loaf with Brown Gravy
Baby Carrots
Mashed Potatoes
Rolls
Halloween Sugar Cookies

We thank Chefs Michael and Ramona Rodriguez for providing our lunches this year. They use only the freshest ingredients to prepare the meals from scratch.

Don't forget your reservation (\$9.00 each) needs to be made by the Friday noon before the next Tuesday! 316-682-0504

Welcome!

We're looking forward to a terrific series of fall classes and we hope you will join us. If you cannot attend this session, please pass this class schedule to a friend.

Thanks!

Life Ventures Board of Directors



LifeVentures Welcomes Guests

You may bring a friend (first-time attendee only) to classes one Tuesday with no fee. Lunch (\$9.00) needs to be reserved by noon the Friday before. Call us so we can have a name tag ready

316-682-0504



LifeVentures
Your place to keep knowing & growing

LifeVentures empowers midlife and older adults to live healthy, engaged, independent lives. We provide social and educational services that build community connections.

Our Slogan: Your place to keep knowing and growing

LIFEVENTURES OFFICE

Exterior door: Park on Crestway St. Use the sidewalk that leads up to the church doors north of the playground. Ring bell on left door.

Interior: Walk across the church sanctuary and enter through the door to the right of the altar then second door on right.

Office hours: Please call ahead as our office is staffed by volunteers.
316-682-0504

Parking

Parking is available on the east and south sides of East Heights UMC, on Crestway Street, and in the parking lot of Second Church of Christ Scientist (east of East Heights). Please stop at **STOP** sign before parking. The "no parking" area on the east side of the church is reserved for people taking young children to preschool. Please do not park in that area.



?? Questionable Weather ??

If the Wichita Public School classes are cancelled, *Adventures in Learning* classes will be cancelled also. Listen to radio and TV for updates.

Nice to Give! Great to Receive!

Adventures in Learning gift certificates are available in any amount and can be purchased by calling the office.

316-682-0504





LifeVentures – Fall 2019

4407 East Douglas Wichita, KS 67218
Adventures in Learning Registration Form
Due in office by September 3, 2019

Name _____ Ph. # _____ I'm new ___ I'm back ___
Last First

Name _____ Ph. # _____ I'm new ___ I'm back ___
Last First

Address _____ City _____ Zip Code _____

Email Address _____ Birthday _____

How did you hear about LifeVentures?

Church _____ Friend _____ Newspaper _____ Facebook _____ Other _____

In case of emergency, please notify:

Name _____ Phone # _____

Name _____ Phone # _____

Doctor _____ Phone # _____ Preferred Hospital _____

If you are interested in registering and paying online through our website for future Adventures in Learning sessions, please mark the box.

I am interested in registering and paying online for Adventures in Learning sessions.

A limited number of scholarships that will cover \$30 of the cost of registration are available. If you are interested in obtaining an application for the scholarship, please contact the office at LifeVentures either by email, letter, or telephone.

ADVENTURES IN LEARNING FEES

Registration fee \$60 each person \$ _____



Paid lunch reservations (\$9 each)
 Please circle: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29 \$ _____

Lunches are non-transferable to another day or session.
 Lunches must be reserved by the Friday noon prior to Tuesday class.

Tax deductible donation to LifeVentures \$ _____
 "To help support the many activities we all enjoy"

Total Amount \$ _____

Please tell us if you have a food allergy.

My food allergy is _____.

Please send completed registration form with check payable to:

LifeVentures

Phone 316-682-0504

4407 East Douglas, Wichita, KS 67218

office@lifeventuresks.com



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RETURN SERVICE REQUESTED

Registration has begun!

4407 East Douglas Wichita, KS 67218 682.0504

Adventures in Learning

Fall 2019 Schedule

September 10 through October 29

LifeVentures is a nonprofit, interfaith community of active senior adults.

Our Mission: To provide educational and enrichment opportunities for adults "50 and better" in an interfaith environment.

What is Adventures in Learning? LifeVentures' hallmark program. This program offers educational and enrichment classes 2 times per year (spring & fall) in 8-week sessions.

Our Services: Adventures in Learning, Tuesdays Together, Threadbare Readers Theatre

Who does the work? Volunteers

How is it financed? By donations, memorials, fundraisers, grants, Adventures in Learning, and Tuesdays Together fees.

Where is it located? East Heights United Methodist Church, 4407 East Douglas, Wichita, KS 67218.

We are blessed to have the support of these 15 congregations:

East Heights United Methodist ~ A very special thanks for giving us a home!

Holy Cross Lutheran ~ Hillside Christian ~ Grace Presbyterian ~ St. James Episcopal

College Hill United Methodist ~ University Congregational ~ University United Methodist

First United Methodist ~ Plymouth Congregational ~ Congregation Emanu-El ~ Bethany Lutheran

Lorraine Avenue Mennonite ~ Woodland Lakes Community ~ Mount Vernon Presbyterian

For more information, call the LifeVentures office at 316-682-0504

www.lifeventuresks.com office@lifeventuresks.com



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