

RISE FALL 2020 COURSES – ZOOM FORMAT

MONDAY, OCTOBER 19 – FRIDAY, NOVEMBER 20

BRAZILIAN MUSIC AND JAZZ: MUTUAL ADMIRATION AND INFLUENCE

Mon. 9:30-10:30

We will explore the melodic and rhythmic vitality of Brazilian music, which formed a natural bond with idioms of jazz, inspiring many crossover artists. Brazilian music and jazz grew in parallel from similar roots in different hemispheres. The interaction of both genres created an even richer and potentially more interesting fusion of what each had to offer. Many jazz players incorporated Brazilian tunes, instruments, and musical gestures in their repertory, and many Brazilian composers did the same with jazz.

Facilitator: Robert Hoffman

iOS & iPHONE

Mon. 9:30-10:30

Learn what's new and improved with Apple's iPhone. It is more than just a camera you can talk on. We begin with configuring the iPhone to protect your health and safety. Then we will cover most of the built in Apps and features of the iPhone including: Calendaring & Scheduling (never miss another appointment), messaging, including text and email; tips on managing your inbox; spam or unwanted emails; doing more with phone calls; tips on extending battery life; and how to stay away from the genius bar.

Facilitator: John Watkins

TAI CHI, MEDITATION, PERSONAL GOALS, HEALTH, FITNESS, AND LONGEVITY

Mon. 11:00-noon

This course is a discussion on transformation of mind, body, and emotions for a happier and healthier lifestyle.

Facilitator: Grandmaster Bobby LaMattina

DISASTER PREPAREDNESS

Mon. 11:00-noon

This course will cover how to prepare for, survive, and recover from a disaster. This includes "standard" disasters (hurricanes, etc.), slow moving disasters (pandemics), and the unfortunate kind, human generated, (active shooter events).

Facilitator: John Watkins

JOHANNES BRAHMS

Mon. 11:00-noon

We explore the music of Brahms, whose output included 4 symphonies; concertos for piano (2), violin, and violin with cello; sonatas for violin, cello, and clarinet; chamber music; vocal music; other orchestral pieces; and solo piano works. He was deeply influenced by Beethoven, mentored by Robert and Clara Schumann, and a lifelong friend of the Schumann's and virtuoso violinist, Joseph Joachim.

Facilitator: Robert Hoffman

iPHONES & iPADS IN THE TIME OF THE PANDEMIC

Mon. 1:00-2:00

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 help make you safe.

Facilitator: Judy Brophy

ADVANCED ZENTANGLE – COMPASS ROSE

Mon. 1:00-2:00 (Limit 10)

Pre-requisite: previous Zentangle classes and/or familiarity with basics. Students will create a 10x10 tile, constructing a tangled Compass Rose! Upon request, materials can be ordered by facilitator for \$15 plus postage.

Facilitator: Martha Brooks

ZENTANGLE 101

Mon. 2:30-3:30 (Limit 10)

Introduction to the basics of this fun, relaxing, and easy-to-do art method, that has therapeutic effects as well!! Fundamental pen strokes, design components, ideas for embellishment, and shading techniques will be covered. Upon request, materials can be ordered by facilitator for \$5 plus postage.

Facilitator: Martha Brooks

CYBER SECURITY

Tues. 9:30-10:30

Learn how to recognize fraud attempts online, in stores, at the bank. We will discuss how to better secure your computing device, how to spot suspicious emails, etc. Learn steps you can take to prevent identity theft, protect your savings and well-being, plus enhance your online security.

Facilitator: John Watkins

INTRODUCTION TO 3D PRINTING – CHRISTMAS LITHOPANES

Tues. 11:00-noon (Limit 15)

In this course, you will learn how to 3D-print plastic Lithopanes, using a MonoPrice mini printer. Lithopanes make great, personalized Christmas gifts, and no mechanical design experience is required. Each week students will be provided with pdf files, so as to be prepared with questions for the next class. Facilitator will demo the 3D printing, answer questions, and show completed projects. This course is not meant to be a lecture, but to be interactive. Screen sharing of an extensive PowerPoint Presentation will be limited. No materials are needed for this course.

