

PRIME TIME

Make the best of the rest of your life

A Quarterly Newsletter for the 55+ Community • 2007 Nationally Accredited • March, April, May 2021



Town & Gown

Town & Gown is a popular program, which had its inaugural run late last fall. Created and sponsored by a collaboration among MSU's AgeAlive, the Social Science Scholars Program and Prime Time, the discussion series features MSU faculty (and some students) sharing their research on a wide variety of topics. Town & Gown presentations are online via Zoom and are free of charge at this time. One attendee called the talks "Interesting, interactive and intellectually engaging." Read more about this spring's lineup on pages 4-6.

Prime Time's intrepid pickleball players have been meeting at Patriarche Park during the pandemic. This group above played on a relatively balmy December day, but other days the group shoveled snow off the courts before playing. They will continue to play outdoors most likely until next fall. Join in on this much loved activity, which is both invigorating and fun.

At the time of publishing, Prime Time is planning to open its doors on April 1.

Prime Time's Mission, Vision and Values

Mission Statement

To serve as a community focal point for senior citizens and their families in an atmosphere of respect, trust, empowerment and support.

Vision Statement

A professional organization committed to both advocating for and contributing to the health, enrichment, social and supportive service needs of East Lansing residents age 55 and older.

Value Statement

We value **diversity**, and will strengthen and support the integration of older people into the life of our community.

We value **independence**, and will serve as a community focal point assuring access to a comprehensive array of supportive services.

We value **good health**, and will offer health and wellness opportunities that will encourage healthy lifestyle behaviors and discourage disability and disease.

We value **customer service**, and will serve our clients and those who help us to serve our clients, with respect, sensitivity and confidentiality.

We value **education**, and will provide life-long learning opportunities that will meet the needs and interests of our community's retirees.



FROM OUR DIRECTOR, KELLY ARNDT

The new year 2021 came in quietly for many of us. It appears the end of the pandemic is in sight as more and more people receive the Covid-19 vaccine. However, to be on the safe side, we are looking at reopening the Prime Time Seniors Program for in-person classes on April 1. We are optimistic most will have received vaccinations by then. Staff members want to have their vaccination before reopening to insure everyone's safety as well. We've come this far by doing the right thing. We must stay the course.

It's been said, you can't appreciate home until you have left it. The warmth of a friend's presence brings joy into our home at Hannah, and we have all missed that terribly. But we hope it won't be too much longer before we are able to gather together once again, and these times of isolation will be behind us. We will never forget what it has taught us: community is important, and we need each other.

Of course, there is always the possibility that, once again, we won't be able to open on the date we want to, but we're keeping our fingers crossed.

While we wait to return, we encourage you to restore yourself with nurturing activities that will provide comfort and joy in your life. In this issue of our newsletter, we have both in-person classes listed as well as several online courses using Zoom. Check them out! Hope to see you in person soon.

News from the Friends

Many thanks to those who have continued to contribute to the Friends in response to our annual fundraising drive at the end of 2020. Stuffing envelopes and coordinating the mailing was a challenge in these socially distanced times, but we persevered! The Friends also received a generous bequest from the estate of John Wales, one of our founding members. We are discussing how to use the funds to memorialize John while serving East Lansing seniors. We look forward to continuing to support Prime Time in these difficult times.

The Board has been meeting bimonthly by Zoom. We anticipate several openings on the Board in the coming months. Of special concern is the immediate need for a replacement of EJ Buss as Treasurer. EJ is also a former President, and has contributed enormously of her time and expertise over the years. Anyone who might be interested in joining us or has questions is invited to email me. –John Goddeeris, President, goddeeri@gmail.com



WELCOME, NEW MEMBERS!

We welcome our new members, and we're glad you're here. Please say hello to these nice folks when you get a chance.

Carl Campanella, Kathy Esselman, Molly Greene, Mary Haas, Eleanor Marazita, Elizabeth Marazita, Pam Morgan, Paul Potts, Haniyyah Zakiyyah-Rhodes

PRIME TIME NEWS

What to expect when you come back to Prime Time

We're excited to have you come back, but please follow these precautions to keep yourself and others safe.

- When you come into the building, your temperature will be taken and you'll complete a brief health screening.
- You will be required to wear a mask that covers both your nose and your mouth at all times.
- You will need to follow the directional arrows and practice social distancing.
- You will follow the practice of only one person in the Prime Time office at a time.

To sign up to get a COVID-19 vaccine, please visit <http://hd.ingham.org/> and click on "Coronavirus Updates and Response."

