OPTION 01
LEARN TO PLAY
GUITAR AND SING

Lou Russo

Mondays
11:15AM – 12:05PM

7 Sessions
10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30

I teach beginners and professionals of all ages. Finger style, acoustic, electric, folk, rock, blues, and Tin Pan Alley. I’m a Beatles expert!

OPTION 02
THE GREAT RADIO DAYS OF THE 50’s, 60’s and 70’s

David Frankel

Mondays
12:20PM-1:10PM

5 Sessions
10/19, 10/26, 11/2, 11/9, 11/16

Discussions about your favorite radio stations, personalities, formats and styles of broadcasting. Your recollections about what you liked on the radio, as well as what you didn’t like. Whether it be music radio or talk radio your reflections will be part of the discussion.
OPTION 03  SHAKESPEARE’S  

JULIUS CAESAR

Mondays  
1:25PM – 3:20PM

6 sessions  
10/19, 10/26, 11/2  
11/9, 11/16, 11/23

Joa Hartman

We’ll go from Illyria (Twelfth Night) to ancient Rome and have a second look at Julius Caesar, most of us read it in high school. We’ll look at Shakespeare’s source, Plutarch’s Lives, and his adaptation of it. And, of course, at the play’s plotting, characterization, language, and staging.

Please buy the Folger edition (still $5.99)

OPTION 04  THE THEATER APPRECIATION EXPERIENCE

Mondays  
3:35PM – 4:25PM

7 sessions  
10/19, 10/26, 11/2,  
11/9, 11/16, 11/23  
12/7

Christine Zahra  
Victoria Venezia

Journey to another world with Moonlight Productions. THE THEATRE WORLD! Learn what it’s like to live there, and how easy it is for you to be a part of it to! Full of fun activities and loads of laughs!
OPTION 05  

TAI CHI  

Ivy Chin  

Tuesdays  
9:05AM – 9:55AM  

5 Sessions  
10/13, 10/20, 10/27, 11/3, 11/10  

The first part of the class will be devoted to warming up the body and learning how to breathe with the abdomen. Our main objective will be learning the Tai Chi 8 movements. At the end we will learn how to cool down the body. The benefits of Tai Chi are both physical and mental. Everyone is welcome!

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OPTION 06  

REAPPRAISALS  

Peter Whitehouse  

Tuesdays  
10:10AM–11:00AM  

5 Sessions  
10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1  

They drive us to madness, but they also fascinate us. They are reappraisals of historical events. Some are so upending they stun us. Others are, uhh,…interesting. And then there are those that anger us. Even when we get it right the second time, we resent that we (they) had previously gotten it so wrong for so long. These lectures will discuss large category reappraised eras, artifacts, people, ideas and events. Things like the Saxon Invasion of England, the Patristic Era, Columbus (again), and capitalism (as well as its fellow traveler, democracy).
### OPTION 07

**POSITIONING BELIEF IN VIRAL TIMES**

John Petersen

We will discuss positioning belief in viral times:

1. Fields of knowledge
2. Ways of learning/knowing
3. Degrees of competence
4. Personal knowledge
5. Tradition
6. Where does “Sacred Scripture” fit in?
7. Faith vs Science and other false dichotomies
8. Summary and conclusions

### OPTION 08

**MEET THE PRESIDENTS**

Alan Meyers

What makes a great leader? Are leaders born or made? How does adversity affect the growth of leadership? Do the times make the leader or does the leader make the times?

Since the start of the Republic, Presidents have taken us into a major war about every generation. The United States constitution specifically makes sure that only congress has the power to declare war. We will learn and discuss how step-by-step Presidents have seized power for themselves. Should we remember the Alamo, the Lusitania and Pearl Harbor?
OPTION 09  
THE PURSUIT OF HAPPINESS  
Harold Hellman  

Tuesdays  
1:25PM – 2:15PM  
5 Sessions  
10/13, 10/20, 10/27, 11/3, 11/10,  

This course discusses the importance of happiness, the difference between something making you happy in the moment, and happiness as an ongoing experience, the relationship between perfection, choice and happiness, and the core elements which lead to a happy life. The course includes guided mediations and other experiential elements in which the participants will develop “happiness skills.”

OPTION 10  
THE PANDEMIC  
Catherine Bridges  

Wednesdays  
9:05AM-11:00AM  
4 Sessions  
10/14, 10/21, 10/28, 11/4,  

This class will be a group therapy experience about sharing our stories during this world event that changed our lives like no other time in our history. Since we also lived through the surreal and traumatic events of September 11th, we need story-telling and compassion. Covid-19 elicits a different feeling, fear, and isolation. The first hour will have meditation instruction and self-care support. The second hour will be group sharing, listening, and support.
OPTION 11  
THREE SHEETS TO THE WIND, PART 2
Thomass Wortmann

Origins of sayings and words we use every day and have no idea that some had dark beginnings.

OPTION 12  
AMERICA, ELEVEN NATIONS
Allan Meyers

America’s most essential divisions are not between the Red States and the Blue States, conservative and liberals, capital and labor, people of color and white people, the faithful and secular. The fact is that the United States is a federation of eleven regional nations.

