



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

SPRING 2024 CLASSES



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

Mondays



Tai Chi for Arthritis (TCA)

This safe, effective exercise program was designed by Dr. Paul Lam in conjunction with a team of medical experts and Tai Chi masters. It was 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 (March 25-April 29) and
 Wed (March 27-May 1)**

Part 1: 10–11 am – \$40

Part 2: 11am–Noon – \$40

In Person Only



Hyphenated Rock

After Rhythm and Blues, Country, and Western music became Rock and Roll, subgenres started to appear: Rockabilly; Soul; Prog Rock; Motown, etc. This course will explore the origins, impact, and influence of each, illustrated with many examples. Please join the conversation.

Steve Lopes – Educator; MS in Educational Psychology

March 25–April 29

1:30–3:30 pm

In Person or Online – \$40

Tuesdays



Beethoven's Piano Sonatas

In this final presentation on Beethoven's sonatas, Dr. Savage and two UMKC students will explore his last five sonatas, written late in life. Often misunderstood in their time, these unique sonatas charted a new path in sonata writing for all subsequent composers.

Dr. Jeffrey Savage – MS and PhD, The Julliard School; UMKC faculty

**April 2, 9, 23, 30 and May 7
 10 am–Noon**

**UMKC's Diastole Scholars' Center
 2501 Holmes** (Free parking behind building through gate on Holmes)
 In Person Only – \$40



American History Through Art

Here's a chance to learn from an educator in another part of the country. Doug will discuss important events that set the course of U.S. history, using artwork from those years to bring historical events to life and discussing how those artists portrayed America. He will also suggest books and articles for additional information.

Doug Sheer – educator, State University of New York, New Paltz

**March 26–April 30
 10 am–Noon** ZOOM only – at home or at SPARK – \$40

Tuesday or Wednesday



Western Civilization

Carol McCavitt continues her journey through Western Civilization. This on-going course will cover the formation of Europe in the Middle Ages and its rise to dominance in the Renaissance. The class series uses R.R. Palmer's textbook *A History of the Modern World*.

Call for details. You can take the class either Tuesdays (in person) or Wednesdays (In Person or Online)
Carol McCavitt - MS Queens College, PhD Carnegie-Mellon University

Choose Tuesday or Wednesday class:
**Tuesday March 26–April 30 – \$40
 10 am–Noon** – In Person

**Wednesday March 27–May 1 – \$40
 10 am–Noon** – In Person or Online

Tuesday GEMs



Sibling Bullying, Betrayal, and Bonding

Sibling relationships are one of the longest bonds we experience. Whether a profound connection or one fraught with pain, they can significantly affect us over the course of our lifetime. Sibling bullying (think Cain and Abel) is a highly toxic subject that hasn't received the attention it deserves. Learn about prevention, termination, and reconciliation.

SueEllen Fried – Bullying prevention activist, author, and educator

March 26 – 1:30 pm

In Person or Online



April Showers and Weather Safety

Explore the nuances and excitement of spring weather in Kansas and Missouri. Led by a meteorologist from the National Weather Service, learn the science behind thunderstorms and the hazards they bring, including tornadoes. Learn also how to prepare and respond, to keep yourself safe this spring.

Jonathan Kurtz - Senior Meteorologist NWS; MS, Creighton University Atmospheric Sciences and Meteorology

April 2 – 1:30 pm

In Person or Online



KCI's New Aviation Director

Melissa Cooper was named first female Aviation Director of KCI Airport in November 2023 following a nationwide search. As Deputy Director of Aviation over Properties & Commercial Development, this 25-year veteran helped launch Kansas City's \$1.5 billion new airport terminal.

Melissa Cooper – MS Aviation Safety, BS Aviation Technology, University of Central Missouri

April 9 – 1:30 pm

In Person or Online

\$10.00 per class or all six GEMs for \$40

Classes last 1-2 hours depending on the topic and presenter.



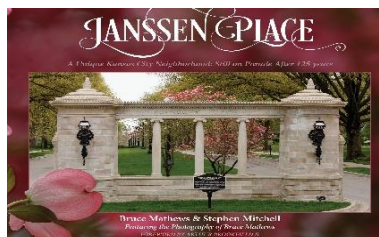
The Marble Lady

Cathy Svacina has researched, collected, played and refereed tournaments since she started playing marbles as a child. She has credits in many marble books and has travelled throughout the world teaching, appraising and researching marbles. She appeared on the PBS series *Refresh Quest: "Gone Marblin,"* which featured her marble collection, one of the most complete in the world with over a million marbles.

Cathy Svacina – Author, world-class collector

April 16 – 1:30 pm

In Person or Online



Janssen Place Then and Now

Janssen Place is a unique, one street neighborhood in Kansas City, developed by railroad magnate Arthur E. Stilwell. Designed in 1897, it is the setting for a well-preserved enclave of 19 mansions constructed between 1900 and 1917. Steve Mitchell, a resident since 1985, and Bruce Mathews, photographer, will share the history of this special place (See also walking tour on page 4.)

Steve Mitchell – Attorney, Columbia University; historian, preservationist and author

Bruce Mathews – Professional photographer, author, historian

April 23 - 1:30 pm

In Person or Online



Hannah Barlow and The Royal Doulton Company

Unless you lived in London in the late 19th Century and made a special study of ceramics, you probably never heard of Hannah Barlow. Virtually forgotten outside the archives of the Royal Doulton Company and some antiques journals, she was a remarkable woman who is now one of Royal Doulton's most collected artists.

