



4825 Troost, Room 113,  
 Kansas City, MO  
 816-235-2870  
 Email: spark@umkc.edu  
<https://LifelongSpark.org>

ART – CULTURE  
 GAMES – HISTORY  
 HEALTH/SCIENCE  
 TOURS AND MORE

## Introducing our New Catalog

We've redesigned it to give you a quicker look at our upcoming classes in hopes you'll sign up for more than one.

And we've added:

- A half-page comprehensive calendar on the back page to make your class planning easier.
- A separate response/order sheet that you don't have to tear out.

All the basics are here for quick sign-up.

To find more info on the classes use this QR Code or go to <https://LifelongSpark.org>



Jan. 16 – Feb. 27, 2024

## WINTER CLASSES

### Monday



#### Tai Chi

The Tai Chi for Arthritis (TCA) Program is an effective and safe exercise program designed by Dr. Paul Lam in conjunction with a team of medical experts and Tai Chi masters. Adopted by the Arthritis Foundation for anyone with arthritis or similar chronic pain. Also good for balance and fall prevention.

**Sarah Stanmorr** – Nurse and Certified Tai Chi for Arthritis instructor

**Both levels meet twice weekly:**  
 Mon (Jan. 22-Feb. 26) and  
 Wed (Jan 17-Feb. 21)

**Beginner: 10–11 am – \$40**

**Part 2: 11am–Noon – \$40**

In Person Only



#### Religion in American History

Religion in America has been both controversial and influential. To understand our history and culture we must consider the history—and present characteristics and influences—of American religions, primarily Christianity, but also Judaism, Islam and other faiths whose adherents have come to our country in significant numbers.

**Alan Perry** – UMKC Adjunct Professor; Archivist, National Archives and Records Admin.

**Jan. 22–Feb. 19** (5 weeks)

**1:30–3:30 pm**

In Person and Online – \$40

### Tuesday



#### Beethoven's Piano Sonatas Part 2

Dr. Savage continues his series on Beethoven's life through the study and performance of his piano sonatas. In-depth discussion of the context of each sonata, its form, and musical attributes give insight into the inspiration behind each piece.

Lectures will be followed by Dr. Savage's performance of each work.

**Dr. Jeffrey Savage** – MS and PhD, The Juilliard School

**Jan. 16, Feb. 6 and 27**

**10 am–Noon**

**UMKC's Diastole Center**

2501 Holmes Street (Free parking behind building)

In Person Only – \$30

## Tuesday GEMs



### Unconscious Bias vs. Beliefs and Values

How can you identify when your unconscious mind is not aligned with your conscious beliefs? In what situations do you allow your brain to work on autopilot? This class will help us identify our own biases and reframe our thinking to increase our awareness of personal bias when we experience it.

**Montel Evans** – BA Elementary Education, MS Psychology and Sociology, MS Educational Leadership

**Jan. 16 – 1:30–3:30 pm**  
In Person and Online

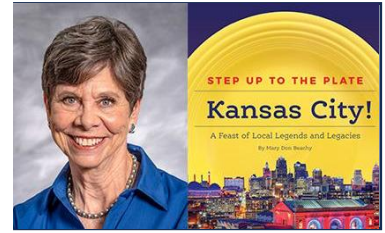


### Prominent African American Women

Learn about three outstanding women graduates of Oberlin University (the first American institution of higher learning to regularly admit black students), and the contributions and heroism of African American women in the KC metro community.

**Larry Lester** – President, Greater KC Black History Study Group; Negro Leagues Baseball Museum Co-Founder; author

**Jan. 23 – 1:30–3:30 pm**  
In Person and Online



### Step Up to the Plate, KC!

Visit Kansas City through the eyes and stomachs of some of our most famous residents from Harry Truman to Andy Reid and our current and former Mayors. Hear from the cookbook's author about many well-known Kansas Citians who shared their favorite recipes, their secret ingredient for success in life and their insights on the finer points of Kansas City.

**Mary Don Beachy** – Educator and author

**Jan. 30 – 1:30–3:30 pm**  
In Person and Online

\$10.00 per class or all six GEMs for \$40.00



### From Barbie to Barnard: Disrupting the Plastic Ceiling

Dr. Carver will discuss the "bigger picture" of Barbie and the phenomenon of Greta Gerwig's 2023 Barbie film in relation to decades of Barbie dolls and consumerism. She studies the ways that performance connects with society and social/health justice.

