Cheshire Academy for Lifelong Learning

Fall 2020

September 21 – November 13, 2020

ALL CLASSES WILL BE OFFERED REMOTELY

Classes marked with an * indicate a small (20 or less) capacity class

Mondays

4:00 – 5:00 p.m. 20th-Century American Landscapes: Modernism versus Nostalgia - Ann McEntee

We look at our American landscapes with the face of the Roman god Janus. We enjoy the comforts of modern technology from central heating and indoor plumbing to the fastest internet connectivity. And yet, we look back to the past with a nostalgic desire to preserve and protect pre-industrial landscapes and structures. Our landscapes, both constructed and preserved, reflect our tendency to look forward as we attempt to recreate the past. This course examines a number of topics through this lens of duality: Olmsted and Vaux as park builders and city planners; Robert Moses; our National Parks System; Greenbelt Towns and Suburbs, the creation of the American metropolis; Modernist Gardens; Landscapes of Consumerism (suburban landscapes, shopping malls and theme parks . . .yes, Disney); and the Transformation of Brown Fields to Green Spaces.

This course is offered in a blended synchronous/asynchronous format. There will be one 60-minute lecture on Monday, which I will record for those unable to attend the live lecture via Zoom. The following Thursday I will host a shorter discussion section of the most recent lecture material (30-45 minutes). Both sessions will take place at 4 p.m.

6:30 to 8:00 p.m. Everything You Ever Wanted to Know About Raptors! – Kim Snyder, Harris Center

Why do raptors migrate? Is the falcon really the fastest animal alive? Just what counts as a raptor? Whether you love birds or have never picked up a pair of binoculars, the sight of a bird of prey soaring overhead can spark the imagination and curiosity of anyone.

Join Kim Snyder, Antioch Masters Student and birder extraordinaire for an 8-week interactive online course to answer all the questions you've ever about raptors and maybe generate a few new ones. This class will be recorded.

Tuesdays

*10:00 – 11:30 a.m. Creative Non-Fictions: Telling Our Stories – Andrea Bredbeck

There are wonderful questions to explore when it comes to narrative and truth. Consider the possibility that a moment, almost any of our moments, frozen in time by our attention, and then crafted into words, is a piece worth writing. This is a non-fiction writing class. We will do some in-class reading & writing and hopefully many of you will choose to work on your pieces during the week. Together, we will engage in an on-going search for excellent sentences, a fostering of respectful critique, as well as plenty of rich, interactive conversation. We will endeavor to find the stories that want to be told, and write them.

10:00- 11:15 a.m. Leadership Monadnock Abbreviated – Curated by Susan Newcomer

The Greater Keene Chamber of Commerce holds an 8-month long program every year to focus on the Monadnock Region and its strengths and gifts. During the 8 sessions, participants learn about a huge variety of topics from both a 30,000-foot level and a more local level. Leadership Monadnock
abbreviated will invite 8 speakers to join us to discuss topics of interest about the Monadnock Region. We hope to introduce you to the relevant topics of our region and the people who know them best!

They include Social Justice/Community Relations, City of Keene, The Arts, Health Care, Criminal Justice, Housing, Collective Impact through the Monadnock United Way and Land Conservation.

Susan Newcomer has coordinated Leadership Monadnock for almost 20 years and will curate these discussions.

12:30 – 1:30 – Second World War DISCUSSION SESSION – Paul Vincent (optional, see description in Friday’s sessions)

**Wednesdays**

8:30 – 9:45 a.m. What is Jazz? - Virginia Eskin
What is Jazz? How is it made, and where did it come from? Join renowned pianist and 2020 Ewing Arts Award winner Virginia Eskin for this class that covers everything from spirituals and ragtime to big band and more contemporary greats. Special attention will be paid to the music of black women. Virginia intersperses her lectures with plenty of piano playing, so it’s both a concert and a class!