Facilitator: Robert Lemay

GO FURTHER WITH FOOD: HEALTHY AGING AND NUTRITION

Tues. 1:00-2:00

In this five-week course with Nashua Hannaford, Registered Dietitian, Katy Magoon-Fredette, RDN, LD, we will learn tips and techniques for quick, easy, and budget-friendly meals for one or two while balancing the complex nutritional needs of older adults. Topics to be covered include: MyPlate for Seniors - Label Reading - Healthy Fats - Low Sodium Foods - Quick & Easy Breakfasts - and Healthy Dessert alternatives.

Facilitator: Katy Magoon-Fredette

YOGA – ALL LEVELS

Tues. 2:30-3:30 (Limit 25)

Class will begin with centering and guided breathing. The practice continues coordinating conscious movement with breath (postures, some held, some flowing). We conclude with relaxation and meditation. Beginners are welcome. Participants should have a sticky yoga mat. Blocks and straps are also useful. Facilitator will view your set up and assist as needed.

Facilitator: Amy Jo Cielinski

LEARNING ABOUT YOUR BRAIN: DISCOVERING WAYS TO ENHANCE YOUR LIFE

Tues. 2:30-4:00 (Limit 15)

This course is based on the book *Brain-Based Strategies to Reach Every Learner* (Scholastic, 2005), written by Professor Diane Connell. Utilizing current brain-based information and questionnaires, students will first ascertain what "type" of learner they are. Secondly, students will use his or her brain-based strengths to create two-year healthy and uplifting attainable goals. The book is required for the course and can be purchased on Amazon for \$19 to \$21, and is also available in the Rivier bookstore as it is being used in some graduate classes. The book was updated, so there are two different covers, but the content is the same.

Facilitator: Diane Connell

IN SEARCH OF KNOWLEDGE, WISDOM, AND HUMOR

Wed. 9:30-10:30 (Limit 25)

This is a video-based course which will include history (ancient empires), comedy sketches, and stand up performers. There will be limited or no discussion.

Facilitator: James Collins

LITERATURE AND PSYCHOLOGY

Wed. 11:00-noon

A continuation of the course in spring 2020, this course will appeal to students who are curious about psychology and wish to see how it might be embedded in imagination literature.

Students will discuss the assigned literature in class and listen to mini-lectures. The assigned book is "The Abnormal Personality in Literature" (Prentice-Hall), by Alan A. Stone and Sue Smart Stone. It is available online.

Facilitator: Dr. Barbara Beierl

GENEALOGY FORUM

Wed. 11:00-noon (Limit 20)

A forum is a place, meeting, or medium where ideas and views on a particular issue can be exchanged. This Genealogy Forum is a place for the hobby genealogist—beyond beginner. We will host discussion on the group's interests, refine the story of our ancestors using the internet and other resources. In addition, we will explore how to use census records, vital records, and media. We will provide examples of how to organize your information. This is an interactive course.

Facilitators: Cynthia Geiger and Frances Rodier

BASIC MUSIC THEORY FOR BEGINNERS – PART 1

Wed. 1:00-2:00

For those who have never been musicians or those who have had training but would like to be refreshed, we will cover musical jargon, the basic building blocks of a piece of music, and some technical details to aid understanding. Topics include the definition of a musical note, tempo and rhythm, dynamics, melody, and harmony.

Facilitator: Robert Hoffman

CHAIR YOGA

Wed. 2:30-3:30 (Limit 25)

We will begin class with centering and guided breath work, then movement coordinated with the breath. Many of the postures can be accessed using the chair as a prop without going to the floor. We conclude with meditation. Please have a folding armless chair or something comparable. If your feet don't comfortably reach the ground, use blocks or books under your feet. A yoga strap is helpful, or a man's tie is a good substitute.

Facilitator: Amy Cielinski

NOTABLE NEW HAMPSHIRE WOMEN

Wed. 2:30-3:30 (Limit 30)

New Hampshire has a rich history of strong, competent women who have helped to shape our beautiful state. Some are familiar names to us. Others are lesser known. Over the course of five weeks, let's take a jaunt around the NH Women's Heritage Trail and learn about some of them.

