

Cut out parking pass and use to hang in your vehicle each week



## Fall Term of Update Learning!

Each Monday, September 18 - October 23, 2017

*FOR ADULTS OF ALL AGES*  
*(babysitting not available)*

**6 Weeks of Learning  
for \$8.00!**



### HIGH STREET UNITED METHODIST CHURCH

219 S. High Street  
Muncie, Indiana 47305  
765-747-8500  
[www.munciehighstreet.com](http://www.munciehighstreet.com)

1. **Cut out the enclosed registration form & mail/bring it with the payment 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 take your place.
4. If you are staying for afternoon classes, you are invited to bring a sack lunch and put it in our refrigerator.
5. **Please plan to stay for the Appreciation Luncheon on the last day of classes, October 23.**  
On this day, lunch will be furnished by Morrison Woods. Tickets (\$5) will be sold during weeks 4 & 5, and those monies will be donated to The United Way. Completed crafts will be displayed in Parish Hall!

# Please Note!

If you park in the Ivy Tech lots around the church you will get ticketed and possibly towed!

## PARKING OPTIONS for Update Learning:

1. The church lot.
2. Parking along High Street, Adams, and Franklin.
3. The city has agreed to let us park in the city lot across High Street from the church during the hours of Update Learning.
4. After 8 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 8 a.m. because employees get first dibs.

## Display Your Parking Pass in all lots!

*(Carpooling helps the space situation AND the environment...but you already know that!)*

**7:30 to 9:00 a. m.**  
Coffee & donuts (at cost) in Parish Hall  
**8:00 to 8:20 a. m.**  
Singing & devotions there, too.

~~~~ **8:30 - 9:20** ~~~~

**Taking Charge of Your Health** Alexis Neal  
Alexis Neal, R.N., will coordinate an exciting class with an endocrinologist and specialists from Cardiovascular and Pulmonary Services at IU Health B.M.H. The following specialists in their areas will help you learn interesting ways to "Take Charge of Your Health": *Diabetes*, Dr. J. Matthew Neal, Endocrinologist; COPD & *Harmonica Techniques*, Katrina Riggins; *Atrial Fibrillation & Medications*, Amy Roby; *Peripheral Artery Disease & Peripheral Artery Screening*, Jodi Davison; *Cognitive Fitness Exercises* such as Zentangle, Katrina Riggins; and *Asthma*, Russell Webb.

**Golden Age of Radio** Frank Scruggs  
Step back in time, close your eyes, and enjoy the stories and antics of Jack Benny, Green Hornet, Burns & Allen, Suspense--with Robert Taylor, The Lone Ranger, and Jeff Regan, investigator.

**Beginning Knitting** Susan Danner  
**Limit 8**  
Participants will learn how to cast on, bind off, knit, purl, increase, and decrease while making a simple dish cloth. Please bring to first class one ball of 100% cotton yarn and one pair of size 8 wooden 16" circular needles.

**Alzheimer's 101** Lana Remaly  
Many people have memory loss issues. We will discuss the ten signs of Alzheimer's, caregiving, communicating with someone with dementia, healthy eating, and many other areas. This class is taught by Lana Remaly, an Options Counselor at LifeStream Services for 17 years, and will feature videos put out by the Alzheimer's Association.

**Lifetime Fitness** Ross VanNess  
Learn how to exercise without pain or without damage to your joints. Anyone can benefit from these gentle exercises led by a certified Lifetime Fitness instructor.

**Woodcarving** Maury Mann  
Learn a variety of projects. Charges are \$1 for cutouts; \$11 for knives.

**Spirituality and Health** Rev. Robert Burton  
The relationship between faith and health will be examined including history of the faith health connections, findings from research on this topic, self care, and care of the sick from a faith perspective.

**Quilting** Shirley Liby  
**Limit 10**  
Take this opportunity to try paper piecing with Shirley Liby, author of a variety of paper piecing books. Learn about all the great designs and the accuracy of this process. EACH STUDENT MUST BRING A SEWING MACHINE TO ALL SIX SESSIONS. Bring fabric scraps and an extension cord to the first meeting.

**Wild and Wacky Foods Class #4** Betty Hays and Mary Hurn  
**Limit 18**  
Food ideas guaranteed to take the Holiday stress out of your life. We will include simple recipes for Appetizers, Iron skillet cookery, Flake it--don't make it from scratch, Jello, and the new Copper Chef. Samples of course.

**Do You and Your Teeth Still Sleep Together?** Dr. Maude Jennings  
Growing older is not always easy, but, by now, many of us have learned to see the laughter in it. These discussions may provide helpful ways to appreciate what we have lived through and what more there is to handle. Facts about several ways to deal with ageing will be presented, and participation is absolutely essential. (The discussion leader is ninety, going on 900 and needs help!) Come with comments, queries, alternate approaches (joyous or sad) and/or jokes about life's lessons or observations such as Eubie Blake, the jazz pianist, said: "If I knew I was going to live this long, I'd have taken better care of myself."

**Life in the Fast Lane** Bill Elliott  
Do you ever feel intimidated going to a restaurant? What food should I order? What wine should I order to go with the meal? Ever want fine living experiences? Ever worry about manners and etiquette? Do you need tips for travel, how to pack? How to navigate airports? Come to *Life in the Fast Lane* to learn how easy it really is.

