




4825 Troost, Room 113,  
 Kansas City, MO 64110  
 816-235-2870  
 Email: spark@umkc.edu  
<https://LifelongSpark.org>

**FALL 2024**  
**SEPT. 16 – OCT. 25**  
**CLASSES**

Use this QR code  
 for more detailed  
 class descriptions.



*Looking for  
 Some Fall Fun?*



**Join the Friday  
 Mah Jongg Group**

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 Instructor  
**Sept. 20–Oct. 25**  
**10 am–Noon** In Person Only – \$40

**Mondays**



**Solving Current Problems  
 with Ancient Tribal  
 Wisdom**

This class will discuss the Nation-state patterns that have repeated for 5,000 years, explain how Native American tribal cultures avoided them, and describe ways the Indigenous paradigm can help solve the dangerous problems facing America today. Gil's 40+ years' experience in Native American culture and ceremonies gives him a perspective that is particularly relevant now.

**Gil Nichols** – BS in Education, UCM; MS in Education, MU  
**Sept. 16–Oct. 21 10 am–Noon**  
 In Person or Online – \$40

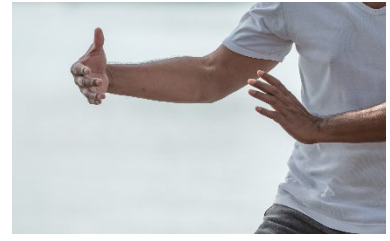


**Schumann's Chamber  
 Music at Diastole**

Robert Schumann's vivid imagination sparked chamber music of impressive variety and character. Join Dr. Savage and friends from the UMKC Conservatory and KC Symphony for an exploration of Schumann's works with piano and winds, strings, or voice.

**Dr. Jeffrey Savage** – MS and PhD, the Julliard School; UMKC faculty  
**Sept. 16, 30, Oct. 14**  
**10 am–Noon**

**UMKC Diastole Scholars' Center**  
**2501 Holmes** (Free parking behind building through gate on Holmes)  
 In Person Only – \$30



**Tai Chi for Arthritis (TCA)**

This safe, effective exercise program was designed by Dr. Paul Lam and 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 (Sept. 16–Oct. 21) and  
 Wed (Sept. 18– Oct. 23)**

**Beginners:**

**10–11 am \$40**

**Advanced Beginners:**

**11 am–Noon \$40**

Both sessions: In Person Only



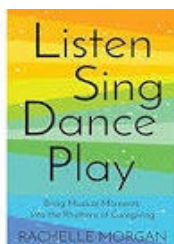
**More  
 Hyphenated Rock**

Help us continue our journey to a better understanding of the many genres of rock music. This course will be play-as-you-go with participants suggesting what to explore and discuss using recordings and video examples. Please join the conversation as we share our experiences!

**Steve Lopes** – Educator, MS in Education Psychology  
**Sept. 16–Oct. 21**

**1:30–3:30 pm**  
 In Person or Online – \$40

## Tuesday GEMs

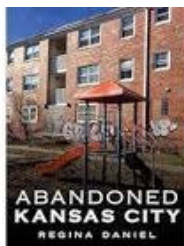


### Music Therapy

Music evokes delightful memories from past experiences! Enjoy this session as we check-in with nostalgia. Rachelle's mission is to bring meaningful music experiences to older adults and also caregivers. She has been in clinical practice as a Music Therapist since 2004 and maintains a private practice in Kansas City.

**Rachelle Morgan** – MA, MT-BC, founder of *Soundscaping Source*; faculty member of Saint Mary-of-the-Woods College

**Sept. 17 1:30 pm**



### Abandoned K.C. Architecture

What happens to vacant buildings that no longer serve a purpose? They still have a story to share, and all are part of Kansas City's history. Regina Daniel, photographer and author of the book series *Abandoned Kansas City* gives us an in-depth look inside buildings that many of us have driven by and wondered about for years.

**Regina Daniel** – Photographer, Author, owner Red Vixen Photography

**Sept. 24 1:30 pm**



### Historic West Bottoms

Tom Esselman and Bruce Holloway, are Board members of the Historic West Bottoms Association, which just celebrated its 100<sup>th</sup> year of advocacy on behalf of the region's first economic engine. They love history and believe it is important to preserve and share stories of West Bottoms history dating back to the late 1800s through the present.

**Tom Esselman** – President, Historic West Bottoms Assn.

**Bruce Holloway** – Board Chairman, Historic West Bottoms Assn.

**Oct. 1 1:30 pm**

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

Classes last 1-2 hours depending on the topic and presenter. All GEMs In Person or Online.