10:00 – 11:15 a.m. Let’s at Least Talk About the Weather - Ned Pokras
We still can't do anything about the weather, but in this course, we will discuss the factors that determine the weather in general, and in our part of the world. We will also be introduced to some of the many weather resources available on the web today, and how to interpret them. This class will be recorded.

10:00 – 11:15 a.m. Key Foreign Policy Challenges for the Next US President - Bob Beck
This course will present an overview of some of the most critical foreign policy challenges that are likely to keep the next US President awake at night. By evaluating, in as apolitical a way as possible, many of the key obstacles to the successful pursuit of US foreign policy, the course will inform class participants of the complexity of these challenges and of their relative importance to our country’s economic, social, and national security. Class participation will be critical to facilitate an airing of the full range of diverse views on these issues. Limited readings and/or video recordings will be given in advance of each session to provide background material on the subjects to be covered that week.

12:30 – 1:45 p.m. Women in Russian History, Society and Culture from Medieval Times to the End of the 19th Century – Susan Olson
Although usually in studying Russian history and culture, the emphasis is on men’s achievements, women played a vital, although mainly ignored role until recent times, in Russian development from pre-imperial days to the end of the nineteenth century. In this course we shall examine and discuss the role of women in Russian history, society and culture. We shall meet Russian tsarinas, including Catherine the Great, female aristocrats and intelligentsia, and peasants. We shall also encounter female folklore heroines and villains. There were also innumerable early women authors that are mostly unknown, and we shall spend time reading and discussing selected short works by them as well as view how they were portrayed by better known male authors. In art, theater and music until the late nineteenth century women were restricted by their lack of formal instruction and societal conventions, but we shall examine briefly the evolution of women’s art, acting and music as well as view how they were portrayed throughout early Russia in these cultural formats. This class will be recorded.
2:00 – 3:15 p.m. IPhones/IPads in the Time of the Pandemic – Judy Brophy
Your mobile device has never been more useful. It makes it possible for you to make contactless payments, order groceries online for delivery or contactless pickup, check out which restaurants have takeout, pick up a library book with no contact, and deposit checks online. Learn how your device can make you safer. This class will be recorded.

**Thursdays**

10:00 – 11:15 a.m. Religion and the Constitution - Joan Roelofs
The United States Constitution, First Amendment, states (among other provisions): “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.” What is “establishment”? What is “free exercise”? What if religious activities conflict with our laws? Courts have answered these in every which way, and there isn’t even an official legal definition of religion. That is what makes the subject so interesting. We will look at how courts and laws have interpreted the religion clause throughout U.S. history. This class will be recorded.

10:00 – 11:15 a.m. Awareness of Privilege (An Insider’s Perspective) – Paul Cullity
In the current climate of Racial Tension and Uncertainty, it is often best to re-examine all the things we think we know! One of these issues is the role played by Race, Power, and Class in our society. Many of us would like to be able to say that some lessons have been learned, and we have moved the target beyond the achievements of the 60s. An honest appraisal, however, shows that we have not really progressed very far. One of the reasons is a lesson learned by the survivors of the Holocaust: “What We Fail to Remember, we Fail to Overcome!”

The lesson hardest for many people to learn is that the effects of slavery are still an everyday part of the life and experience of every single person whose family was enslaved. In addition, the privilege enjoyed by others is not limited to simple visual acceptance: In these classes, we will look at the impact of Privilege in several arenas of life: Privilege as a Concept; Racial Privilege; Economic Privilege; Gender Privilege; Legal Privilege; Hidden and Unconscious Privilege; How to Move Beyond Privilege; and Finding Common Ground. This class will be recorded.

10:00 – 11:15 a.m. Jewish Mysticism and Mystics – Dale Rosenberg
Kabbalah, a form of mysticism that was once the exclusive property of an elite group of Jewish men, is now studied and practiced by a wide assortment of Jews and non-Jews, including Mick Jagger, Madonna, Donna Karan and Roseanne Barr. Mysticism has always been a facet of Jewish learning and spirituality, but it has at times been a closely guarded secret discipline. This course explores Jewish mysticism in a way that is accessible to all.