SPRING DONATIONS

Carol Brownell

SAP, Virtual Senior Center offer safe experiences for area seniors

Last winter, Prime Time combined forces with MSU's Osteopathic Medicine's advocacy program for aging issues, AgeAlive, and the MSU Social Science Scholars to put together a grant-funded initiative to connect college students and seniors to help combat social isolation. That program is called Senior Ambassador Program (SAP). The original intent was to have the pairs meet in person, but with the pandemic, all connections are now made virtually. We have 10 active pairs that connect once a week and continue to get positive reports from those involved. As the pandemic continued into fall, the group researched additional ways for seniors to stay safely engaged during this time. We came across Virtual Senior Center (VSC), a program based in New York that offers 1,300 interactive programs to its participants, many of whom are home bound. AgeAlive received an

SENIOR AMBASSADOR PROGRAM

AARP Challenge Grant so that we could offer free VSC memberships to several local seniors. We started signing people up in early December and continue to look for those who could benefit from having free access to things like virtual tours, operas, health workshops and trivia nights. VSC offers endless opportunities to connect and socialize, as well as learn and stay active.

If you are interested in participating in either program, please email elprimetime@cityofeastlansing.com and let us know. We are excited about these new ways to safely connect to others at a time when staying safe often means staying home.

Update: Age-Friendly Communities

The corona virus has slowed East Lansing's Age-Friendly Communities' (AFC) progress. When the virus hit the AFC Steering Committee was in the process of setting priorities, documenting the start of community based activities, and seeking supportive resources. This was due to the shut-down of face-to-face meetings and the requirement to hold on-line meetings. The Committee met in October and December of 2020 via the Internet. The next AFC meeting will be on Feb. 18, 2021. Please check the City's website for details.

The Committee did send a letter to EL City Council expressing concern about a developer's request to drop an over age 55 requirement for residency in some of their units. Providing age appropriate housing is one of the goals that age-friendly communities is working the achieve.

Two current activities that are part of the AFC's progress are the Senior Ambassador Program (SAP) and MSU's AgeAlive and the Social Science Scholars Program. SAP provides area seniors with weekly on-line conversations with MSU students. The Social

Science Scholars Program offers Town and Gown where area seniors can hear MSU scholars share cutting edge research with follow up discussion on the presentation. You can participate in one or both activities by going to www.agealive.org. See more about Town and Gown starting on page 4.

The February 18 meeting will include a presentation by the MSU students participating in the SAP program and review/adjustment of AFC goal timelines due to the corona virus delays.

—Jim Levande, Senior Commission Member

Town & Gown

A discussion series for seniors in the Greater Lansing area to connect and engage with MSU faculty and one another

The Town & Gown series provides Greater Lansing area seniors with opportunities for social connection and engagement in meaningful activities. Created by MSU's AgeAlive, the Social Science Scholars Program and Prime Time, the series involves weekly discussions via Zoom led by MSU faculty and alumni who talk about their cutting-edge research on a wide variety of fascinating and accessible topics — from history and geography to law and

psychology — and answer questions from participants. To register for one or more of these sessions, please visit the AgeAlive website (www.agealive.org) and complete the registration form. For more information, please email agealive.sap@msu.edu. In order to make this exciting initiative sustainable, in due course a modest participation fee will be introduced for those able to pay. We look forward to seeing you at a Town & Gown session.



**Friday, 5 p.m.,
March 5, 2021**

Gabe Wrobel

Dept. of Anthropology

The Hidden Dead: Osteoarchaeological Perspectives on Maya Mortuary Ritual in Caves & Rockshelters of Central Belize

Dr. Gabe Wrobel is the director of the Central Belize Archaeological Survey Project. He completed his PhD at Indiana University, Bloomington, in 2004. His main research involves the excavation and interpretation of skeletal remains from cave sites used for about 2,000 years by Maya populations in what is now Belize.



**Friday, 5 p.m.,
March 12, 2021**

Kjerstin Thorson

Dept. of Advertising & Public Relations

The Power of Platforms: Seeing Politics through Social Media

Dr. Kjerstin Thorson's research focuses on how people use digital and social media to learn about and participate in politics, especially youth and young adults. Thorson also explores how political messages spread across digital media, and how the social sharing of media messages is shaping the way we see the political world.

**CJ Sivak
Erykah Benson
Nate Penning
Mikayla Ward
Roxy Sprowl
Katie Denzin**

**Friday, 5 p.m.,
March 19, 2021**

The Greenspaces Hidden in Plain Sight: Effects of Vacant Lots on Human Health

CJ is a Social Science Scholar sophomore who is double majoring in Urban & Regional Planning and Linguistics. They are currently working with the Space, Health, and Community Lab at MSU with an interest in diverse solutions to improving the urban environment.

