

OPTION 01

Light Physical Activity
Part 1:
Tai Chi 8 Movements

Ivy Chin

Mondays – *In Person*
Class*

9:05am – 10:30am

5 Sessions

2/27, 3/6, 3/13,
3/20, 3/27

The class breaks down into three parts. First part is to warm up the different parts of the body. Second part is to learn the Tai Chi 8 movements. The last part is to cool off the body. Tai Chi can promote good health to our mind and body.

Everyone is welcome!

OPTION 02
(NEW)

Light Physical Activity
Part 2:
Better Balance & Fewer
Falls

Stephanie Parello

Mondays – *In Person*
Class*

9:05am – 10:30am

5 Sessions

4/17, 4/24, 5/1,
5/8, 5/15

Drawing from multiple disciplines, including neuroscience, body-mechanics, strength & conditioning, Tai Chi, and mindfulness, you will come to understand key elements that make up the complex system of human balance, as well as simple tools you can use to achieve better balance & fewer falls.

OPTION 03
(NEW)

Fabulous 50s, 60s, 70s -
Part 1:
1968 – The Greatest
Year in Rock History!

Mitchell Lehrer

Mondays – *In Person*
Class*

10:45am – 12:15pm

5 sessions

2/27, 3/6, 3/13,
3/20, 3/27

We will explore the many different artists, groups, and genres that contributed to make 1968 such a great year for popular music. The course will feature songs from the groups and artists discussed.

OPTION 04
(NEW)

*Fabulous 50s, 60s, 70s -
Part 2:*

**Radio From the
50's to the 70's**

David Frankel

**Mondays – *In Person*
Class***

10:45am – 12:15pm

5 sessions

4/17, 4/24, 5/1,
5/8, 5/15

This course will explore growing up with radio, and how we relied on it for its immediacy as well as its entertainment value.

OPTION 05

*Working with Yarn
Part 1:*

Knitting Together

Dianne Frankel

**Mondays – *In Person*
Class***

12:25pm – 1:20pm

7 sessions

2/27, 3/6, 3/13, 3/20,
3/27, 4/3, 4/17

Would you like to learn to knit? Do you already know how to knit? Join our knitting circle as we learn how to cast on and create different stitches. If you already know how to knit, bring your knitting with you to this fun and relaxing social hour. First time knitters will learn how to knit a shawl. A list of supplies and the pattern will be emailed to you before the semester begins.

OPTION 06
(NEW)

*Working with Yarn
Part 2:*

Discussion Group

Meaghan Hilton

**Mondays – *In Person*
Class***

12:25pm – 1:20pm

4 Sessions

4/24, 5/1, 5/8, 5/15

Join us as we discuss different yarns, stitches, crocheting, and knitting. Enjoy socializing while you crochet and knit.

OPTION 07
(NEW)

**Mah Jong for
Beginners**

Laurie Raps

**Mondays – *In Person*
Class***

1:25pm – 2:20pm

7 Sessions

3/20, 3/27, 4/3,
4/17, 4/24, 5/1, 5/8

If you have always wanted to play, now is the time! Gain an understanding of the basic rules on how to play a beginner level Mah Jong. Learn the meaning of each tile, how to set them up, cards, strategies, and much more. Forget your worries and find a sisterhood!

Required: 2023 Mahjong cards which must be pre-ordered (approximately \$15)

OPTION 08

Middle Ages Part 1:
**Shakespeare's
Merchant of Venice**

Joan Hartman

**Mondays – *In Person*
Class***

2:30pm – 4:30pm

6 Sessions

2/27, 3/6, 3/13, 3/20,
3/27, 4/3

The editors of the First Folio called Merchant a comedy, though it has tragic elements. We will also look at antisemitism in general and the status of Jews in Europe in the early modern period.

Please buy the Folger edition of the play.

OPTION 09
(NEW)

Middle Ages Part 2:
**My Favorite Characters
from the Middle Ages**

Peter Whitehouse

**Mondays – *In Person*
Class***

2:30pm – 4:00pm

5 Sessions

4/17, 4/24, 5/1, 5/8,
5/15

These are the stories of the Medieval and Renaissance men and women whom I have read about and marveled at over a lifetime. They are the kinds of people who stay with me in memory. They lived and did so with such impact. They never really died. They all had a knack for longevity, and I'd like to tell you why.

OPTION 10**Pursuit of Happiness****Tuesdays – Virtual Class**
10:15am – 11:45am

Harold Hellman

5 Sessions
2/28, 3/7, 3/14, 3/21, 3/28

Happiness is our birthright. Observe young children and see how easily joy comes to them. They approach life with an open heart, free to love without placing conditions on the object of their love. The Pursuit of Happiness is more than a class. It is journey back to ourselves. You will see how things like judgementalism, and perfectionism interfere with our happiness, and how choice, unconditional love, gratitude, and compassion put us on the road back to happiness. The course includes guided meditations and other experiential elements in which the participants will develop “happiness skills.”