Students will learn about Jewish mystical traditions from Biblical times on. Every week we will read excerpts from mystical testimonies and other mystical texts. We’ll explore just what mysticism is, how mystical thinking has been enacted Jewishly in different times and places, and how mystical practice affects the practitioners. We’ll focus for much of the class on Kabbalah, exploring its roots in 13th century Spain, its resurgence in northern Palestine in the 16th century, and its influence on mainstream Judaism today. We’ll look at Kabbalah’s transition from an arcane tradition of mysticism accessible only to a select group into a popularized form. The mystical underpinnings of Hasidic Judaism will be considered, as well as their spread through the Chabad/Lubavitch movement.

2:00 – 3:15 p.m. Travel for Stay-at-Homes – Judy Brophy
Can’t really go anywhere? Look back on the trips you loved and see how to travel without traveling. We will share photos of our favorite trips (one on one help available for that) and share information on
ways to travel that maybe we haven’t tried before. This class will be recorded.

4:00 – 4:30 p.m. 20th-Century American Landscapes: Modernism versus Nostalgia – DISCUSSION SESSION - Ann McEntee (optional, see description in Monday’s classes).

4:00 – 5:15 p.m. The Shakers: An American Communist Society - Mike Haines
We will pursue a study of a unique Christian sect begun in England but growing into its own in the U.S. In the midst of the American Revolution, a handful of Shakers, led by Mother Ann Lee, settled here and established a version of Christianity that had settlements or villages from Maine to Indiana to Florida, with a population reaching a peak of 6,000+ members in the mid-19th Century. But their influence was much broader than just their membership. Known originally as “Shaking Quakers,” because of their ecstatic worship, they became a focus of intense curiosity by political and literary celebrities, as well as common folk. Their culture, informed by their religion, has been a focus of study by historians, sociologists, folklorists, and students of religion. We will explore the idea of whether the Shakers have anything to teach those of us in the 21st Century. This class will be recorded.

Fridays

8:30 – 9:45 a.m. An Introduction to Cosmology – Peter Mulhall
How large and how old is the universe? Do those questions even make sense? What is the overall structure and composition of the universe, has it always been that way or has it evolved over time? And if the universe is now changing, what state is it evolving to? Where do we look for scientific theories and empirical data to investigate these questions?

Our course will introduce the key scientific theories used to study cosmology: general relativity and fundamental particle physics. Using the observational discoveries of astronomers over the last 100 years, we will explore the quantum theory of the Big Bang, the mystery of dark matter and dark energy and their role in understanding the structure of the universe and its unexplained accelerating expansion. We will discuss the nature and role of black holes and the Cosmic Microwave Background (CMB) in understanding the present universe and how it came to be. This class will be recorded.

8:30 – 9:45 a.m. Contemporary Activist Art - Kimberley Olmstead
In this course, we will be looking at a variety of artists who use their work to express ideas about the political and social issues we are facing right now. We will examine artists covering issues such as the black lives matter movement, environmental issues, women’s issues, and overall commentaries on what is happening in the United States now and for last several years.

8:30 – 9:45 a.m. Plagues, Pandemics, and Vaccines – Lou-Anne Beauregard
This course will look at historical plagues and pandemics and how they changed historical events as well as how they affected societal development. What parallel changes in medicine and public health resulted from each event? Were deliberate infections used as an act of war, as has been alleged?

Who are/were the culprit organisms for these events? Are they likely to recur? Is there effective treatment for these diseases now or are we still at risk of another pandemic plague?

Vaccines have proven effective in preventing the spread of diseases that occurred in epidemic and pandemic waves. How were these developed? How have vaccines been modified over time? What are the consequences of manipulating the immune system in terms of creating different diseases? Does the presence of un-vaccinated people in the population pose a small, medium or large health
care risk? Should we have a vaccine for every disease, or is there a point where the treatment is worse than the disease? This class will be recorded.