Sins of Omission: Race, Ethnicity and What's Missing from US High School History Textbooks

Erykah, Nate, Mikayla, Roxy and Katie are all Scholars who are members of a research team that is analyzing the image and textual content of three leading high school history textbooks in order to measure how adequately and accurately they capture the experiences of non-white Americans.

Meet the Social Science Scholars who will serve as moderators



Chris Eyke is a junior at MSU and a Social Science Scholar studying

International Relations and History with a focus on European Studies. After graduation Chris plans on obtaining a master's degree in Security



Wisdom Henry is a junior at MSU double majoring in Urban

and Regional Planning and Pre-Law with a minor in Cities. After graduation Wisdom plans to obtain her master's degree in Urban Planning and attend law school.



Tyler Hoguet is a junior at MSU studying Political

Science. After graduation Tyler plans on either attending law school or pursuing a career in environmental advocacy.

TOWN & GOWN



**Tuesday, 5 p.m.,
March 23, 2021**

Randy Napoleon

College of Music

Creating a Life as an Artist

Born in Brooklyn and raised in Ann Arbor, Randy Napoleon began his journey in jazz immediately after finishing his studies at the University of Michigan. A highly accomplished player of the jazz guitar, who spent several years touring, Napoleon joined the MSU College of Music faculty in fall 2014. He has performed on or arranged over seventy records and released five of his own, has played on The Tonight Show and Late Night With David Letterman (among other programs), and has performed at such venues as the Royal Albert Hall and The Sydney Opera House.



**Tuesday, 5 p.m.,
March 30, 2021**

Nathan Moore

Dept. of Geography

Climate Change: Global and Amazonian Perspectives

Dr. Nathan Moore received his Ph.D. in Earth and Ocean Sciences from Duke University in 2004. His research interests focus on regional climate modeling, land cover and land use change, integrating models of human and natural systems, and food security.

**Wisdom Henry
Tyler Hogue
Emily Saxon**

**Tuesday, 5 p.m.,
April 6, 2021**

Neighborhood change In Chicago: A Case Study of Gentrification, Disinvestment, and Displacement and their Consequences on African Americans

Wisdom Henry is a junior at MSU double majoring in Urban and Regional Planning and History with a minor in Cities. She is passionate about housing equality for marginalized groups in major cities. After graduation Wisdom plans to obtain her master's degree in Urban Planning or History.

Public Land in the United States: Different Models and Different Outcomes

Tyler Hogue is a junior at MSU majoring in Political Science with minors in History, Public Policy, Fish and Wildlife, and International Development. Tyler's research has focused on public land use and how public land is funded in the United States.

Comparing Sexual Misconduct Prevention Strategies

Emily Saxon is a senior Psychology major with minors in Spanish and Public Health. She has helped develop the Senior Ambassadors Program and has conducted research on how social-distancing is affecting experiences of loneliness among elders in the East Lansing area as well as on the prevention of sexual assault on college campuses. Upon graduation, she has plans to take a gap year before going on to a Master's degree in Social Work followed by a career in non-profit leadership, higher education, or public policy.



**Tuesday, 5 p.m.,
April 13, 2021**

Shahnaz Masani

Lyman Briggs College

Is DNA Destiny? Editing Genes, Genomes and Species

Dr. Shahnaz Masani received her Ph.D. in genetics from MSU and teaches biology. Her doctoral work involved using the gene editing technology CRISPR/Cas9 to shed light on how the immune system works. Masani is currently researching how improvements can be made in the teaching of biology.



**Tuesday, 5 p.m.,
April 20, 2021**

Scott Wolfe

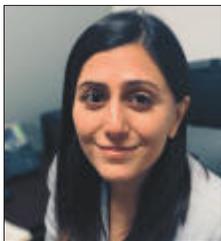
School of Criminal Justice

Using Science to Understand Policing

Dr. Scott Wolfe received his Ph. D. from Arizona State University in 2012. Wolfe's research focuses on policing, organizational justice, legitimacy, and criminological theory. He is currently engaged in a study, funded by the Bureau of Justice, to help the Saginaw Police Department and other local and federal law enforcement agencies to develop focused deterrence strategies to combat gang-related violence.

Please see TOWN & GOWN on page 6

TOWN & GOWN, cont.