Michele Fricke – Retired Professor of Art History, Kansas City Art Institute

April 30 - 1:30 pm

In Person or Online

Wednesdays



History of the Vietnam War (1945-1975)

We will examine the origins, events, and consequences of this seminal and controversial conflict including its political, military, diplomatic, and social impacts. We will also explore the war from the “other side,” the Vietnamese communists’ perspective. **Martin Clemis** – PhD, Temple University; Associate Professor of Military History, U.S. Army Command and General Staff College

March 27 – May 1
2–4 pm

In Person or Online – \$40

Thursdays



One 3-week series for \$30 – or Both for \$40

US Presidents’ Museums

U.S. Presidential Libraries and Museums house important and valuable presidential records and artifacts. What role do these institutions play in how and what we remember about that president? This series delves into the who, what, when, where, and why of the 13 current museums, their artifacts and stories.

Anita Tebbe – Retired Director, Legal Studies Dept. and Professor of Law at Johnson County Community College
March 28, April 4, and April 11
1:30–3:30 pm - In Person or Online

The Big Picture:

Contemporary Non-Fiction Articles

Besides sound bites and the flood of fake news online, the long-form, non-fiction article is enduring in reputable periodicals like The New Yorker, The Atlantic, Harpers, etc. This class is for those who would like to explore a variety of topics and respectfully consider different points of view. Timely articles will be selected in advance for each session.

Class coordinators: Judy Kirk, Barbara Dooley, Linda Landes

April 18, April 25, and May 2
1:30–3:30 pm - In Person

Thursdays



Civil Rights in America Part IX

David Jeter continues his in-depth series on the evolution of civil rights in America. This semester addresses the Modern Civil Rights Period during the 1960s and African Americans’ quest for equal rights as American citizens. Previous classes in the series are not a prerequisite to this class.

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

March 28 – May 2
10 am–Noon

In Person or Online – \$40

Fridays



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 enjoy ongoing fun with other SPARK members. The game is played by acquiring a pre-designated series of 14 colorful tiles in each hand. We play games created by the National Mah Jongg League in New York.

Carol Wells – Mah Jongg teacher
March 29 – May 3
10 am–Noon. In Person – \$40

Friday Tours



B.A.C. Music

1219 Lydia Avenue – one block west of The Paseo

This is an encore tour for those who missed it last year. In 2004, Best American Craftsmen (B.A.C) Music was founded to make handmade brass instruments. This full-facility tour of B.A.C. will include the warehousing, repair and manufacturing of musical instruments.

Chacko Finn – Marketing Director
March 29 1:30-2:30 pm
See enrollment info on next page.
Tour Limit: 20 – \$10

Friday Tours



Kauffman Center for the Performing Arts

1601 Broadway, KCMO

Our tour will provide an in-depth look at the facility’s architectural highlights and an opportunity to explore the Kauffman’s Center’s performance spaces, Helzberg Hall and the Muriel Kauffman Theatre, which combine aesthetics, acoustics and technology. We will learn about the Center’s history and artistic details throughout the facility.

April 5 1-2:30 pm

Tour Limit: 20 – \$10



UMKC Innovation Studio

801 E. 51 Street, KCMO
(On the UMKC campus)

The Innovation Studio housed in the Robert W. Plaster Free Enterprise and Research Center is a hub of advanced product design, technology and innovation. It contains the newest augmented development and virtual reality software, plus 3D design and printing and a wood and metal working Fabrication Shop.

April 12 1:30-3 pm

Tour Limit: 20 – \$10



Janssen Place Walking Tour

Entrance on 36th Street between Locust and Holmes

Experience the beauty of this historic neighborhood as Steve Mitchell shares the stories of the community leaders who once called this home. We’ll see 19 beautiful mansions built in the early 1900s and restored with such critical attention to architectural integrity that they almost feel like time has stood still. (See GEMs presentation also.)

April 26 1-2:30 pm (Rain date May 3)

Tour Limit: 15 – \$10

For Tours: Please enroll online or call 816-235-2870 or use this QR code



SPARK Spring 2024 Courses (March 25 – May 7, 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 IX: The Modern Civil Rights Period 1960s	10:00 – 12:00 Let’s Play Mah Jongg!
11:00	11:00 – 12:00 Tai Chi for Arthritis Part 2	FIVE WEEKS: 4/2, 4/9, 4/23, 4/30, 5/7	Note: In person only	11:00 – 12:00 Tai Chi for Arthritis Part 2	Note: In person only
12:00	Note: Both classes in person only	Note: In person only	Note: In person and Zoom	Note: Both classes in person only	
1:30	1:30 – 3:30 Hyphenated Rock	1:30 – 3:30 GEMS		1:30 – 3:30 Presidential Libraries	TOURS
2:00		3/26 Sibling Bullying 4/2 April Showers and Weather Safety 4/9 KCI Aviation Director 4/16 “The Marble Lady” 4/23 Janssen Place 4/30 Doulton Pottery	2:00 – 4:00 History of the Vietnam War 1945-1975	FIRST THREE WEEKS 3/28, 4/4, 4/11	3/29 B.A.C. Music Company
3:30		Take all six GEMS or individually		The Big Picture	4/5 Kauffman Center for the Performing Arts
4:00		Note: Some GEMS do not last the entire 120 minutes scheduled for this slot		LAST THREE WEEKS 4/18, 4/25, 5/2	4/12 UMKC Innovation Lab
				Take all six classes or only a three week group	4/26 Janssen Place Walking Tour 5/3 Rain date for tour