I am to touch on these topics in 8 weeks and provide facts, but this also could be the subject of a long book. I will have suggested readings and provide articles from time to time. I am happy to teach this on line because my students could attend at 8:30 in the morning with their coffee and in casual attire.

10:00 – 11:15 a.m. Living on Jewish Time: Holidays and Lifecycle Events – Dale Rosenberg

American Jews live a hybrid existence. We’re both American and Jewish, so we have two different ways of counting time. The yearly calendar that Americans all share starts in January and ends in December. Jews, like the rest of the country, mark national holidays and changes of season and important times like Election Day or Last Day of School. At the same time, Jews have our own calendar that starts in the autumn and in which we are about to begin the year 5781. The Jewish year has its own holidays, from the joy and exuberance of Simchat Torah to the celebration of freedom that is Pesach to the mournful, solemn Tisha B’Av. We mark milestones like turning 18 or 21 or graduating from high school or college as everyone else does, but we also have Jewish lifecycle events: bris and bnai mitzvah and aufruf and wedding and funeral and shiva. Each milestone in life has its own specifically Jewish characteristics and customs. Would you like to learn what it’s like to live on Jewish time? This course will – through exploring both holidays and lifecycle events – give you that experience.

10:00 – 11:15 All About Evenings: Hands-On Astronomy (or, How I Learned to Stop Worrying and Love the Night) – Claudio Veliz

One of the least impacted aspects of human activity during these challenging moments is the practice of astronomy. Indeed, many are finding uplift and quiet reward observing the night sky during this distressing episode in our history.

This course will survey the scale and nature of the universe, and some of the lead characters who occupy that sizable stage, from Earth-like planets orbiting nearby stars, to variable- and double stars, beautiful nebulae and black holes in a variety of sizes. Students will learn how to prepare for observing sessions, and how to develop efficient ways of observing, whether for casual, backyard intent, or for undertaking scientific data collection. We will discuss how to go about choosing what optical equipment is right for which kinds of observing intentions once students are ready to make those decisions. Described also will be methods by which the student may even contribute to current scientific inquiry into some of these most intriguing objects. Course content will include a rich mixture of graphic celestial images, fun extracurricular projects, student discussions, and a nod here and there to celestial themes in a Hollywood film or two.

Because this course will be active with its on-line, student interaction, it must be limited to the first 22 students who register. It is requested that all those who register confirm that their schedules are clear for all the session dates, and that their computer cameras and microphones are on during class and in good working order. Fasten your face masks; it’s going to be a bumpy night!

*10:00 - 11:15 a.m. Intermediate Music Theory Continues! – Elaine Ginsberg

For folks who love music theory! We will continue to work on chord inversions and analysis, secondary dominants, modulation, and 4-part chorale composition. Students should already understand reading music and theory fundamentals such as scales, intervals, triads, and key signatures (which were covered in last Winter’s session theory class). This course will review and
enhance material that was covered in the Spring session and continue the work of the Winter session as well. Other topics, such as "Reading from a Fake Book" and "Melodic/Rhythmic Dictation" will be addressed as well as interests of the participants of the class if time permits. If you love learning about the structure of music, this is the course for you! This class will be recorded.

10:00 – 11:15 Memory and Prevention – Tom White
How do we interpret the past in the context of national memory and how does it inform us in the present? Join Tom White, Coordinator of Educational Outreach at KSC’s Cohen Center for Holocaust and Genocide Studies, for this eight-week class. Topics covered include systemic racism: The United States and Nazi Germany; Elie Wiesel: Profound Trauma and Hope; France Under Nazi Occupation; Danish Escape and Rescue; The Human Problem of Genocide; and Ideological Failure: What Can Bosnia Teach Us?

