

**“Adventures in Learning!”  
Classes for Friday, October 8 2021**

**9:00 - 9:50 a.m. News and Views - Current Events Get Involved with Kevin McFarland**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

**9:00 - 9:50 a.m. More of Monroe: The Buried Past of Brown v. Board of Education National Historic Site (In Person and via Zoom)** Brown v. Board of Education National Historic Site is the location of the 2022 Kansas Archeology Training Program’s field school. An earlier school, Monroe School (built 1874) and the homes of African American families once stood on much of the land the National Historic Site occupies today. The planned field school will explore the remains of some of the structures buried on the property that will help tell the story of the people who lived there, and help tell the story of the crucial time between the Civil War and the Civil Rights eras. Nikki Klarmann is Principal Investigator for this project.

**10:00 - Break Refreshments provided by Interim Healthcare**

**10:40 - 11:30 a.m. Expressive Therapy - Raven Milam, MS, ATR**

The Expressive Therapy program at Valeo provides art and music therapy services to community members with severe and persistent mental illness. Raven will discuss how the Expressive Therapy program offers a unique treatment method to engage clients and address their mental health needs.

**10:40 - 11:30 a.m. Running Away and Finding Home - Judge Tommy Webb (In Person and via Zoom)**

Judge Webb’s life story, “You can make a difference,” focuses on making a positive difference in a negative world. He has experienced life from a perspective not shared by individuals who live in this part of the world. His dynamic message to value and appreciate the qualities of other people is delivered with a sense of humor that will be inspiring, thought provoking and entertaining.

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**9:00 - 9:50 a.m. 24 for Life - Donna Doel, Assistant Coordinator and Life Change Coach**

24 for Life Diabetes Prevention Program is a lifestyle change program to prevent or delay type 2 diabetes. Thanks to a grant with the American Diabetes Association, those that qualify as prediabetic or at risk for type 2 diabetes can be a part of this program at no cost.

**9:00 - 9:50 a.m. The Gun and the Gospel - Dave Fisher (In person and via Zoom)**

An incredible, yet little known true story of Quantrill’s Raid in Lawrence Kansas. The Lawrence massacre, also known as Quantrill’s raid, was an attack during the American Civil War by Quantrill’s Raiders. Join Dave for the true story of Quantrill’s raid.

**10:00 - Break Refreshments provided by Community Partner**

**10:40 - 11:30 a.m. What you need to know about Medicare and Medicaid - Pam Brown, Jayhawk Agency**

Open Enrollment for Medicare Part D and Medicare Advantage Plans is October 15 – December 7, 2021. Questions about Medicare or Medicaid? Pam Brown, Community Services Navigator, from Jayhawk Area Agency on Aging will provide a short presentation and answer your questions.

**10:40 - 11:30 a.m. An Update on Water and Climate Change - Carl Nuzman (In person and via Zoom)**

Carl is a licensed Professional Engineer, a certified Professional Hydrogeologist, having worked professionally in 30 states and 5 foreign countries in developing water supply from groundwater sources. He is still doing independent consulting work. He has previously presented this program on Water and Climate Change before, but with additional research he has an interesting update today.

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**Classes for Friday, October 22, 2021**

**9:00 - 9:50 a.m.                      There’s No Place Like Home - Nanny Matthias, Caregivers**

You might think that “accidents just happen” and that nothing can be done to prevent them. Not so. By taking some simple measures, you can considerably reduce your chances of being injured at home. It’s a matter of knowing what the potential hazards are, taking precautions and making adjustments. We hope that attending this presentation will help you to live comfortably and safely in your home for many years to come.

**9:00 - 9:50 a.m.                      Taking Treasured Pictures - Sue Smith (In Person and via Zoom)**

Tips on taking family, pet, bird, flower, vacation, sport and event photographs that you will be proud to share with others, enlarge, or scrapbook. It is the photographer that makes the difference in achieving the treasured picture. Handout provided with ideas, tips, and examples.

**10:00 Break   Refreshments provided by Caregivers**

**10:40 - 11:30 a.m.                    Join Your Reading Community, Deborah Ellerbrook and Miranda Ericsson**

Connect with your local reading community online with Top City Reads Together. This Facebook group is a place for readers to build bonds with one another as they share reading recommendations and book reviews. Learn about opportunities to engage with Reading BINGO, shared reads, book discussions, and more. And of course, there will be book recommendations! Tell us about your favorite recent reads, and we'll suggest some good books to keep you turning the pages this fall.

**10:40 - 11:30 a.m.    Dr. J.R. Brinkley, the Infamous Goat Gland Surgeon by Tom Luellen (In Person/via Zoom)**

In 1918, Dr. Brinkley set up a medical practice in Medford, Kansas. By the late 1920s he was known throughout the United States for miracle cures by transplanting goat glands. By the 1930s he was a multi-millionaire, but it all came crashing down in 1939.

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**Classes for Friday, October 29, 2021**

**9:00 - 9:50 a.m.                      Older Adult Medication Safety - Lynn Smith PARS**

Some of the topics that Lynn will address in his presentation: Questions when visiting with your doctor to make sure you understand what you are taking, Storing your medications properly, and Who to call if you take your medication inappropriately (Poison Control Center).

**9:00 - 9:50 a.m.                      What Seniors Need to Know—Kathy Votaw, Director of LULAC (In Person and via Zoom)**

Kathy Votaw has been the Executive Director of LULAC Senior Center for the last 7 years, she has worked with non-profits for over 30 years and has specialized in grant writing, and previously reviewed grants for the Dept. of Health and Human Services. There are many services in the community that seniors may not be aware of, and Kathy will share her knowledge about the various programs that may be beneficial to those aged 60 years and older in the Topeka Community.

**10:00 - Break   Refreshments provided by Oakley Place**

**10:40 - 11:30 a.m.                    Writing Your Story - Family History Writing with Sally Kahle**

Is there someone in your family who is the storyteller? Do you have great stories that you would like to pass down to generations to come? We all love to hear stories about our grandparents and great-grandparents, but where do you start with your story? Sally will help you get started so that you can pass those memories on to the next generation.

**10:40 - 11:30 a.m.                    Coping Tips for Caregiving - Cynthia Stotlar, Author (In Person and via Zoom)**

Cynthia is the author of “A Caregiver's Companion Spiritual Support for the Stressed Out Soul”. Cynthia will discuss practical tips to help you stay sane and assist you on the journey of caring for someone whether they are terminal or not. Cynthia is a certified funeral Celebrant and Christian Grief to Joy, Coach, and Author.