**Tuesday, 5 p.m.,
April 27, 2021**

Nazita Lajevardi

Dept. of Political Science

Why Hostility Towards Muslims Matters for Politics

Dr. Nazita Lajevardi received her Ph.D. from the University of San Diego in 2017 and her J.D. in 2012 from the University of San Francisco School of Law. Her work focuses on issues related to race and ethnic politics, political behavior, voting rights, and immigration. Her latest book, "Outsiders at Home: The Politics of American Islamophobia," offers the first systematic examination of the status of Muslim Americans in U.S. democracy.



**Tuesday, 5 p.m.,
May 11, 2021**

Jennifer Cobbina

School of Criminal Justice

Hands Up, Don't Shoot: Why the Protests in Ferguson and Baltimore Matter, and How They Changed America

Dr. Jennifer E. Cobbina received her Ph.D. from the University of Missouri, St. Louis, in 2009. Some of her research focuses on how race, gender and neighborhood context impact victimization risks among minority youth. Cobbina's latest book "Hands Up, Don't Shoot: Why the Protests in Ferguson and Baltimore Matter, and How They Changed America" is an on-the-ground assessment of the protester-driven movement around race, justice, and policing in America.



**Tuesday, 5 p.m.,
May 25, 2021**

Brendan Mullan

Dept. of Sociology

The Demography of East Lansing, Mich.

Dr. Brendan Mullan received his Ph.D. in Demography from the University of Pennsylvania and has gone on to write books, articles and policy publications on topics ranging from demography, development, migration, and inequality. Mullan previously served as the Associate Dean for Academic and Student Affairs and as the Acting Director of the Center for Integrative Studies at MSU. In addition to his research and outreach and service, Mullan leads the first year Social Science Scholars research seminar at MSU.



**Tuesday, 5 p.m.,
May 4, 2021**

Deborah Moriarty

College of Music

A Life in Music

Deborah Moriarty is professor of piano and chair of the piano area at MSU's College of Music, where she is a recipient of the Distinguished Faculty Award. A Massachusetts native, she made her debut with the Boston Symphony Orchestra at age 11. A medal winner in the "Concours Debussy," she is an active recitalist and soloist with orchestras throughout the eastern United States and has performed in Belgium, Japan, Colombia, Mexico, China, Italy, Uzbekistan, India, and the former Soviet Union.



**Tuesday, 5 p.m.,
May 18, 2021**

Hiram Fitzgerald

Dept. of Psychology

Origins of Violence in Males: Why Fathers Matter

Dr. Hiram E. Fitzgerald, University Distinguished Professor emeritus, earned his Ph.D. degree in developmental psychology in 1967 from the University of Denver. Prior to his recent retirement, Fitzgerald was associate provost for University Outreach and Engagement. He has published extensively in such fields as the study of infant and family development in community contexts, the impact of fathers on early child development, and broad issues related to the scholarship of engagement.



**Tuesday, 5 p.m.,
June 1, 2021**

Walter Hawthorne

Dept. of History

Enslaved.org: Peoples of the Historical Slave Trade

Dr. Walter Hawthorne is a professor of African History and the Associate Dean of Academic and Student Affairs in the College of Social Science at MSU. Hawthorne's research focuses on the history of slavery and the slave trade. His most recent book, "From Africa to Brazil: Culture, Identity, and an Atlantic Slave Trade 1600-1830," examines the slave trade from Upper Guinea to Amazonia Brazil. Hawthorne also works with the MSU Digital Humanities on a variety of projects.

ART CLASSES

The price of the course includes supplies unless otherwise noted in each write-up below. All classes on this page are offered in the Art Studio. Thank you to our spring Art Studio sponsor: Carol Brownell

Carving for Fun

Thursdays, 10 a.m.-Noon

From chip-carving to creating Wood carving is made accessible and fun in this class where popular instructor, Fred Erbisch, starts you off with basic shapes already formed. Session 1 will be fairy doors and Session 2 will feature little sailors. All skill levels are welcome and all tools and materials will be provided unless otherwise noted.