10:00 – 11:30 a.m. Reconstruction: Our Greatest Glory & Cruelest Tragedy - Meg Mott
This class looks at three constitutional amendments, the Thirteenth, the Fourteenth, and the Fifteenth Amendments. Each one granted protections to formerly enslaved people by altering the federalist system. We will look at the history behind each amendment, the unusual process of ratification and their enduring and tragic legacies. Are the principles that guided the radical Republicans during Reconstruction still useful for us today? Classes will be recorded and available for a limited time.

10:00 – 11:30 a.m. Reading James Baldwin – Kathleen Fleming
Whether reading Baldwin for the first time or returning to his novels and essays that you encountered a half-century ago, this course will provide an opportunity to (re)consider his words in the context of our time. An influential voice in the literary world and the civil rights movement since the 1950s, Baldwin made passionate use of his literary art to bear witness to the racism, homophobia, misogyny, and injustice that have so distorted human relations in America. In our time, Baldwin’s voice has made itself heard above ongoing racial strife, inspiring some of the leading writers of our time (e.g. Ta-Nehisi Coates) and lending support to the Black Lives Matter movement. Over eight weeks, we will read short stories, essays and excerpts from a number of Baldwin’s novels, beginning with Go Tell It on the Mountain. In addition to the reading, we will view video clips of his talks, his debate with William F. Buckley, and his documentary, I Am Not Your Negro. We will also consider material from recent biographies and the newly released book by Eddie Glaude, Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own.

This synchronous class will consist of lectures and opportunities for full-class and small-group discussion. It will be recorded.

10:00 – 11:30 Make Time for Your Health - Whitney Hightower and KSC Dietetic Interns
This eight-week class begins with developing SMART goals, prioritizing, and identifying challenges. We’ll review the four pillars of health: nutrition, physical activity, sleep, and emotional/mental health. Following that, we’ll delve into nutrition: what type of eater are you, and what are the different popular diets. We’ll talk about shopping smarter, eating regularly and mindfully, and satiety. Physical Activity will cover topics such as making time for joyful movement, and building your own workouts, CoVid-style. What is some of the research around sleep? Learn how to set the stage for “recovery” sleep, setting pre-sleep routines. Mental/Emotional Health will be addressed with mood-boosting foods, stress-less tips, and mindfulness. Finally, we’ll put everything together and review in the last week. This session will be recorded.
**10:00 – 12:00 Beginning Drawing – Angela Amato**

Come join this fun online drawing class! In this course you will learn how to draw simple 3D objects, tonal value drawing and various drawing techniques such as cross hatching and other ways of mark making along with learning simple compositions. A supply list will be sent to registrants.

**12:30 – 1:45 p.m. Developing Your Poetic Voice—Katherine Clarke**

This workshop course is for poets who’ve been writing for a while and would like to freshen, build and stretch their usual way of writing poems. We’ll look at a different aspect of poetic voice each week. You’ll learn how to vary a typically autobiographical voice, make your poetry connect more intimately, punch up your poems with well-chosen phrasing from the vernacular to the high falutin, and show a wider variety of perspectives. Through exercises and prompts you will develop new, strong, flexible poetic muscle. You’ll have a structure to help you keep writing, stimulation to try new approaches in your poems, and the support of thoughtful weekly feedback from other poets. Kind of an 8-week gym workout for poets. Or a spa if that’s more your style.

Delivery methods: Weekly lesson, in text and video, with linked readings distributed by email. Weekly 1.25 hr. Zoom meeting for synchronous discussion and feedback, and Google Group for exchange of poems and feedback. This class will be recorded for review purposes, but attendance is expected.

**12:30 – 1:45 The Wine on Your Table – Dan Fagan**

I have always professed that only 10% of the enjoyment of a wine is in its taste. The other 90% is composed of understanding: (1) its history, (2) its “terroir” (3) the personalities behind the label, and (4) the effect of a people’s culture on the wine’s style.

The first class will be a discussion of the group’s preferences and understanding of the world of wine. For each class, I will ask you (with or without a friend) to purchase a wine as the “Wine of the Week” (not mandatory). We will then discuss the wine’s story, finishing with food pairing suggestions.

