Society of Active Retirees
Summer 2018, July 16–July 27
Greetings from the Director

In youth we learn;
in age we understand.

— Von Ebner-Eschenbach

There’s plenty of time to have fun in the sun this summer and still continue your lifelong learning through another semester of SOAR Macomb.

You asked for more SOAR Macomb and here it is. Set aside the weeks of July 16 and 23 for a summer-weight version of the Society of Active Retirees at Macomb Community College.

Here’s a sneak peek at what’s planned: Private tours at Stahl’s Car Foundation (museum) and Crocker House Museum in Mount Clemens. A bus trip to the Detroit Institute of Arts. On Macomb’s campus, learn about K-9 search and rescue efforts from Wolverine State Search and Recovery representatives. Find out what’s happening at Detroit’s Eastern Market. Join in a discussion with historian/author/military veteran Dan Heaton as he talks about the U.S. Army’s strong connection in Macomb County. There’s more...theater, health, Sudoku, Brazilian music.

Look over the schedule and register for your favorites. Enroll in three classes for $25, and add more for $10 each.

Enjoy a summer with SOAR Macomb.

Debbie Komar
SOAR Macomb Director
Macomb Community College
Registration Information and Policies for Summer 2018

Introducing SOAR Macomb Online Registration

To access the online registration portal, visit https://www.macomb.edu/soar. You must log in to purchase a membership, and then register for classes. If you have taken SOAR Macomb classes in the past, your information is already in our system! Simply click “Forgot your password?” and enter your email address to have an email sent to you with your login information. If you have not taken SOAR Macomb classes in the past, click “Start Here” next to New User?” in order to create your account.

Want to register online, but need a little help getting comfortable with the new system? Join us for one of our drop-in online registration sessions to be held at the University Center:

- **Session 1**: Monday, June 4th 10–11am
- **Session 2**: Monday, June 4th 1–2pm
- **Session 3**: Tuesday, June 5th 10–11am
- **Session 4**: Tuesday, June 5th 1–2pm

Registration for our Summer 2018 semester begins on Monday, June 4 at 10 am. The semester will run from July 16—July 27, 2018.

1. The SOAR Summer 2018 membership fee of $25 allows you to register for up to three classes. Add-ons will be available for $10 each after registration.
2. Each person must have a membership to attend classes. Memberships may not be shared.
3. Registration will also be accepted via U.S. mail and will be processed on a first-come, first-served basis. Please mail forms using enclosed envelope to:
   - **SOAR Macomb, CCK-128**
   - Macomb Community College
   - 14500 E. 12 Mile Rd.
   - Warren, MI 48088-3896
4. You will receive a confirmation letter listing all your classes. Carefully review this letter and bring it to each SOAR class. It will list the location of each of your classes.
5. For classes at the Macomb Community College University Center, 44575 Garfield, Clinton Township, see the inside back cover for a map of the Center Campus and University Center. For the Stahl’s Automotive Foundation and Crocker House sessions, please meet at those locations; the bus for the Detroit Institute of Arts trip will leave from the Lorenzo Cultural Center on the Macomb Community College Center Campus.
6. Please attend the classes in which you are enrolled. If you discover a conflict with one of the sessions for which you’ve registered, please call the SOAR Macomb office at 586.286.2106, or email SOARMacomb@macomb.edu, to let staff know you will not be able to attend.
7. SOAR Macomb staff will attempt to accommodate changes to class registrations when possible, but changes are not guaranteed.
8. Before you register, please be aware that refunds will not be granted.

For additional information, call or email the SOAR Macomb office at 586.286.2106
SOARMacomb@macomb.edu
### Macomb Courses

**Society of Active Retirees**
Summer 2018, July 16–July 27

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Eastern Market: Healthy, Wealthier & Happier Cities

Monday, July 16 • 1–3pm  
Location: UC1-Lecture Hall A  
Faculty: Dan Carmody

It’s summer—the perfect time for an inside look at what’s happening at Detroit’s Eastern Market. Learn how Eastern Market is striving to improve food access and provide education related to healthy eating. Find out how the market is working to incubate and accelerate small food businesses while also retaining and attracting larger, more established enterprises to grow employment and build wealth in the Detroit area. This class will also explore how public markets can help make the region happier by providing a place where people delight in coming together and enjoying each other.

Dan Carmody has been president of Detroit’s Eastern Market Corporation since 2007, leading the non-profit and transforming one of the city’s most venerable institutions into one of the nation’s “most inclusive, convivial, resilient and robust regional food hubs.” EMC works with a variety of partners to make Detroit healthier, wealthier and happier by increasing consumption of healthy food, by creating and expanding ventures and employment throughout the food supply chain. Key competencies include strategic planning and implementation, real estate development, special events and public arts program management, partnership engagement, regional cooperation and organizational capacity building.