~~~~ **9:30 - 10:20** ~~~~

**Line Dancing** Janie Pitser  
**Limit 30**  
Line dancing is not only a good way to be active, it helps to sharpen the mind. Have fun with some of the old favorites: a variety of country western, waltz, cha-cha, mambo, polka, and Celtic dances.

**Beginners Crochet** Helen Rouch  
Learn the basic principles of crocheting while learning to make a chain, single and double crochet stitches, and how to work in rows. For the first day bring 1 skein of light color, 4-ply worsted weight yarn, a size G or H aluminum crochet hook, and a ruler or tape measure. Copies of crochet principles and stitches will be given each week.

**More of the World's Most Fascinating Places** David and Celia Burns  
We will visit Northern Italy, tour Longwood Gardens and the Brandywine River valley, take a houseboat trip on Lake Powell, see the Grand Canyon with snow, head south to Sedona, Saguaro National Park, White Sands and Three Rivers Petroglyph Park, visit remote areas of eastern Turkey, and have a guest photographer share his impressions of Cuba.

**Music and Worship** Dr. Linda Pohly  
This class will explore several aspects of the use of music in worship. Topics include a review of the content of the United Methodist hymnal and its evolution, gospel traditions, and music in other faiths.

UPDATE LEARNING REGISTRATION FORM • Every Monday, September 18 through October 23, 2017

INDICATE YOUR CHOICES OF COURSES:

Date Registration Sent \_\_\_\_\_  
 Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

8:30 A.M. 1st \_\_\_\_\_  
 2nd \_\_\_\_\_  
 9:30 A.M. 1st \_\_\_\_\_  
 2nd \_\_\_\_\_  
 10:30 A.M. 1st \_\_\_\_\_  
 2nd \_\_\_\_\_  
 12:00 P.M. 1st \_\_\_\_\_  
 2nd \_\_\_\_\_

\*\*\* TELEPHONE \_\_\_\_\_

Age:  20  30  40  50  60  70  80  90

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

**Cut & 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.  
 Elevator and wheelchairs are available.

Keep a copy of your class choices! ☺

**Christianity and World Religions**

**High Street Pastors**

Using Adam Hamilton's Christianity and World Religions: Wrestling with Questions People Ask as a jumping off point, High Street Lead Pastor Stacey Fischer Gehring and Associate Pastor Sherrie Drake will guide discussion about five of the world's largest religions: Hinduism, Buddhism, Islam, Judaism and Christianity. We'll be looking at similarities and differences and learning about ways humans across the globe draw strength, meaning and purpose from the divine.

**Intermediate Knitting**

**Susan Danner**

**Limit 8**

Participants will be making a simple, one piece vest. Prior to the first class, participants need to pick up a class packet in the church office which includes a supply list.

**Art Class**

**Susie Burns**

**Limit 12**

There are many styles of art...there are many mediums in which to work...there are many "points of view." But, there are certain basic "rules" that apply to all. Each week we will examine a topic...composition, values, color theory, etc. I will have a handout on each. You may follow my lesson or work on your own individual project. I will be there to answer questions or help you, as you wish.

**Healthcare Navigation (A Fun Approach)**

**Cindee Cox**

A fun approach to understanding how to make informed choices about your health. This class will not include boring lectures about the human body and it's systems, but a user-friendly approach to navigating the challenging world of healthcare.

**Finances and Investments**

**Tom Foote and Brian Osner**

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.

**Upper Michigan: Someplace Special**

**Dr. Peter Murk**

The always entertaining Pete Murk shares the history, customs, folklore, and experience of being a native "Yooper." Expect many visual delights.

**Big Band Music Era**

**David Reece & Dr. James Pyle**

This session begins with the importance and influence of Ragtime, its composers & numerous (and colorful) practitioners. The sessions will be loaded with the music our parents and most of us listened and danced to.