**Dr. M. Heather Carver** – University of Missouri Professor of Theater and Performance Studies

**Feb. 6 – 1:30–3:30 pm**  
ZOOM Only – at home or at SPARK



### Crisis Intervention

The Kansas Suicide Prevention Headquarters is the suicide prevention leader in Kansas, providing education, support, and crisis services for all. Learn how to recognize the warning signs of suicide and connect people to the help they need.

**Steve Lopes** – Kansas Suicide Prevention HQ Suicide Prevention Lifeline counselor; Master Trainer and Interim Director

**Feb. 13 – 1:30–3:30 pm**  
In Person Only



### KC Shepherd's Center

KCSC celebrates, empowers, and serves older adults, working toward the vision of a community where every senior is seen, respected, and heard, enabling independent and engaged lives. Learn about the Center's programs that include Meals on Wheels and Adventures in Learning for older adults.

**Janet Baker** – Executive Director of KC Shepherd's Center

**Feb. 20 – 1:30–3:30 pm**  
In Person and Online

## Tuesday or Wednesday



### Western Civilization

If you missed it the first time, Carol McCavitt will reintroduce this series beginning with the foundations in Greece and Rome through Europe's High Middle Ages and Renaissance. Get a copy of R.R. Palmer's textbook *A History of the Modern World* and read the first chapter before the first class. Book details will be provided after enrollment.

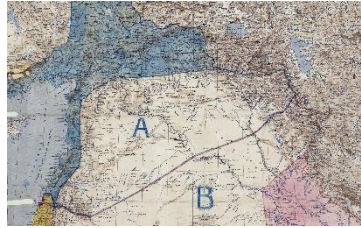
**Carol McCavitt** - MS Queens College, PhD Carnegie-Mellon University

Choose Tuesday or Wednesday class:

**Tuesdays: Jan. 16–Feb. 20** – \$40  
10 am–Noon – In Person Only

**Wednesdays: Jan. 17–Feb. 21** – \$40  
10 am–Noon – In Person and Online

## Wednesday



### Middle East (Past is Prologue)

We will examine the historical roots of issues and conflict in the Middle East and discuss how events from the Ottoman Empire and World War I into the present inform modern beliefs and actions.

**Brian Steed** – Retired Lt. Col. Ph.D., UMKC Political Science and History. Assoc. Professor of Military History – U.S. Army Command General Staff College.

**Jan. 17–Feb. 21** – 2–4 pm  
In Person and Online – \$40



### Get to Know More Members

#### Let's Eat Out

We meet for **lunch on Fridays** at 11:30 at local restaurants.

Contact Facilitator **Lynn Lieberman**, 816-223-1658 or [lynnlee2001@yahoo.com](mailto:lynnlee2001@yahoo.com)

#### Margaret Sturges' Book Club

Meets the **third Monday** of each month. Contact facilitator **Laura Sloan**, 913-634-3264 or [Dalelaura40@hotmail.com](mailto:Dalelaura40@hotmail.com)

#### Thursday Book Club

Meets the **third Thursday** of each month. Contact facilitator **Sue Habiger**, 816-616-2636 or [shabiger22@gmail.com](mailto:shabiger22@gmail.com)

## Thursday



### Amazing Women Series

#### Women Artists

These include and will be taught by:

- **Hung Liu**, Chinese artist whose style reflects the rich history of Chinese art – **Elizabeth Darr** (Museum docent)
- **Hannah Barlow**, one of Royal Doulton's most popular and collectable artists – **Michele Fricke** (Art historian)
- Artists **Artemisia Gentileschi** (1595-1653), **Rachel Ruysch** (1664-1750), and **Berthe Morisot** (1841-95) – **Tracey Cattarin** (Museum docent)

**Jan. 18, 25, Feb. 1** – 1:30–3:30 pm  
In Person and Online



#### Modern Era First Ladies

A 3-week look at the strength and contributions of **Lou Hoover, Bess Truman, Mamie Eisenhower, Lady Bird Johnson, Pat Nixon, Rosalynn Carter, Barbara Bush, and Laura Bush**

**Anita Tebbe** – Retired Director, Legal Studies Department and Professor of Law at Johnson County Community College

**Feb 8, 15, 22** – 1:30–3:30 pm  
In Person and Online

One 3-week series: **\$30** or All six classes: **\$40**



### Modern U.S. Civil Rights Part 2

David Jeter continues his study of 20<sup>th</sup> century protest actions by African Americans including the 1955-1961 emergence of the Black nonviolent protest movement in the South and the resistance they faced in their quest for citizenship equality. Don't hesitate to sign up even if you haven't attended any of the previous classes in the series.