**OPTION 11
(NEW)****Literature That
Speaks to Us****Tuesdays – Virtual Class**
11:50pm – 12:10pm

Anne Devlin

7 Sessions
2/21, 2/28, 3/7, 3/14,
3/21, 3/28, 4/4

This course will explore excerpts from literature across multiple genres. We will bring our perspectives and lived experience to each discussion to deepen our understanding of that genre, and to make the text more meaningful to each person.

As an added bonus, students will also be encouraged to select a word or two from the genres in class so the instructor and students can further unpack its origins, meaning, and significance.

**OPTION 12
(NEW)****Cheers, L’chaim, Salute!****Tuesdays – Virtual Class**
12:20pm – 1:20pm

Allan Meyers

13 Sessions
2/14, 2/21, 2/28, 3/7,
3/14, 3/21, 3/28, 4/4,
4/18, 4/25, 5/2, 5/9,
5/16

How beer, wine, alcohol, coffee, tea, and Coca Cola changed the world and how coffee impacted the Declaration of Independence.

OPTION 13
(NEW)

Self-Hypnosis

Connie Tabbitas

Tuesdays – Virtual Class
1:25pm – 2:20pm

7 Sessions
2/21, 2/28, 3/7, 3/14,
3/21, 3/28, 4/4

In this course, you will learn the skills and techniques needed to perform self-hypnosis.

OPTION 14
(NEW)

**Venice: As it is Now
& the Paintings
from the Past**

Snjezana Smodlaka

Tuesdays - Virtual Class
2:30pm – 4:30pm

2 Sessions
3/7, 3/14

We will make a visual journey through the glorious history of the Republic of Venice through the photos of Venice today and the paintings from the past: Doge's Palace, St. Mark Basilica, palaces of the affluent that testify how Venetians used the art and diplomacy to promote and glorify their power.

OPTION 15
(NEW)

**Using MS Word
Creatively**

Doriann Pieve-Hyland

Tuesdays - Virtual Class
6:45pm – 7:40pm

7 Sessions
2/21, 2/28, 3/7, 3/14,
3/21, 3/28, 4/4

Learn how to work with graphics, text boxes, and other inserted illustrations to create cards, banners, and flyers from start to finish. A fun, basic, intermediate level course for those who want to be creative using a computer. Bring your special projects to work on like holiday cards, invitations, and the like, or work on assigned projects.

OPTION 16

Hebrew Bible III

Wednesdays – Virtual Class

9:05am – 10:35am

John Petersen

5 Sessions

2/15, 2/22, 3/1,
3/8, 3/15

For the last few generations in our country, Biblical scholars from the mainline religious traditions have reached a consensus that the Hebrew Bible is a masterpiece of editing. There is at the same time general agreement concerning the motives that the editors had. They find themselves in a changing worldview, which makes them both creator and product of changing cultural influences.

This course will explore commonly accepted ‘ways of life’ in the Hebrew tradition, which are greatly determined by the belief that the Hebrew Bible enjoys a Divine source, and stands within this newly acquired interpretive framework.

OPTION 17

Know Your Antiques & Collectibles

Wednesdays – Virtual Class

10:10am – 11:55am

Madeline Mandel

4 Sessions

3/22, 3/29, 4/12, 4/19

Explore the history of antiques and collectibles and bygone eras. Students may have an item available for research and informal appraisal.

OPTION 18

First Ladies (continued)

Wednesdays – Virtual Class

12:20pm – 1:20pm

Allan Meyers

12 Sessions

2/15, 2/22, 3/1, 3/8,
3/15, 3/22, 3/29, 4/12,
4/19, 4/26, 5/3, 5/10

Beside every great man, there is a woman and a surprise mother-in-law. In addition to Martha, Abigail, Eleonore, and Hillary, there are many first ladies that you never heard of, nor how they affected the Presidency.

**OPTION 19
(NEW)**

**Diamond-Studded
Relationships: The
Key to Emotional
Prosperity**

Ellen Simonetti

Wednesdays – Virtual Class
1:30pm – 3:00pm

5 Sessions
4/12, 4/19, 4/26, 5/3,
5/10

Have you ever wondered why some relationships sparkle and others fizzle?

Let's look at our present relationships and consider ways to improve, maintain or expand them.