Instructor: Fred Erbisch

DATES	MEM	NON MEM	SIGN UP BY
1 4/8-22	\$24.50	\$29.50	4/1
2 5/13-27	\$24.50	\$29.50	5/6

Drawing 2

**Wednesdays, May 5-26
1-2:30 p.m.**

Cost: \$60 (N), \$65 (NM)

If you are interested in pushing yourself to grow as an artist, then welcome! In this class, we will be furthering techniques learned in Beginning Drawing as well as learning new and more complicated techniques. We will explore new avenues of expression though the majority of work will still focus on direct observation. Experimental techniques and concepts will also be addressed. More emphasis will be placed on creating complex, sustained artworks by utilizing design principles (balance, unity, etc.) and self-analysis. Remember, it's more about effort and participation, not skill level. I would love to see you continue to further your artistic skills by taking Drawing 2. Let's set a good example to the Drawing 1 class so they can see what hard work can create! Ask for supply list when you sign up. *Maximum 6.* **Instructor: Richard Tanner**

Apples in Watercolor

Thursdays, April 8-22, 1-4 p.m., Cost: \$60 (M), \$65 (NM)

This project calls for a unique technique that will create a lot of "happy accidents." We will draw, transfer, then throw in all the color at once. This "negative painting" will draw out the subject in the foreground. \$5 supply fee to instructor. **Instructor: Carolyn Donahue**

Water Lilies in Collage

Thursdays, May 13-27; 1-4 p.m., Cost: \$60 (M), \$65 (NM)

Explore this fun medium for creating interest in paper layers, which will really lend itself to your water lilies scene. As a bonus, we'll make our own paper rather than using magazine cut-outs. \$5 supply fee to the instructor.

Fairy Doors will be a Zoom class. Please see page 11 for details.

Wire Sculpture

**Wednesdays, April 7-28
1-2:30 p.m.**

Cost: \$60 (M), \$65 (NM)

Like sculpting with wire, "Imagination allows you to bend the rules of the temporal world." (Amy Sherald). This course is a basic exploration of wire sculptural concepts and technical processes using various materials to translate ideas into three-dimensional form. We will explore the use of media and materials, extend three dimensional thinking by means of additive, subtractive, and construction approaches to sculpture, and broaden the understanding and appreciation of contemporary sculpture. For sculptors who work in this way, the forms that are observed in nature serve as a starting point for a kind of creative play. This approach has been likened to that of the composer of music, who manipulates the elements of his art in a similar manner. Let's compose together! Ask for supply list when you sign up. *Maximum 6.* **Instructor: Richard Tanner**

Open Art Studio

Tuesdays, 9 a.m.-Noon

Join other creative-minded folks as they work on Prime Time art class creations or venture into inspired territory of their own. The atmosphere is supportive, fun and inspiring. New people are welcome! No charge for materials if you're working on a project that's part of a class you are currently enrolled in. But if you are not enrolled in a class, please pay for the materials or bring your own. (You may pay for scrap glass per pound or purchase your own supplies at Delphi.) **Please call ahead to secure your space.**

Open Enamel Studio

Tuesdays, 1-3 p.m.

Prime Time art studio will be open from 1-3 p.m. for open enamel studio. There is a \$15 fee for materials and kiln use. Please call ahead to sign up so Lana knows whether to turn the kilns on. Please bring your mask and metal. You can use our enamels or bring your own. **Please call ahead to secure your space.**

HEALTH & FITNESS CLASSES

M=Members NM=Non-Members All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Aqua Fitness

**Monday, Wednesday, Thursday
10:30-11:30 a.m.**

Fun for all fitness levels, whether you want to strengthen your muscles, recuperate from an injury or move in a fun, friendly environment. Exercising in the water will help your flexibility, agility, balance and core. You'll have a great workout, and you don't even have to get your face or hair wet! **Please register ahead of time. You will be signing up for a month at a time now. Your punch cards will be honored, but we will not be selling them again.** Water Art Certified Instructors: Carolyn Haines & Amy Convey

Please note: We have cut back to three days a week instead of five because of attendance, but will reconsider if attendance picks up.



Aqua Fitness

Mondays

DATES	MEM	NON MEM	SIGN UP BY
1 4/5-26	\$26	\$31	3/29
2 5/3-24*	\$26	\$31	4/26

*No class 5/31

Wednesdays

DATES	MEM	NON MEM	SIGN UP BY
1 4/7-28	\$26	\$31	3/31
2 5/5-26	\$26	\$31	4/28

Thursdays

DATES	MEM	NON MEM	SIGN UP BY
1 4/1-29	\$32.50	\$37.50	3/25
2 5/6-27	\$26	\$31	4/29

**We're offering
four fitness classes
on Zoom in March.
Please see page 11
for more details.**

Zumba

Saturdays, 9:30-10:30 a.m.

Zumba – the perfect combination of fun, movement and music designed just for you. We take the “work” out of workout. Come join the fun!
Zumba Licensed Instructor: Shelly Kaye

DATES	MEM	NON MEM	SIGN UP BY
1 4/3-24	\$22	\$27	3/27
2 5/1-29	\$27.50	\$32.50	4/24

Line Dancing

Wednesdays, 1-2 p.m.