Facilitator: Nancy Nordstrom

CONFRONTING CORONAVIRUS, CLIMATE, AND ECONOMY

Thurs. 9:30-10:30

How can the creative processes help us deal with COVID19, climate change, increasing national debt, and income inequality? For both COVID19 and climate change science, if we wait for a crisis to act, it is too late. Contrary to trickle-down economics, tax cuts for the rich have increased our national debt and income inequality. COVID19 has amplified these as well as racial inequality. The economic exploitation of workers inspired Karl Marx to write his Communist Manifesto that led to the 1917 Revolution in Russia and ultimately to the Cold War following WWII. Creative solutions to these challenges will be discussed.

Facilitator: Paul Carr

LIVING OUTSIDE THE BOX

Thurs. 9:30-10:30 (Limit 10)

How do we think outside the box, when we are taught to color inside the lines? Should we abide by the guidelines, live life on the edge, or subscribe to the theory that rules are meant to be broken? Let's explore the fun and creative side of straddling the fence.

Facilitator: Stephanie St. Laurence

SHARED WRITING EXPERIENCES

Thurs. 11:00-noon (Limit 10)

Write, share, receive gentle critiquing of original prose or poetry in an interactive group of RISE writers.

Facilitators: Joan Gibson and Charlotte Pogue

PORTRAITS AND STILL LIFE

Thurs. 11:00-noon (Limit 35)

We'll look at two genres of painting that rely on detail to animate their subjects in this exploration of the history of western painting. We will trace their evolution from antiquity to the present looking at all the periods of art history in between, paying special attention to the self-portrait and vanitas still life. You will see many styles and techniques, lots of paintings, and opportunities for discussion. Learning to look goes on!

Facilitator: Nancy Baker

TOPSY TURVY

Thurs. 1:00-2:00 (Limit 10)

Have you ever looked at proverbs and quotations and wonder what inspired the phrasing or context? From an untapped vantage, let's re-interpret favorite expressions and sayings!

Facilitator: Stephanie St. Laurence

FROM A 2020 PERSPECTIVE: 1984 AND OTHER UTOPIAN IDEAS

Thurs. 2:30-3:30

The conflict of ideologies during the 20th century included much debate about the role of the individual in his relationship to an intrusive state. Nowadays, Big Data has allowed not only Big Brother to keep tabs on us, but also corporate entities that track our every purchase and preference. George Orwell and Aldous Huxley were prescient in their ground breaking novels, although they anticipated the assault on the individual differently. We will revisit their two classic books, *1984* and *Brave New World*, with discussion in light of today's world, illuminating issues both contemporary and timeless. Please read *Brave New World* first, and by third week please read *1984*. Both are available as used books online, or from Audible. *Brave New World* is a free PDF download from <https://www.booksfree.org/brave-new-world-by-aldous-huxley/>. *1984* is free from <https://www.planetebook.com/free-ebooks/1984.pdf>.

Facilitator: Merle Luber Friedenber

FLIGHT OF REMEMBRANCE: A WWII MEMOIR OF LOVE AND SURVIVAL

Fri. 11:00-noon (single session October 23)

In this session, we will discuss various perspectives of WWII. What was it like to be forced to flee the Soviet occupation of your homeland only to end up in Nazi Germany and drafted into the military? What was it like to live through war waged on home soil—a war that took the lives of 50-70 million people worldwide? Were all German people Nazis and supporters of Hitler? How much did various groups in Germany know about death camps and the Holocaust?

Facilitator: Marina Kirsch

THE POWER OF PRACTICING THE VIRTUES WITH JESUS & HIS FRIENDS

Fri. 1:00-2:00

This course will discuss how you can change your life by practicing the virtues of Faith, Acceptance, Gratitude, Forgiveness, Humility, Kindness, Gentleness, Patience, Prudence, Compassion, Hope, Charity, Forbearance, Love.

Facilitator: William Sawyer

GEOPOLITICS AND CONFLICTS

Fri. 1:00-2:00 (Limit 25)

In this course we will evaluate current world geopolitical events using information from multiple U.S. and world internet sources and presentations of PowerPoint impact assessments for discussion.

Facilitator: John Penasack

FRIDAY AFTERNOON FLICKS

Fri. 2:30-5:00

Five animated feature films that stodgy old adults find enjoyable: *The Iron Giant* (1999), *Spirited Away* (2001), *The Triplets of Belleville* (2003), *WALL-E* (2008), and *UP* (2008).

Facilitator will use screen sharing from his laptop to show the films.

Facilitator: John Sanders