OPTION 20

Travel Thru History

John Rossi

Wednesdays – Virtual Class
2:30pm – 3:25pm

7 Sessions
2/15, 2/22, 3/1, 3/8,
3/15, 3/22, 3/29

Travel Thru History is an educational/informational series of lectures designed to spark interest and enthusiasm. The audience will learn about the rich and fascinating history of diverse locations around the world. The series is an adventure through early European and North and South American history that tells the stories of people, places, and events that shaped the institutions of the world.

OPTION 21

Baseball

Alfred Grillo

Thursdays – Virtual Class
9:05am – 10:00am

7 Sessions
3/2, 3/9, 3/16, 3/23,
3/30, 4/20, 4/27

This is a class where the participants will discuss their interests from the distant past to the present. Topics will be selected based on input from the participants.

**OPTION 22
(NEW)**

**Practical Health
and Happiness**

Darlene Timbreza

Thursdays – Virtual Class
10:10am – 11:05am

7 Sessions
2/16, 2/23, 3/2, 3/9,
3/16, 3/23, 3/30

A guide to help individuals find their pockets of joy and health in their everyday routine. This course will also explore how to use these new learnings to attract greater and lasting happiness and health into their lives.

**OPTION 23
(NEW)**

**Slogans and
sayings you use
every day. Learn
where they came
from and what they
really mean.**

Thomas Wortmann

Thursdays – Virtual Class
11:15am – 12:10pm

6 Sessions
3/2, 3/9, 3/16, 3/23,
3/30, 4/20

We examine slogans and sayings we use every day but have no idea where they came from. The course will provide historical background on hundreds of these slogans and sayings, so students will learn a little history too.

**OPTION 24
(NEW)**

***Music Part 1:*
Understanding the
Music of the
Beatles**

“Mr. Lou” Russo

Thursdays – Virtual Class
12:20pm – 1:15pm

7 Sessions
2/16, 2/23, 3/2, 3/9,
3/16, 3/23, 3/30

Understanding the music of the Beatles' is to be all inclusive. This is the case for musicians, who play the Beatles on guitar, piano, drum, bass, horns, and for song writers who compose, melody construction. This class is for both beginners and pros, as well as those who are just interested in learning about their tremendous influence on popular culture, and the world of music. I will analyze the influence of the Beatles and explain their self-taught theory (which even they could not explain). We will also review their choices, and the sounds of their instruments, singing styles (lead and harmonic), their innovating rhythm styles, and their recording techniques. I will answer questions and give inside information and back stories that most musicologists do not know.

OPTION 25
(NEW)

Music Part 2:
Intro to the Piano

Philip Garcia

Thursdays – Virtual Class
1:25pm – 2:20pm

7 Sessions
2/16, 2/23, 3/2, 3/9,
3/16, 3/23, 3/30

The first few weeks we will discuss the history of the piano and why it's designed the way it is. The remaining weeks we will spend time learning the keys and how to play the piano.

OPTION 26

Mind, Body & Spirit:
Meditation in
Community

Catherine Bridges

Fridays – Virtual Class
9:05am – 9:55am

7 Sessions
2/17, 2/24, 3/3, 3/10,
3/17, 3/24, 3/31

Experience self-care through meditation and dialog in community.

OPTION 27

Battle of
Gettysburg: Day 3
and Lincoln's
Gettysburg Address

Leonard Warner

Fridays – Virtual Class
8:30am – 12:00pm
with 15-minute break

2 Sessions
4/14, 4/21

A detailed study of Day 3 of the Battle of Gettysburg, which historians have named "Pickett's Charge."

We will watch the desperate attempt by Robert E. Lee to break open the center of the Union line with the greatest canon bombardment ever heard on this continent: a massive charge of 15,000 men over a mile long field, and an attempted cavalry attack from the rear.

We will then study and analyze Lincoln's most famous and most inspirational speech: the fabulous Gettysburg Address.

OPTION 28

**Art:
Learning to
Draw and Paint**

“Mr. Lou” Russo

Fridays – Virtual Class
11:15am – 12:10pm

7 Sessions
2/17, 2/24, 3/3, 3/10,
3/17, 3/24, 3/31

I will teach all aspects of drawing and painting, from concept to using charcoal, watercolor, acrylic, oil, and perspective composition.

**STUDENT
CLUB**

The Group

Fridays – Virtual Class
12:20 – 2:15pm

Every Friday
2/17, 2/24, 3/3, 3/10,
3/17, 3/24, 3/31, 4/14,
4/21, 4/28, 5/5, 5/12

COME JOIN THE FUN!

Students come together to meet and socialize with one another.

The Group will host conversations on current events, locally, nationally & globally.

Join us for 30 minutes special presentations that shares student’s stories.