Join line dancing for fun, exercise, and staying involved in a social activity. No partner needed. No experience needed. **Instructor: Yvonne Curtis-Major**

DATES	MEM	NON MEM	SIGN UP BY
1 4/7-28	\$20	\$25	3/31
2 5/5-26	\$20	\$25	4/28

Adaptive Yoga

Enjoy gaining strength while also gaining flexibility by performing standard Yoga poses sitting in a chair or standing. Breathing will be an important part of the class as we warm up, work on gentle stretches, challenge our balance and strength and go to deeper stretches. All levels welcome.

AFAA Certified Instructor: Amy Convey

Mondays (9-10 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 4/5-26	\$20	\$25	3/31
2 5/3-24*	\$20	\$25	4/26

*No class 5/31

Mondays (10:15-11:15 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 4/5-26	\$20	\$25	3/29
2 5/3-24*	\$20	\$25	4/26

*No class 5/31

Thursdays (9-10 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 4/1-29	\$25	\$30	3/25
2 5/6-27	\$20	\$25	4/29

HEALTH & FITNESS CLASSES

M=Members NM=Non-Members All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Wild Walkers Club

Thursdays, 9:45-10:45 a.m.

Join instructor Julie as she leads participants through an indoors (and sometimes outdoors) walking course at the community center. Learn warm up and cool down stretches along with balance exercises you can add to your home walking practice. All levels welcome. **Please register ahead of time. You will be signing up for a month at a time now.**

AFAA Certified Instructor: Julie Dillon

DATES	MEM	NON MEM	SIGN UP BY
1 4/1-29	\$12.50	\$17.50	3/25
2 5/6-27	\$10	\$15	4/29

Pickleball

Pickleball is played on a modified court with a paddle and whiffle ball. We are a slower paced, noncompetitive, recreational alternative. Our emphasis is working on skills and having fun – not winning. Come join us and try it out. Currently, pickleball is being played outside at Patriarche Park and will most likely continue to do so until next fall.

Times and dates to be determined. New players, please contact Carolyn Haines for information at chaines@cityofeastlansing.com. Players are wearing masks and gloves to keep everyone as safe as possible.

Active Senior Exercise

Mondays, Wednesdays & Fridays

Cardio, yoga, pilates, balance and resistance training are in this popular class! All equipment provided. **Please register ahead of time. You will be signing up for a month at a time now. Your punch cards will be honored, but we will not be selling them again.** AFAA Certified Instructors: Amy Convey, Carolyn Haines & Bill Wiseman

Mondays (9:15-10:15 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 4/5-26	\$22	\$27	3/29
2 5/3-24*	\$22	\$27	4/26

*No class 5/31

Wednesdays (9:15-10:15)

DATES	MEM	NON MEM	SIGN UP BY
1 4/7-28	\$22	\$27	3/31
2 5/5-26	\$22	\$27	4/28

Fridays (9:15-10:15)

DATES	MEM	NON MEM	SIGN UP BY
1 4/2-30	\$27.50	\$32.50	3/26
2 5/7-28	\$22	\$27	4/30

We're offering four fitness classes on Zoom in March. Please see page 11 for more details.

Stretch, Flex & Balance I

Thursdays, 10:45-11:45 a.m.

Improve posture, balance and flexibility! This class is for beginners but will challenge all fitness levels using chair exercises.

AFAA Certified Instructor: Julie Dillon

DATES	MEM	NON MEM	SIGN UP BY
1 4/1-29	\$27.50	\$32.50	3/25
2 5/6-27	\$22	\$27	4/29

Stretch, Flex & Balance II

Tuesdays, 10:45-11:45 a.m.

This more challenging class is for those who have taken Stretch, Flex & Balance I.

AFAA Certified Instructor: Julie Dillon

DATES	MEM	NON MEM	SIGN UP BY
1 4/6-27	\$22	\$27	3/30
2 5/4-25	\$22	\$27	4/27



Even though we are opening on April 1, we will still be following COVID-19 safety guidelines, including limiting class sizes, wearing masks and practicing social distancing.

ZOOM CLASSES

M=Members NM=Non-Members • Please enroll & pay at least seven days prior to the first class.

ZOOM INFO: It's great you're going to be taking a class using Zoom technology! You will receive an email invitation from your instructor or a Prime Time representative, which will ask you to join the Zoom meeting. **Make sure the Prime Time office has a current email address on file for you.** The email will come right before the class is to begin, or it might be sent to you earlier. Watch your email.

New to Zoom!

