GrandparentsU Sessions as of 5/15/2017

101: A Crash Course: Cymbals, Drums and other Percussions
Learn about the different types of percussion instruments, watch them in action, and even try a few yourself!

102: Music Theatre and You!
CMU music theatre majors will teach a short song and simple dance for kids and grandparents. This participatory workshop is designed for all ages. You will be blown away by the talent of our CMU Music Theatre students. Come ready to have fun!

103: American Sign Language: Let Your Hands do the Talking
Come have a fun time by playing a variety of games while discovering a way to communicate that is both handy and easy to learn! Participate in the festivities while learning an exciting and unique language. Join us as we explore Deaf Culture!

104: Color Theory & Stage Make-up for Beginners
Learn how to use a limited palette of make-up colors to create every color of the rainbow you might possibly need for completing a character make-up.

105: Art Class with Art Reach of Mid-Michigan
Join Art Reach of Mid-Michigan for a hands on art project that will get your creative juices flowing. Exercise your artistic muscles and create a unique piece that can go home with you!

106: Corn Husk Doll Workshop
A corn husk doll is a Native American toy, a doll made out of the dried leaves or "husk" of a corn cob. Making corn husk dolls was adopted by early European settlers in the United States of America. Corn husk doll making is now practiced in the United States as a link to Native American culture and the arts and crafts – come give it a try!

107: Foster Care Blanket Project
Visit the Mary Ellen Brandell Volunteer Center and make a fleece blanket for a child in foster care. This crafty activity is both fun and educational as participants will be educated on the impact these fleece blankets have on children in the foster care system. Afterwards, you will be educated on other Volunteer Center programs and how our student leaders continue to address social justice issues and serve both the local and global communities

108: True Colors Personality Workshop
Tune in to your emotions. Take the True Colors personality inventory and gain an in-depth understanding of your unique True Colors personality spectrum. Learn to develop an understanding your personality, so that you are able to interact more effectively with others. Using True Colors provides you with insights into different motivations, actions and communication approaches and can help build stronger relationships with others.

109: TELLING YOUR STORIES
At its heart, journalism is telling stories about people. In this session, grandchildren will interview grandparents and learn how to use the information they collect. How well do you really know each other? What do you want to know about your family history? Trained journalists can help you get the answers to your questions! Members of Central Michigan Life, CMU's award-winning student newspaper, will guide students as they learn interviewing skills, photography, video and graphic design. Our session ends after a one-of-a-kind experience and with some cool souvenirs of the experience. Participants must bring their own portable digital storage device to house the video and audio projects students will create.

110: Behind the Scenes of CMU Public Television & CMU Public Radio
Participants will explore the inner workings of TV production. By “taping” a Quiz Central show (WCMU’s high school quiz bowl), students and their grandparents will take on the rolls of quiz bowl contestants, camera operators, scorers and other positions, and experience what it takes to create a TV program. You will also act as an NPR radio reporter. You’ll
be part of the interviewing process, and watch as your story is produced. Kids and grandparents enjoy hearing themselves on tape.

111: Keep Calm and Market a Product
This interactive class will take you on a journey where you develop your own product. Students will create, develop, package, advertise and sell their product!

112: Online Games and Virtual Worlds
Do you like online games like Minecraft, Lego Worlds, or Pottermore? Many virtual worlds exist today and are used in ways that are fun, fascinating, and informative. Come learn more about virtual worlds, get some tips for staying safe online, try out the very latest 3D virtual reality equipment, and (of course) play games with us!

113: Programming, Coding, and Technology – STEM Style
Learn to “program” without a computer, create a Lego robot and then program the robot for action. Participants can create their own robot design to explore what happens when models are customized!

114: Videos for the Kids at Heart
Come participate in hands-on activities that will teach you how to create simple videos from your phone by putting together pictures and videos that you already have. You’ll learn how to share them with your friends and family to make them green with envy.

115: Smartphone Photography
Learn to use your smart phone to make better images of your family and to use the light of any situation to your advantage. Bring your smartphone to this session, and walk away with a better understanding of how to get the most out of the camera! Capture your memories.

116: Virtual Reality Game Development
Are you a gamer? Interested in learning more? In this session, try out the latest Virtual Reality games and learn how to build your own!

117: Using Hollywood Film to Teach Science
Love the movies? See how Hollywood Blockbusters like Moana, Gravity, The Martian, Titanic, Interstellar, Dante's Peak violate or uphold accepted scientific principles. Popcorn will be provided.

Get an UP CLOSE view! Bring your own sample to view! The sample should be a small, hard-bodied insect, or anything not bigger than ¼ of an inch. Insects can be live when they come in, but don't bring a pet insect! The samples have to go in a high vacuum and will be subjected to an electron beam. Samples should be clean. Don't try to clean insects or spiders, just pick clean ones.

119: Egg Drop Competition
Everyday household items will be used to protect an egg from splatting on the floor. This hands-on session will give participants the opportunity to build a “protective device” using cups, paper, cardboard, string, tape, etc. Once built, participants will then drop their egg off the second story balcony of the Engineering and Technology building.

120: Let’s Rock Program
Participate in hands-on activities that will teach you about different types of rocks, the rock cycle and how to identify rocks in your own backyard. Museum staff will then lead you on a guided walking tour of geological features around CMU’s campus.

121: Who wants to be an Astronomer?
Build your own telescope and learn to use it! Visit the Brooks Astronomical Observatory at CMU and look at the Sun (weather permitting). The telescope you build is yours to keep after the session!
122: Tie Dye – Fun with Chemistry!
In this 90 minute session you will get to create your own cotton tie dyed t-shirt design while learning a little bit about the chemistry of dying fabrics and why and how it works. If time permits, we will also look at different fibers under the microscope. We can see how our hair compares to cotton, silk and wool fibers. Join us for a bit of fashion laboratory fun!