**David Jeter** – Attorney; Docent, Harry S. Truman Museum

**Jan. 18-Feb. 22** – 10 am–Noon  
In Person and Online – **\$40**

# Friday



## Let's Play Mah Jongg

All are welcome to our on-going Mah Jongg game gathering! We have an instructor for those who haven't played before. Get a refresher on the mechanics or share in the fun with other SPARK members. Mah Jongg consists for 152 carved tiles that are divided into three suits: Dots, Bamboos and Chinese Characters (or Craks). The version of Mah Jongg we play has games created by the National Mah Jongg League in New York and are changed annually.

**Carol Wells** – Mah Jongg teacher has played Mah Jongg for more than 10 years.

**Jan. 19-Feb. 23 – 10 am–Noon**  
In Person – \$40

# Special Friday Tours



Space is limited. Enroll online only please. Use this QR code to register or go to <https://LifelongSpark.org>

## UMKC Innovation Studio

**Jan. 19 – 1:30–3:30 pm \$10**

**801 E. 51<sup>st</sup> Street on the UMKC campus**

**Tour Size Limit: 20**

Parking with a UMKC parking permit is available in the parking garage at 52<sup>nd</sup> and Rockhill Road, one block south of the building.

The Robert W. Plaster Free Enterprise and Research Center is the home of the Innovation Studio, a hub of advanced product design, technology and business innovation. Come see the 3D Printing Lab with metal, polymer, elastomer, and thermoplastic printers and more.

## Bingham-Waggoner Mansion and Estate

**Feb. 9 – 1–2 pm \$10**

**313 West Pacific, Independence, MO**

**Tour Size Limit: 20**

There is a parking lot across the street from the mansion. Members can meet at the SPARK parking lot at 12:30 to car pool.

Perched at the beginning of the Santa Fe, Oregon, and California Trails, and occupied by artist/politician/statesman George Caleb Bingham, and the William Waggoner family for 97 years, the home and 79+ acre estate is a history lesson of the Victorian Era in all its finery. Our docent-led tour will start in the carriage house.

## Bunker Center for the Arts

**Feb. 23 – 1–2:30 pm \$10**

**1014 East 19<sup>th</sup> Street - East Crossroads District**

**Tour Size Limit: 15**

There is off-street parking in the front of the building and a lot around the corner. Members can meet at the SPARK parking lot at 12:30 to car pool.

See over 500 works of art by local artists and meet some of them. Our tour guide will be Gallery Director Tj Templeton, an intra-disciplinary visual artist. We will also visit Jean MacGuire, an oil painter, and E. Lewis, a textile artist.

# SPARK Winter 2024 Courses (Jan. 16 – Feb. 27, 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	10:00 – 11:00 Tai Chi for Arthritis Part 1	10:00 – 12:00 Conversations with Beethoven: The Piano Sonatas	10:00 – 12:00 Western Civilization	10:00 – 12:00 Evolution of Civil Rights in America Part VIII: The Modern Civil Rights Period Part 2 1955-1961	10:00 – 12:00 Let's Play Mah Jongg!
11:00	11:00 – 12:00 Tai Chi for Arthritis Part 2	THREE WEEKS: 1/16, 2/6, 2/27	Note: In person and Zoom		Note: In person only
12:00	Note: Both classes in person only	Note: In person only	Note: Both classes in person only		
1:30	1:30 – 3:30 Religion in American History: at Home and for Export  (Note: five weeks 1/22 – 2/19)	1:30 – 3:30 GEMS 1/16 Unconscious Bias 1/23 African American Women in KC 1/30 <i>Step Up to the Plate, Kansas City!</i> 2/6 From Barbie to Barnard Presenter via Zoom - In person classroom on Troost available 2/13 Crisis Intervention In person only 2/20 Shepherd's Center  Take all six GEMS or individually Note: some GEMS do not last the entire 120 minutes scheduled for this slot	2:00 – 4:00 Middle East (Past is Prologue)	1:30 – 3:30 Women Artists FIRST THREE WEEKS 1/18, 1/25, 2/1  First Ladies of the Modern Era LAST THREE WEEKS 2/8, 2/15, 2/22  Take all six classes or only a three week group	TOURS 1/19 UMKC Innovation Studio ----- 2/9 Bingham-Waggoner Mansion and Estate ----- 2/23 Bunker Center for the Arts
2:00					
3:30					
4:00					