Are you new to Zoom or have questions about participating in a Zoom session? This is an opportunity for a "practice session" in which you will be led through the basics of what you need to know: how to get into a session, muting and unmuting, putting your name on the screen, etc. No Zoom experience is required, but you must have internet access and a desktop, laptop, iPad (or similar) or smartphone. Sessions will be by appointment, with at most two students in each (a student may have a family member or other support person nearby during the class but the student will be carrying out instructions). You will need to set up a time by sending an email to ELansOlson@gmail.com with answers to the following questions:

1. Have you participated in any Zoom sessions?
2. Which platforms are available to you, e.g., Windows desktop, Windows laptop, MacPro, iPad, iPhone, Android phone, etc.
3. Are you available most afternoons between 1 and 6 p.m. and/or evenings between 7 and 8:30 p.m.?
4. What is your phone number in case you are having difficulty getting into the session?

The Zoom information for your session will be sent to you along with a proposed time slot. Free of charge. **Instructor:** Judy Olson, ELansOlson@gmail.com

Self-Care in Challenging Times

Thursdays, Mar. 4-25, 3-4 p.m., via Zoom
Cost: \$40 (M), \$45 (NM)

In difficult times, we may struggle to take time for ourselves, but it's more important than ever that we do just that. Learn some techniques to help you stay grounded and well.

Instructor: Julie Dillon.

Beginning Ukulele

Thursdays, April 1-May 20
1-2 p.m., via Zoom
Cost: \$65 (M), \$70 (NM)

Have you tried to learn to play guitar or another instrument and become frustrated? Would you like to get together with others to sing songs and enjoy yourself? If so, you should try playing the ukulele in this entertaining and engaging class with instructor, Liz Wright. No musical experience is necessary! Borrow one of our ukuleles with a \$50 returnable check, or bring that uke that's been gathering dust in your closet—get ready for some fun!

Maximum 20. **Instructor:** Liz Wright

Beginner Plus/Intermediate Ukulele Classes

Wednesdays, March 10-April 21
11 a.m.-Noon, via Zoom
Cost: \$71 (M), \$76 (NM)

If you've learned the basic chords and strums and are ready to learn more sophisticated chords, strum patterns, and maybe even a little melody playing; this class is for you! We'll explore alternative chord shapes such as barre chords, reggae and calypso rhythms, dynamics, transposing, and more in this involving and educational class; full of camaraderie and laughs. Students should feel at ease playing C, F, G7, Am, G, D7 and Em chords along with a few strum variations and we will progress from there. The online sessions will be available on video when the class is over for registered students to use for review. **Instructor:** Ben Hassenger

The Power of Positive Shrinking (Your Home)

Tuesday, March 16, 2-3:30 p.m., via Zoom
Cost: \$20 (M), \$25 (NM)

Are you considering moving to a smaller house or perhaps a condo? Come get the low-down on downsizing. We'll cover practical tips on determining what to keep and what to share, what to look for in your next move, and how to prepare your home for sale. *Maximum 12.* **Facilitator:** Kristin Keiswetter Clark

ZOOM CLASSES

M=Members NM=Non-Members • Please enroll & pay at least seven days prior to the first class.

FITNESS CLASSES

Stretch, Flex & Balance I

Tuesdays, March 2-30
11 a.m.-Noon, via Zoom
Cost: \$27.50 (M), \$32.50 (NM)

Improve posture, balance and flexibility! This class is for beginners but will challenge all fitness levels using chair exercises. **AFAA Certified Instructor: Julie Dillon**

Active Senior Exercise

Mondays, March 1-29
9:15-10:15 a.m., via Zoom
Cost: \$27.50 (M), \$32.50 (NM)

Cardio, yoga, pilates, balance and resistance training are in this popular class! Please register ahead of time for the whole month. Feel free to log in at 9 a.m. to chat with your friends. **AFAA Certified Instructor: Carolyn Haines**

Adaptive Yoga

Enjoy gaining strength while also gaining flexibility by performing standard Yoga poses sitting in a chair or standing. Breathing will be an important part of the class as we warm up, work on gentle stretches, challenge our balance and strength and go to deeper stretches. All levels welcome. **via Zoom AFAA Certified Instructor: Amy Convey**

Tuesdays (9:30-10:30 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 3/2-30	\$25	\$30	2/23

Thursdays (9-10 a.m.)