123: Building Leaders
Everyone can lead. Learn about what type of leader you can be and start to think about how you will shape the world in which you live! Explore leadership through fun games and interactive team puzzles.

124: One-Room Schoolhouse
Spend time in a one-room schoolhouse built in 1901. Experience what it was like to be a student there as you read from the McGuffey reader, write on a slate board, play a recess game, and more. Make sure you have good behavior so that you don’t get disciplined.

125: PIRATES OF THE CARRIBEAN- Lost books tell no tales- CMU Library Edition
Ahoy Me Hearties! Captain Jack Sparrow needed to hide his booty from his pillaging nemesis, Captain Barbosa. His treasure included pirate books from the CMU Libraries. If lost, the books will never be read again, and we couldn’t let our pirate books go to a scallywag like Barbosa...

Jack had to set sail at dawn in search of Poseidon’s Trident, leaving the books and treasure hidden within the Library. He left a treasure map so that his trusted mates could get the Library back to ship shape! *(And get the books returned so he wouldn’t acquire an overdue fee!)*

*“Not all treasure is silver and gold, Mate.”* - Captain Jack Sparrow

126: Paws in Action
Do you love dogs? Come see some live dogs at work! Demonstrations of obedience, carting, freestyle and more, and opportunities to meet and pet the dogs.

127: Cookies, Cupcakes, Frosting & More: Let Your Creative Side Emerge!
Come join in the “fun” of learning how to decorate pre-made cookies and cupcakes using frosting, cake decorating tools, sprinkles, colored sugars and candies. You will also be helping to decorate a larger cake for everyone to share at a dinner later on. Learn the basics of frosting and earn your very own “Icing Workshop Diploma”. The best part of it all, you get to eat/take home your results!

128: Summer Cooking for Kids
Learn to make your own "gourmet" snacks and how to follow a recipe. You'll learn about kitchen and food safety, using and caring for kitchen tools and appliances and basic skills, such as measuring techniques.

129: Do you want to investigate crimes and keep people safe?
Have you ever wondered what it would be like to be a Crime Scene Investigator? Well now is your chance to become one! Come and analyze evidence to help us catch criminals. Come and see what tools and equipment police officers use to keep people safe and help them.

130: First Aid
If someone was sick or hurt, would you know how to help? In this session, you’ll find out what to do in an emergency, from calling 911 to using first aid to treat minor injuries. When the unexpected happens, you will be prepared! Learn from the experts in the Athletic Training Program and from Certified American Red Cross Instructors

131: Mini Medical School
Ever wonder what it would be like to attend medical school? See how our medical students study to be doctors by working on medical cases. You will get to be the doctor and diagnose patient’s illnesses. During the diagnosis, you will see viruses, bacteria, and parasites that can make people ill and use this information to help the patient.

132: 911... It’s an EMERGENCY
Spend an hour in the life of the hospital Emergency Department. Grandparents and Grandchildren will learn various aspects of a hospital emergency department including triaging patients, attending to trauma, treating wounds and caring for various other patient-types in an emergency situation.

-133: Yoga Fun – For the Health of It
Join us for some yoga fun. Grandkids and grandparents together will enjoy learning fun poses – we’ll stretch, flow, balance, and laugh. Bring your mat if you have one, but no worries, we’ll have plenty of extras. No experience necessary. This will be fun for all ages, all levels, and all people

134: Courtside with CMU Women’s Basketball
Join the Central Michigan Women’s Basketball team for a tour of the facilities and an interactive skills clinic. CMU coaches and student-athletes will join you on the court for a fun-filled and informative session.

135: Inside Chippewa Football
Get an inside look at the Central Michigan Football program with head coach John Bonamego along with his staff and players. Get a chance to do a question-and-answer session with Coach Bono, tour the facilities and get out on the practice field just like a CMU football student-athlete.

136: Soccer – the game for Kids of ALL ages!
Soccer is a game for everyone! Share the thrill of playing soccer through many different developmentally-appropriate games and activities. Our fun-filled learning environment will be fast-paced and full of smiles and laughter.

137: The secrets of becoming a game day cheerleader
Have you ever wondered what it takes to be on the sidelines of a collegiate cheer team (or Spirit squad)? Do you know what happens behind the scenes before every game or event that is held at CMU? Do you have what it takes to lead a stadium or arena filled with people and engage them into the game? Do you have the skills of flipping, twisting, and stunting to do what we do? Well here is your chance to get the inside scoop and learn to do what we do. So get ready for some fun and excitement as we prepare you to be an amazing cheerleaders (and/or dancers) to cheer on your Chippewas!

138: All About Bowling
Learn how to create a sports tournament bracket, some tips on how to help improve your bowling game, and then learn how to score a game of bowling.

139: How to Officiate and Play
Join us outside or inside, depending on the weather, for basketball! Learn some playing techniques, but also how to officiate.

140: Self-Defense and the Art of Tang Soo Do
Learn about basic principles of self-defense found in the Korean style of Karate known as Tang Soo Do. Grandparents and grandchildren will self-defense practices in the martial art Chuck Norris made famous. No experience necessary.

141: School Encouragement Project
Help K-12 students remember the value of education with us by adding encouraging notes to school supplies, and decorating lunch bags to be used in West Michigan through Kid’s Food Basket. School supplies will be donated to schools in need of educational materials. Lunch bags will be used for sack suppers that children experiencing hunger after school will be able to take home.