### Superstitions in the Theater

It's October so let's explore some of the superstitions, haunted stories and ghosts----of live theatre. Many superstitions are widely observed, some specific to a particular theatre. Let's investigate! Melinda is a very accomplished, longtime Kansas City actress and director with many stories and first hand experiences to share with us.

**Melinda McCrary** – KC Rep Director of Education and Community Programs

**Oct. 8 1:30 pm**

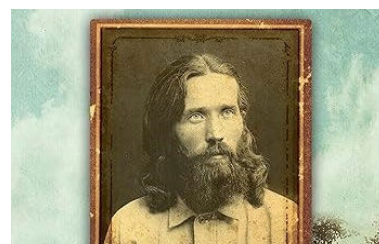


### My Journey to CEO at EarlystART

Hear June's story of empowerment and success – from growing up in the KC's inner city in group and foster homes, to her eventual position at *EarlystART*. After she "realized my zip code was not an indicator of my future", she began following her passion to serve children aging out of the foster care system which led to a focus on early childhood education.

**June McDaniel** – BA, MA Park University, CEO *EarlystART*

**Oct. 15 1:30 pm**



### America's Forgotten Messiah

Christlike healer Francis Schlatter rose to national fame in 1895, treating several thousand sufferers in Denver before he suddenly disappeared. Several months later, in May 1897, reports came out of Mexico that the healer's skeleton, surrounded by his possessions, proved that he was dead. But was he? Learn about this fascinating mystery with historian and author David Wetzel.

**David Wetzel** – Historian, Author, Colorado Historical Society, retired

**Oct. 22 1:30 pm**

## Tuesdays



### Religion in American History

**Part II:** After briefly reviewing the events covered last time, we'll discuss the religious and political results of the Seven Years (French & Indian) War 1756-1763. The balance of the course will deal with the role of Christianity and other faiths, from the American Revolution through the nearly 2 ½ centuries since then.

**Alan Perry** – Washington University, St. Louis, Victoria University, Wellington, New Zealand, UMKC Adjunct Professor of History  
**Sept. 17–Oct. 22 10 am–Noon**  
 In Person or Online – \$40

## Tuesday or Wednesday



### Western Civilization

Continue with Carol McCavitt on our journey through Western Civilization. This semester will begin with the history of the Renaissance in Northern Europe.

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

Choose Tuesday or Wednesday class:

**Tuesday Sept. 17–Oct. 22**  
**10 am–Noon**

In Person Only – \$40

**Wednesday Sept. 18–Oct. 23**  
**10 am–Noon**

In Person or Online – \$40

## Wednesdays



### Life as a KC Chiefs Player & Competitor

Join us for a behind-the-scenes glimpse of life in the NFL as a player and competitor. Meet former Chiefs players and hear interesting NFL and Chiefs stories. We will view video clips of vintage and recent Chiefs games to find out “what” and “why” it happened during plays. The class also includes a tour of GEHA Arrowhead Stadium!

**John Lohmeyer** – BS and MS Emporia State University

**Dan Lumley** – PhD Kansas State University; National Consultant on Motivation Strategies

**Sept. 18–Oct. 23 1:30–3:30 pm**  
 In Person or Online – \$40

## SPARK Fall 2024 Courses (Sept. 16 – Oct. 25, 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	10:00 – 11:00 Tai Chi for Arthritis Beginners	10:00 – 12:00 Solving Current Problems with Ancient Tribal Wisdom with Gil Nichols	10:00 – 12:00 History of Religion in America Part 2 with Alan Perry		10:00 – 12:00 Let's Play Mah Jongg!
11:00	11:00 – 12:00 Tai Chi for Arthritis Advanced Beginners  <b>Both classes in person only</b> with Sarah Stanmorr	10:00 – 12:00 Schumann's Chamber Music at Diastole with Jeffrey Savage <b>THREE WEEKS: 9/16, 9/30, 10/14</b>  <b>In person only</b>	10:00 – 12:00 Western Civilization with Carol McCavitt  <b>In person only</b>	10:00 – 11:00 Tai Chi for Arthritis Beginners  10:00 – 12:00 Evolution of Civil Rights in America Part X: The Modern Civil Rights Period 1960s with David Jeter	<b>In person only</b> with Carol Wells
12:00			10:00 – 12:00 Western Civilization with Carol McCavitt (repeat of Tuesday class)	<b>Both classes in person only</b> with Sarah Stanmorr	
1:30	1:30 – 3:30 More Hyphenated Rock with Steve Lopes	1:30 – 3:30 <b>GEMS</b> 9/17 Music Therapy 9/24 Abandoned KC Architecture 10/1 West Bottoms History 10/8 Superstitions in the Theatre 10/15 My Journey to CEO at EarlystART 10/22 America's Forgotten Messiah	1:30 – 3:30 NFL: Life as a Kansas City Chiefs Player & Competitor and tour of GEHA Arrowhead Stadium with John Lohmeyer and Dan Lumley		<b>TOURS</b> 9/20 1:30 – 2:30 Kansas City Art Institute 10/4 1:30 – 3:30 Union Cemetery 10/11 1:00 – 2:00 Linda Hall Library Arboretum 10/25 1:30 – 2:30 Gallup Map Company
2:00				2:00 – 4:00 Understanding the Global War on Terrorism with Brian Steed  9/19, 9/26, 10/3, 10/17, 10/24, 10/31 <b>No class on 10/10</b>	
3:30					
4:00		<b>SOCIAL WITH SUBSTANCE SPECIAL EVENT "Rock of Agers" OCT 22 4:30 – 7:00 PM</b>			
4:30					