By the end of each class you will see, “It’s fun to know the rest of the story!”

**12:30 – 1:45 The Life and Work of Friedrich Nietzsche - Nick Germana**

In this class we will read several of the major works of the German philosopher Friedrich Nietzsche (1844-1900) and discuss his influence on modern philosophy and culture. We will be discussing *Untimely Meditations*, *The Birth of Tragedy*, *Genealogy of Morals*, *Beyond Good and Evil*, *Thus Spoke Zarathustra*, *Twilight of the Idols*, and *The Will to Power*. If possible, I recommend that before the class participants read Sue Prideaux’s biography, *I Am Dynamite! A Life of Nietzsche*.

**12:30 – 1:45 Being Human – Javed Chaudhri**

What makes humans human? Do we really differ from animals purely in a biological and physical sense? We share 98.8% of our genes with Bonobo apes which is minuscule. So do Bonobos have a consciousness and sense of afterlife, morality, empathy? What is the role of culture, religion, learning and warfare in making us who we are.

Many of us ask these questions often, particularly during troubled times. This course will ask these questions and expect all of us to share our thoughts. The class will focus on discussions, arguments, feelings. This class will be recorded.

**12:30 – 1:45 Second World War, Part 1 - Paul Vincent**

This will be the first of a four-part series covering World War II. Under planned topics below, you can ascertain what we should cover this semester. WWII was the largest single event in human history. Its
interrelated conflicts consumed between 1937 and 1945 the lives of roughly 60 million people, the majority being non-combatants. It left no continent untouched, and no ocean or sea avoided its impact. When it was over, the international system had been fundamentally changed. Since ending seventy-five years ago, it has been the subject of countless books (fiction and nonfiction), films, articles, and formal presentations; indeed, one might assume that every conceivable aspect of the war has been diagnosed and explicated. Some studies are narrowly specialized, others are broad and synthetic; some interpretations are driven by extensive archival research and careful analysis, others are reckless polemics or sentimental drivel. One issue is beyond dispute: WWII was a pivotal episode, perhaps the pivotal experience, of the 20th century. There will be an optional discussion session following the lectures, on Tuesdays from 12:30 – 1:30. Both sessions will be offered live, via Zoom, and will be recorded.

*12:30 – 1:45 ARMCHAIR JOURNEYS REAL AND IMAGINED: Where We've Been, Where We're Going, What's on Our Bucket List - Elayne Clift
We can learn a great deal about other countries and cultures by reading stories written by the world’s great writers. We can also tell our own tales of cultural heritage, family rituals, travel experiences and wish list adventures when we take time to reflect upon them through creative expression. This 8-session workshop will offer suggestions and techniques for writing fiction, poetry, and creative nonfiction that derives from travel - literally, wishfully, and from our individual life journeys. It includes reading and discussing selected works by well-known travel writers, memorists, and others. It will also offer prompts for our own writing, both in workshop time and in “homework” assignments, to be shared voluntarily when we meet. Come prepared to wish, wander and write!

2:00 – 3:15 True Tales from the Monadnock Region – Historical Society of Cheshire County
Let the Historical Society of Cheshire County deepen your understanding of the history of the Monadnock region of New Hampshire. Guest speakers and local films will be presented so as to share some amazing but true stories of people and events who have contributed to the history and culture of our community. The lecture sessions will be recorded.