A state is a sovereign political entity. A nation is a group of people who share, or believe they share, a common culture, ethnic origin, language, historical experience, artifacts and symbols.

We will learn how the different nations shaped the scope of the American Revolution, the Articles of Confederation and the Constitution.
OPTION 13  

LEARN TO KNIT

Dianne Frankel

Wednesdays
1:25PM – 2:15PN

7 Session
10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Learn to knit cables

Cables add gorgeous three-dimensional texture to your knits. Once you learn the basic principles, a whole world of patterns open up for you. In this class we will cover how to read cable instructions in both written and charted form, how to work cables using a cable needle, and how to work small-scale cables without a cable needle.

Magic of the mattress stitch

Learn how to get a professionally finished look on your knits during this workshop. We will cover the three different types of seams you'll encounter when you put together your pieces. Plus you'll get tons of extra tips like how to weave in tails so they don't come loose or peek through the front of your work.

OPTION 14  

MYTHS, GODS, AND HEROS!

Anne Devlin

Thursdays
10:10AM-11:00AM

4 Sessions
10/15, 10/22, 10/29, 11/5

Discover and discuss an eclectic array of cross-cultural mythological allusions in modern life and in selected works of art.
1. Swedish Empire and the Religious Wars

After several attempts by the Holy Roman Empire to prevent and contain the spread of Protestantism in Europe, King Gustav II Adolf of Sweden led an invasion of the Holy Roman Empire. Although he was killed in battle, the Swedish armies managed to successfully defeat their Catholic enemies and established Sweden as one of the great powers of Europe for the next 100 years.

2. Longyearbyen – The World’s Northernmost City

Longyearbyen, Norway experiences polar nights from October through February. This is when the night lasts for more than 24 hours. The city also experiences midnight sun from April through August, which is a phenomenon where the sun is out at midnight. The North Pole, the northernmost point on Earth, has inspired human imagination, scientific exploration, and political conflict for decades.


Early in the 7th century, a Slavic people called the Croats migrated to the area. At first, they settled in Dalmatia. However, in the 8th Century they expanded northwards and inland. The walls are the main reason why Dubrovnik is well known as the Pearl of the Atlantic. The city of Dubrovnik is surrounded with defensive walls and forts, including the Old Port. The walls run uninterrupted for 6,365 feet in length, encircling most of the City, and reach a maximum height of about 83 feet.
4. Turkey – Rich in History

The largest city in Turkey and the largest metropolitan area in all of Europe. The history of this metropolis is one of the oldest and most elaborate. It changed hands between many empires and governments over time and became a faith center for many of the world’s religions.

5. Roman Empire – Foundation to Domination

Rome began as a group of villages along Italy’s Tiber River. About 750 B.C., the villages joined to form a city called Rome. It was ruled by kings for more than 200 years. Eventually, Rome became a republic, and the people elected representatives. Rome’s history spans two and a half thousand years. It was the capital city of the Roman Empire, which was the dominant power in Western Europe and the land bordering the Mediterranean for over seven hundred years from the 1st Century BC until the 7th Century AD.

OPTION 16 GEOLOGICAL HAZARDS

Patricia Brady

Thursdays
12:20PM – 1:10PM

4 Session
10/15, 10/22, 10/29, 11/5

This course will cover the geological disasters and hazards on Earth. Some of the topics will include some of the complex natural events that have happened on our planet. Some of these topics include earthquakes, volcanic eruptions, landslides, wildfires, cyclonic storms, flood, draught and avalanches.

Additionally, I will discuss the social, cultural and global implications that humanity will be faced with, along with how people can be warned, and prepared before and after these natural occurrences arise.
LEONARDO DE VINCI (1452 – 1519)      GIOACHINO ROSSINI (1792 – 1868)

1. LEONARDO DA VINCI is probably the most influential Renaissance man: a painter, writer, inventor, scientist, to name just a few fields in which he excelled. In this course we will admire the ethereal beauty of his paintings with mystical “sfumato.” We will also learn about the childhood of this celebrated artist, about his charming personality, way of life and his relationships. We will mention the infamous theft of Mona Lisa and “her” only transatlantic journey to NYC in 1962.

2. GIOACHINO ROSSINI, Italian composer of 39 “bel canto” operas, stopped composing at the age of 36. For the remaining 40 years he dedicated himself to the pleasures of good life, delicious cuisine, and excellent wines. After the interesting stories of his biography, we will watch selections of his famous comic operas in which he incorporated his immense passion for food and wine, and let his protagonists celebrate a joyous way of life.

This class is designed to assist you with identifying lifestyle elements that reduce stress and consequently minimize your stressors and maximize coping skills.

Let’s build your own “anti-stress toolbox” with unique and personalized “street busters.” Learn to create a toolbox of personal skills, including useful routines, healthy goals, and scientifically proven concepts from Cognitive Behavioral Therapy.

It’s time to relabel, reframe, redesign and re-evaluate the thinking that heads to negative stress and all of its physical and emotional end products.