## Thursdays



### Civil Rights in America

**Part X:** David Jeter continues his well-regarded series on The Evolution of Civil Rights in America. This semester resumes the study of the 1960s Modern Civil Rights Period with the actions of African Americans in their quest for equal rights as American citizens. 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 Library and Museum  
**Sept. 19–Oct. 24 10 am–Noon**  
 In Person or Online – \$40



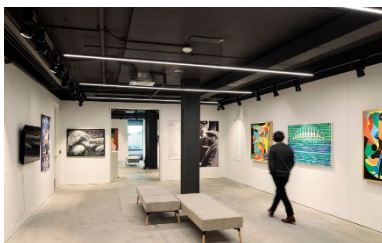
### Understanding the Global War on Terrorism

The Global War on Terrorism began on 9/11, and one might argue it has continued into the present, making it the longest period of continuous combat operations against a common ideological opponent in American history. What was this war and why did it happen? Did it just begin out of the blue on 9/11? How was it fought? These are the questions we will address in this course.

**Brian Steed** – PhD Political Science and History, UMKC; Associate Professor of Military History, U.S. Army Command and General Staff College

**Sept. 19, 26, Oct. 3, 17, 24, 31**  
**(No class Oct. 10) 2–4 pm**  
 In Person or Online – \$40

## Friday Tours



### Kansas City Art Institute

4415 Warwick Blvd., KCMO

Michael Schonhoff, is the Director of the *KCAI Gallery: Center for Contemporary Practice* in the heart of the campus. He will lead us on a tour of the experimental gallery, which creates collaborative engagements with students, faculty, community and artists-in-residence to produce exhibitions that can only be seen at KCAI. We will view works by KCAI Alumni, Faculty, Friends, and Staff as part of the upcoming Art & Design Auction.

**Sept. 20 1:30–2:30 pm**  
 Tour Size Limit: 20 – \$10



### Union Cemetery

227 East 28<sup>th</sup> Terrace, KCMO

We will meet Heather Faries, Union Cemetery Historical Society, at the Sexton's Cottage. She will give us a tutorial on the "new and exciting" digital service they have developed, **The Crypt Keeper**, where anyone can search by name, date, or characteristic and create reports and maps. A guided walking tour will include the graves and stories of famous individuals in early Kansas City history.

**Oct. 4 1:30–3:30 pm**  
 Tour Size Limit: 20 – \$10

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

Check the online catalog for detailed parking info.



### Linda Hall Arboretum

5109 Cherry Street, KCMO

Seventy years ago, Herbert and Linda Hall bequeathed their estate to the city for a public library and an arboretum--a garden that is now home to 300 trees representing 48 genera, 130 species, 16 champion trees (you will learn how a tree becomes a champion on the tour), and the renowned tree peonies. Over the years, unusual and underutilized trees adapted to our environment have been added.

**Oct. 11 1–2 pm**  
 Tour Size Limit: 15 – \$10



### Gallup Map Company

1733 Main Street, KCMO

Learn about the "art" of cartography. Gallup Map Company is one of the oldest continuously operating companies in Kansas City, since circa 1875! We will see street and atlas maps like we used to have before GPS, and reproductions of many vintage and historical maps. Owner Pat Carroll will show us the equipment used today to create "art quality" maps on canvas and keepsakes for your home and family.

**Oct. 25 1:30–2:30 pm**  
 Tour Size Limit: 20 – \$10