2:00 – 3:15 Soundtracks: Music and Movies - Martin Roberts
Since the arrival of sound in cinema in the late 1920s, musical soundtracks have been a key aesthetic element in the history of cinema. This course explores the rich history of cinematic soundtracks, from the pianists that accompanied early silent cinema to the recent popularity of live soundtrack performances at screenings of silent classics such as The Black Pirate. Topics include cartoon music, from Carl Stalling's Merrie Melodies to the role of Walt Disney's Fantasia; the lush orchestral music of the Hollywood Sound; jazz and film noir; early electronic music in 1950s sci-fi movies; Bernard Herrmann's collaborations with Alfred Hitchcock; the musical scores of French jazz composer Michel Legrand; the psychedelic movies of The Beatles and The Monkees; the 1970s soundtracks of Ennio Morricone and Lalo Schiffrin; the soundtracks of progressive rock bands such as Pink Floyd in the art films of Michelangelo Antonioni and Werner Herzog; and the Japanese composer Toru Takemitsu's long collaboration with Akira Kurosawa.

2:30 – 4:00 p.m. Planning the Play of a Bridge Hand – Paul Krautmann
Our Bridge classes will continue this Fall with "Planning the Play of a Bridge Hand". What do you, the declarer, do when your opponent tosses out the opening lead and Dummy is displayed? PAUSE and PLAN. We will look at Bridge Hands from every aspect: Bidding, counting losers in suit contracts, counting winners in No-Trump contract, and subsequent Card-play. This series is appropriate for all levels of experience and those newer players who participated in Mary’s beginner course in Spring.
2:00 – 3:15 Harari’s 21 Lessons for the 21st Century – Terry Ortlieb
This will be a true adventure. Harari suggests that we will have to be open to extracting ourselves from our current cultural prejudices if we want to understand and be part of the 21st Century. His 21 lessons continually ask us to engage with the Information technology and biological technology that he believes are going to create a 21st century that is as different to us today as the industrial age would be to a hunter gatherer. We will take this journey through his ideas and discuss how we interpret, agree and disagree with his list of lessons.

Asynchronous

CELEBRATE 108! - Marcia Breckenridge
2020 marks 100 years of American women voting and is a perfect time to celebrate both that right and the contributions of 8 outstanding American women who have contributed in politics and other diverse areas. Each week this course will focus on one American female who made a difference. Women and areas included are: Julia Childs’ entertainment and WW2; Toni Morrison, literature; Amelia Earhart, aviation; Joan Baez’ music; Sally Ride, science; Shirley Chisholm, politics; Dr. Virginia Apgar, medicine and Kathryn Graham, published media. The asynchronous course will encourage you to choose your own time to read about their lives, digest their comments and opinions and view YouTube and other videos of interviews and stories of their lives. You can grab a cup of coffee early or late, curl up for a long or short time and celebrate these remarkable and diverse American contributors.

The Magic of Watercolors: Intermediate Class – Donna Cary
Donna Cary will be teaching an 8 week online watercolor class for those who have previously had some experience with watercolors. Each week she will email you, in advance, a picture reference that she will be using for a Zoom demo. The demo will be prerecorded, and she will send you the link each Thursday or Friday. You’ll be able to watch it whenever you wish and can start, stop, paint along, etc. The demos will concentrate on techniques, the principles of art, and the elements of design. You will be able to email Donna at any time during your painting process with questions or after you’ve finished the painting. She will reply with encouraging comments and will also be happy to provide suggestions if you request them. A materials list will be provided when you register.

Quantum Core Yoga – Robin Turnbaugh
Quantum Core Yoga focuses on deep core, hip and upper body strength as well as rhythmic breathing, energetic dynamic flow, balancing poses, cleansing twists, and overall flexibility. Engagement of the abdominal as well as other key muscular groups will help develop power, strength and lightness of movement, both on the mat as well as in daily life. Quantum Core Yoga is a great way to safely strengthen the aging body, while calming and relaxing the mind at the same time.

The sequences are primarily at a Level 1 foundational practice and are not “gentle yoga.” This is a dynamic, progressively designed exercise class with considerable movement, getting up and down from the floor, and strength building work. Expect to sweat! Previous yoga experience is not required but may be helpful. The practice is not suitable for those with recent surgeries, injuries, or significant health issues.

Yoga supplies will be required for this class. A list will be provided for you to purchase any items you don’t already have. Recorded videos will be sent weekly.