The Complexities of Shakespeare’s Henry V: Perspectives from an Actor & Director

Tuesday, July 17 • 10am–noon  
Location: UC1-Lecture Hall A  
Faculty: Joseph Sfair and David (D.B.) Schroeder

Let this actor and director set the stage for a discussion on the history and varying perspectives on Shakespeare’s title character—Henry V—and a behind-the-scenes look at the rehearsal process with Sfair reprising some of the role’s greatest speeches and Schroeder as director. The pair collaborated on a production of Shakespeare’s Henry V in March 2017, playing to sold-out audiences at the historic Sterns Mansion in Indian Village for the company Shakespeare in Detroit.

Joseph Sfair, a local professional actor based in southeast Michigan, holds a Bachelor of Arts in theatre from Wayne State University. His credits include work at Shakespeare in Detroit, Puzzle Piece Theatre and Open Book Theatre.

David (D.B.) Schroeder is the Producing Artistic Director of Puzzle Piece Theatre, and the Education and Outreach Coordinator for the Macomb Center for the Performing Arts and the Lorenzo Cultural Center. He apprenticed at the Shakespeare Theatre of New Jersey and holds a Bachelor of Fine Arts in theatre performance from Missouri State University. He and Sfair have collaborated on many productions, including Henry V, Macbeth, the American premiere of The Boy Who Cried, and the Michigan premieres of Ambition Facing West and The People’s Temple.
Camp Butler to TACOM & Beyond: The U.S. Army in Macomb County

Wednesday, July 18 • 10am–noon
Location: UC1-Lecture Hall A
Faculty: Dan Heaton

In 1861, Camp Butler opened in Mount Clemens as a rally and muster point for a troop of Union Soldiers. A century later, TACOM in Warren was the center of the Arsenal of Democracy. The U.S. Army has a long history with Macomb County and here’s your opportunity to learn more about the development of this positive relationship from a veteran and historian.

Macomb County native Dan Heaton has served in both the U.S. Air Force and U.S. Navy. He has written three books on military history, all with a Michigan connection.

Thursdays at the Museum*

Thursday, July 19 • 11:30am–4pm
Location: Detroit Institute of Arts
(Leave by bus from the Lorenzo Cultural Center, adjacent to the Macomb Center for the Performing Arts)
Faculty: DIA Staff

Get ready for some summer fun at the Detroit Institute of Arts. It’s Thursdays at the DIA, a time for special programs just for seniors. SOAR Macomb students registered for this adventure will gather at the Lorenzo Cultural Center on the Macomb Community College Center Campus (Garfield and Hall roads) and board a bus for a visit to the DIA. The afternoon includes creating some artwork of your own and free time to explore the DIA. Then, enjoy complimentary cookies and coffee before boarding the bus for a return trip to the Lorenzo Cultural Center.

*Class limited to 45 students. Wear comfortable shoes for walking through the museum.

The DIA bus will depart the Lorenzo Cultural Center at NOON sharp. Please arrive by 11:45am We’ll leave the DIA by 3:15pm and return to the Lorenzo Cultural Center, depending on traffic, at approximately 4-4:30pm Other than the cookies and coffee served at the DIA, there is no food/meal included with this excursion. Café DIA is open until 2:30pm for food purchases. NO outside beverages—including bottled water—may be brought into the DIA.
Automotive History at Stahls*

Friday, July 20 • 10am–noon
Location: Stahls Automotive Foundation
56516 North Bay Drive, Chesterfield
(near Gratiot & 26 Mile Road)
Faculty: Stahls Automotive Foundation

*Class limited to 40 SOAR Macomb members who are registered; please meet at the Foundation. Wear comfortable shoes for walking.

Here’s a special treat for SOAR Macomb students: A private tour of the Stahls Automotive Foundation (museum). It starts in the Music Room to the sounds of automated musical instruments that are almost 100 years old. Next stop is the main floor, where Stahls’ docents will open hoods and doors on cars from the early 1900s to the 1960s (including some well-known movie vehicles). Another highlight is the music that will come from the largest dance hall organ in the world—a 1920 Gaudin—along with a 1920s Wurlitzer Theatre Pipe Organ and a 1920s Mortier Dance Hall Organ.

The Stahls Automotive Foundation was created to build an appreciation for history. Its mission is to educate, motivate and inspire young people with a passion and appreciation for vintage vehicles, and help them understand their contribution to the development of the car industry, as well as their impact on society, history and everyday life.

A Crocker House Summer*

Monday, July 23 • 1–3pm
Location: Crocker House Museum
15 Union St., Mount Clemens
Faculty: Kim Parr

*SOAR Macomb participants should meet at Crocker House Museum in downtown Mount Clemens. Some free on-street parking is available. Please wear comfortable shoes for walking on the tour. Class limited to 30 participants.