DATES	MEM	NON MEM	SIGN UP BY
1 3/4-25	\$20	\$25	2/25

Zumba

Saturdays, March 6-27
9:30-10:30 a.m., via Zoom
Cost: \$22 (M), \$27 (NM)

Zumba – the perfect combination of fun, movement and music designed just for you. We take the “work” out of workout. Come join the fun!
Zumba Licensed Instructor: Shelly Kaye

Current Events

Tuesdays, 1-2:45 p.m. Via Zoom

Keep up with local, national and world-wide news, including the economy, sports, politics and the arts.

- Your views are important. All points of view are considered. Bring us your own topics.
- We are a “learning center”!
- Our discussions are lively and courteous.
- We bring a variety of backgrounds and perspectives to the group.
- Your viewpoints are welcome. Join us!

You must register ahead of time. You will be signing up for a month at a time now.

DATES	MEM	NON MEM	SIGN UP BY
1 3/2-30	\$10	\$16	2/23
2 4/6-27	\$8	\$13	3/30
3 5/4-25	\$8	\$13	4/27

Life Stories: Writing Your Memoirs

Fridays, April 2-May 21
1-3:15 pm, via Zoom
Cost: \$76 (M), \$81 (NM)

Through this much-loved participatory class, you’ll shape your memories into stories. The new online structure, through Zoom during Covid-19 restrictions, is safe and convenient. Turn social distancing upside down by connecting with others working on their own memoirs. Have fun while accomplishing something important. This class is for people just starting to write their memoirs, people who’ve gotten bogged down in their memoirs, or people who want to recharge their memoirs by learning from and with others. New writers welcome! *Maximum 16*. **Instructor: Nancy Seubert**

Fairy Doors

Friday, April 23, 10 a.m.-Noon, via Zoom, Cost: \$20 (M), \$25 (NM)

Fairy doors can be found in many locations, but usually are set into the base of a tree. I have a fairy door in my hallway in my home which matches my décor and is a magnet for any youngster. Some parents use fairy doors to stimulate their children's imaginations and prompt creative thinking, describing the fairies as creatures that use their magical powers to protect children from bad dreams, grant their wishes if they are well-behaved, and replace lost teeth with small rewards. Start your story by joining us from the comfort of your home as we hand-craft our own mosaic fairy door with special trinkets or pieces you love! **Materials can be picked up at Prime Time before the class.** **Instructor: Kelly Arndt**

MORE SPRING CLASSES

M=Members NM=Non-Members • Please enroll & pay at least seven days prior to the first class.

Death Cafe

**Wednesday, April 21
1-2:30 p.m., Lounge**

Cost: \$2 donation goes toward providing drinks and snacks

Speaking casually about death is taboo in many cultures, but death is part of life, and when we talk about it, we help normalize it. Normalizing death helps us better prepare for it--you can't prepare for something you don't acknowledge. By having conversations about death, you can help others feel more comfortable about death, too, so it's not viewed as something morbid, but something absolutely worth talking about. Facilitated by Julie Dillon.



"At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. -- From the Death Cafe website (<https://deathcafe.com/>)

Even though we are opening on April 1, we will still be following COVID-19 safety guidelines, including limiting class sizes, wearing masks and practicing social distancing.

Intro to Italian Conversation

Tuesdays, April 6-May 25, 1-2 p.m., Room 142, Cost: \$80 (M), \$85 (NM)

In this practical and fun approach to learning a new language, learn how to start little conversations in Italian. Subjects include greetings, clothing, the alphabet, counting, and the days of the week, etc. No purchase of materials is required, but please bring lined paper and a pen. Teacher Giorgio Burigana is an Italian national born in Venice. **Instructor: Giorgio Burigana**

Read Aloud Group

Tuesdays, 9:30-11 a.m., Lounge

Come to the new expanded Read Aloud. We will still be reading aloud from a wide variety of materials (including any of your original work). There will also be time for expressing "what's on your mind." **You must register ahead of time. You will be signing up for a month at a time now.** **Facilitator: Judy Wattenberg**

DATES	MEM	NON MEM	SIGN UP BY
1 4/6-27	\$8	\$13	3/30
2 5/4-25	\$8	\$13	4/27

What's So Funny

Wednesdays, 11 a.m.-Noon, Lounge

Want to lower your blood pressure, breathe more deeply and forget your woes? Come to What's So Funny and laugh. Drop in & enjoy all types of humor. Just follow the sound of laughter. It's not just jokes. **You must register ahead of time. You will be signing up for a month at a time now.** **Facilitator: Judy Wattenberg**

DATES	MEM	NON MEM	SIGN UP BY
1 4/7-28	\$8	\$13	3/31
2 5/5-26	\$8	\$13	4/28





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QUESTIONS? COMMENTS? CONTACT US!

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