**Women in America: Sideline? Included?**

**Dr. Maude Jennings**

Indiana is lucky to have contemporary representation in our Sue Errington, but are there other examples of TODAY'S women? For example, what about Elizabeth Warren, Maxine Waters, Lisa Murkowski, Susan Collins and that senator from West Virginia and the young woman from California, Kamala Harris? Why do they matter? How come there are different pay scales? Why is it acceptable to interrupt a woman when she presents an idea but the reverse is considered bad manners and is censured? Why do many employers continue to harass women employees? What would a female CEO do differently from a male CEO? We need to talk. (Men are welcomed since no barriers will be present.)

~~~~ 10:30 - 11:20 ~~~~

**Short Stories for Discussion**

**Glenda Noblitt**

We can make real connections with each other through the reading and discussion of literature. Prize winning short-stories will be distributed each week to be read at home and discussed at our sessions. In preparation for our first meeting, please read Genesis 16, 17, 18, and 21.

**Anecdotal Heirlooms**

**Beth Nahre**

**Limit 12**

The memories in your mind are just waiting for you to put them to paper. Anecdotal writing is a way of crafting your mini stories into gems you can hand down to your family. Join us as we learn how to create written heirlooms with paper and pencil.

Art Class continued.

**Limit 12**

This is a 2-hour class from 9:30-11:20. You are welcome to work on your own projects.

**TED Talks II**

**Michael Sherman**

TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. TED believes passionately in the power of ideas to change attitudes, lives and, ultimately, the world. Further along the journey into TED Talks we'll explore deeper into thoughts and ideas expressed on the TED stage, looking into the foundations of the political divide in the United States, exploring what it means to be happy, understanding what privilege and money do to the way people make decisions. These are just some of the topics to explore in TED II.

**Basket Weaving 101**

**Linda Swanger**

**Limit 7**

For anyone wanting to enjoy the art of basket weaving. We will weave a small basic basket. \$15.00 fee for materials.

**Creating Unique and Beautiful Greeting Cards**

**Shirley Markley, Shirley Keever,**

**Limit 15 Kay Stickle, & Carolyn Reiter**

Join your friends to create your own greeting cards. The class will include rubber stamping, resist technique, layering, embossing, use of punches and dies, and other card-making techniques. Please bring a glue runner, tape runner, or Tombo Mono Glue adhesive to class. These are available at JoAnn's and Hobby Lobby. There is a \$9.00 fee due the first session to cover the cost of the 6 card kits. This class is open to everyone.

continued →



**UPDATE LEARNING**  
**High Street United Methodist Church**  
 219 South High St.  
 Muncie, IN 47305

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**Euchre**                      **David Kistler**  
 Come and enjoy playing Euchre in this class! If you want to learn to play this delightful game, we'll teach you. We'll have a lot of fun together. Cards will be provided.

**America's Civil War**              **Dr. Bill Eidson**  
 Sessions will be examining the causes, the heroism, the suffering, strategies, prisons, medicine, and the support from the homefront.

**The Book of Genesis: An Overview**  
**Rev. Dr. Wm. (Woody) Noblitt**

Genesis is my favorite book of the Bible. It is so rich in theology, story and meaning. We will do much in our short time to plumb the depths on this marvelous first book of the Bible: 3 sessions on the Patriarchs (Abraham, Isaac, Jacob & Joseph) in weeks 3, 4, & 5 and 3 sessions on other stories or themes: week 1 on Creation, week 2 on Noah/the Flood, and week 6 on the separate but related themes of "The Barren Woman" and "The Younger Son." Read the creation stories found in Genesis 1 & 2 in preparation for session 1, and bring your Bible. We are going to learn from new insights, be inspired, and have fun!

**Lined Knitted Tote**              **Barbara Drumm**  
**Limit 10**  
 Learn 6 different knitting patterns as you create a knitted tote. Please bring: 6-7 ozs. of a number 4 yarn (I used Big Twist from JoAnn's), size 6 circular knitting needles 29 inches long, row counter, scissors, yarn marker, and a cable needle. Other supplies will be suggested as needed. This is for anyone with basic knowledge of knitting or someone game to try.

**The Play's the Thing!**              **Laura Williamson**  
**12:30 – 2:00**  
 Join us for an adventure in Reader's Theatre! Each week we will be reading a work of classic literature out loud in 'play' format. You are invited to participate as a dramatic reader, or serve as a member of the audience! Remember, 'there are no small parts, only small actors'. Come and play your part!

**Mah Jongg for Fun**                      **Sydney Wulff**  
**Limit 12**                                      **12:00 - 2:00**  
 Experienced players, or those who are just beginning, are invited to join this group. This class does not play with cards.

~~~~ **12 Noonish** ~~~~

NO LUNCHEAS AVAILABLE UNTIL THE LAST DAY. Other days, you are welcome to bring your lunch and store it in the kitchen refrigerators off Parish Hall.

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**Basket Weaving 102**                      **Linda Swanger**  
**Limit 10**                                      **12:30 - 2:30**  
 For those wanting to learn more of the art of basket weaving. \$20.00 for materials.