It’s a perfect time to visit the Crocker House Museum as both Macomb County and the City of Mount Clemens celebrate their 200th birthdays. SOAR Macomb members will receive a private tour of this historic structure that was built in 1869 as the first mayoral home of Mount Clemens. The home shows life in the Victorian Era at a time when Mount Clemens was known worldwide for its healing waters.

The Macomb County Historical Society and its Crocker House Museum provide educational experiences of Mount Clemens and Macomb County history through the use of artifacts, rotating exhibits, publications, stories and special educational programs. The purpose is to collect and preserve the local heritage to instill an appreciation of the community’s unique history.
Yoga for the Mind: Solving Sudoku Puzzles*

Tuesday, July 24 • 10am–noon
Location: UC1-104
Faculty: Mark M. Weglarski
*Class limited to 25 students

Understanding the essence of Sudoku—the technical side behind the puzzle—can only help enhance solving skills, whether you’re a Sudoku neophyte or an experienced Sudoku solver. Learn the basic techniques of mastering these highly addictive number-placing brainteasers from a Sudoku puzzle designer and author. Don’t be scared off by the numbers. No math is involved in Sudoku puzzles—only logic!

Mark M. Weglarski is a professor emeritus of economics at Macomb Community College. Educated on three continents, he attended four universities, including Wayne State. His nearly four decades of teaching assignments include positions at two universities, two business schools and two junior colleges. For the past dozen years, he has been designing and compiling puzzles, especially Sudoku—or MarkSuDoku.

Fundamentals of K-9 Search & Rescue

Wednesday, July 25 • 10am–noon
Location: UC1
Faculty: Casandra Ulbrich, Ph.D., Megan Ballantine and Ethel Settler, all of Wolverine State Search and Recovery

Here’s something new for SOAR Macomb students. This class will review how working K-9s are trained and certified as Search and Rescue Dogs. It includes a live demonstration with certified K-9s and their handlers. Part of the demonstration may take place outdoors, so dress appropriately.

Casandra Ulbrich, Ph.D., Megan Ballantine and Ethel Settler are founding members of Wolverine State Search and Recovery. Each handler owns and works with K-9s certified in trailing and/or human remains detection.
Fall Prevention & Balance
Thursday, July 26 • 10am–noon
Location: UC1-Assembly Hall
Faculty: Shailly Prabhakar, DPT, PT and Marcelyn Ormeo, DPT, PT

Balance, just like strength and agility, starts to decline in midlife. Learn how balance is a complicated process, what systems help maintain good balance and how to prevent falls. This SOAR Macomb class also will explore the causes of falls, determine the risk factors and provide fall prevention strategies. Be prepared to engage in simple balance exercises to improve body awareness, enhance confidence in activities of daily living, and enable a sense of well-being at home and elsewhere. The course also will offer a safety check review of your home.

Shailly Prabhakar, DPT, PT, is a physical therapist at Henry Ford Macomb Hospital, with more than 20 years of clinical experience. She completed her Doctorate in Physical Therapy from Wayne State University, has a master’s degree in cardiopulmonary physiotherapy, and was a gold medalist in both undergraduate and graduate studies. Her special interests within the field are balance and vestibular rehab, sports medicine, spine and women’s health.

Marcelyn Ormeo, DPT, PT, also a physical therapist at Henry Ford Macomb Hospital, has 23 years of clinical experience. She earned her doctorate of physical therapy from Utica College in New York and gained her undergraduate credentials in the Philippines. She is certified in LSVE-BIG for Parkinson’s and belongs to a special interest group with balance, vestibular rehabilitation and orthotic fabrication programs in the field of physical therapy.

Brazilian Music Styles, Sounds & Rhythms
Friday, July 27 • 10am–noon
Location: UC1-Assembly Hall
Faculty: Brazil and Beyond

End the SOAR Macomb summer semester on a musical note with the sounds of the Brazilian Samba, Bossa Nova, Choro and Baiao performed by the talented local group Brazil and Beyond. Learn about the history, roots and exotic instruments of Brazilian music styles, and listen to selections by these talented musicians.

Brazil and Beyond was founded by Detroit-area music educator and multi-instrumentalist Rich K (6-string Bass, Cavaquinho). He’s joined by Garry Weinberg (7-string Brazilian Guitar) and Dennis Sheridan (Pandeiro, shaker, agogos, congas, tamborim and drum set).
Have you reached an age where living alone or maintaining a home has become too much?

At Oakmont Parkway we offer independent seniors the lifestyle you’re accustomed to, just without some of the everyday challenges you may be facing. As an active senior, you realize that you can look after most of your own needs but would enjoy added social, recreational and cultural experiences now that you are retired.

Oakmont Parkway strives to create a dynamic retirement lifestyle that increases the well-being and vitality of all of our seniors while our conveniently located community keeps you safe and close by.
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