

RISE SPRING 2026 COURSES

MONDAY, FEBRUARY 9 – FRIDAY, APRIL 24

TERM 1: February 9 – March 13

TERM 2: March 16 – April 24

Classes will be held on all Holidays

There will be no classes March 30 – April 3

MONDAY COURSES

Exercise Class

10 Weeks (both terms) Mondays 8:30 – 9:30 a.m. In-Person

Exercise to music - Class will include cardio, light weights, resistance bands, and balance. All are welcome to come and move at their own level. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class. Class will begin again on January 12, 2026, and continue through May.

Facilitator: Joanne Merrill

Apple iPhone and iOS 26

5 Weeks (Term 1: February 9 – March 13) Mondays 8:00 – 9:30 a.m. ONLINE ZOOM

How to use your iPhone effectively and efficiently. Tips and tricks I bet you don't know about.

Facilitator: John Watkins

Are you Smarter than a Fourth, I mean Third Grader?

(Term 1: February 9 – March 13) Mondays 10:00 – 11:30 a.m. ONLINE ZOOM

Brain teasers, puzzles, trivia, mind joggers = fun. Join us and have some fun and shake the winter blahs!

Facilitator: John Watkins

Gershwin – Feet in Two Worlds

10 Weeks (Both Terms) Mondays 10:00 – 11:30 a.m. ONLINE ZOOM

The brothers George, composer, 1898 – 1937, and Ira, lyricist, 1896 – 1983, created many film scores, Broadway shows, and the opera Porgy & Bess (which also included lyrics by DuBose Heyward who had written the book on which the opera was based).

George was also interested in writing other classical music, which included Rhapsody in Blue and Concerto in F, both for piano solo with orchestral accompaniment. He went to Paris with the hopes of studying with the famous teacher of piano and music theory Nadia Boulanger and composer Maurice Ravel, both of whom had qualms because they recognized the special jazz-based talents of George.

Facilitator: Robert Hoffman

Zentangle 101 – (Limit 10)

(Term 1: February 9 – March 9) Mondays 1:00 – 2:30 p.m. ONLINE ZOOM

This introductory course teaches the Zentangle Method—an easy, relaxing way to create beautiful pen and ink drawings using structured patterns. Learn fundamental pen strokes, tangle patterns, shading techniques, and design basics. Material kits (\$15 + shared postage) available from the instructor; pick up at RISE office before class starts. Payment by mail or Venmo directly to the class instructor.

Facilitator: Martha Brooks

A Tangled Tote – (Limit 10)

5 Weeks (Term 2: March 16 – April 20) Mondays 1:00 – 2:30 p.m. ONLINE ZOOM

Decorate a canvas tote bag with Zentangle tangles using an abstract string design. Choose from natural, lilac, or teal bags. This 5-week course covers design principles, simple to complex tangle patterns, and group sharing. Prerequisite: Zentangle 101 (or equivalent) with basic Zentangle knowledge. Material kits (\$15 + shared postage) available from the instructor; pick up at RISE office before class starts. Payment by mail or Venmo directly to the class instructor.

Facilitator: Martha Brooks

Zentangle Spinner V.10: BotanicalZ Two – (Limit 10)

10 Weeks (Both Terms) Mondays 3:00 – 4:30 p.m. ONLINE ZOOM

Create a botanical "library" reference of 75+ tangles on a 9"x9" Zentangle Spinner template! Building on the popularity of BotanicalZ One, this course features an all-new spring collection. You'll fill your spinner with tangled flora, then add color and accents using watercolor pencils. Prerequisite: Zentangle 101 (or equivalent) with basic Zentangle knowledge. Material kits (\$25+ shared postage) available from the instructor; pick up at RISE office before class starts. Payment by mail or Venmo directly to the class instructor.

Facilitator: Martha Brooks

TUESDAY COURSES

Cyber Security

5 Weeks (Term 1: February 10 – March 10) Tuesdays 8:00 – 9:30 a.m. ONLINE ZOOM

In 2024, Americans lost over \$16 billion to cyber theft, people over 50 suffered the most losses. Totalling over 7.3 billion dollars. Average loss = \$31,500. Don't be that guy, take this class!

Facilitator: John Watkins

The Romantics and the Hippies

10 Weeks (Both Terms) Tuesdays 4:00 – 5:30 p.m. ONLINE ZOOM

The Romantic poets—Wordsworth, Coleridge, Blake, Keats, Shelley, and Byron—share striking parallels with 1960s-70s counterculture, especially rock artists like Dylan, The Beatles, and Pink Floyd. This course explores their timeless poetry alongside classic rock lyrics, examining the creative connections between these two revolutionary movements and their eras.

Facilitator: Michael Conley

WEDNESDAY COURSES

Exercise Class

10 Weeks (both terms) Wednesdays 8:30 – 9:30 a.m. In-Person

Exercise to music - Class will include cardio, light weights, resistance bands, and balance. All are welcome to come and move at their own level. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class. Class will begin again on January 12, 2026, and continue through May.

Facilitator: Joanne Merrill

Bad Things Happen to Good People

(Term 1: February 11 – March 11) Wednesdays 8:00 – 9:30 a.m. ONLINE ZOOM

How to avoid dangerous situations, prepare for that unthinkable event, survive life-threatening situations, and how to recover should you be subject to a life-altering event.

Facilitator: John Watkins

WWII in the Pacific

10 Weeks (both terms) Wednesdays 10:00 – 11:30 a.m. ONLINE ZOOM

This is an overview of WWII in the Pacific with a look at its causes, perpetration and results. We will look at the politics as well as military activity.

- WORLD WAR II PACIFIC
- RISE OF JAPAN
- The Pacific
- BURMA
- The Bomb
- JAPAN 1941-1945

Facilitator: Tom Barry

Debussy and Ravel

10 Weeks (Both Terms) Wednesdays 10:00 – 11:30 a.m. ONLINE ZOOM

This class will focus on two of the greatest French composers: Claude Debussy (1862-1918) and Maurice Ravel (1875-1937).

Similarities: Both were given the label "Impressionism", but neither liked being described that way.

They admired each other even though they were not close friends. Debussy famously said of Ravel, "He has the most refined ear that ever existed!"

Differences: Debussy liked symbolism and used non-traditional scales and chromaticism. Ravel developed a style characterized by clarity, with elements of modernism, neoclassicism, and jazz.

Facilitator: Robert Hoffman

Out and About with RISE – (Limit 15)

5 Weeks (Term 2: March 18 – April 22) Wednesdays 1:00 – 2:30 p.m. Various Locations

This class is an opportunity to explore local businesses and points of interest in the Nashua area.

This session will offer a tour of the (1) Nashua Police Department, (2) Mint Print Works, (3)

Pennichuck Water, (4) The Little Red Schoolhouse (tour time may vary), and (5) To Be Determined.

So much to experience in our own community—join us!

Facilitator: Carol Anderson

Chair Yoga

10 Weeks (Both Terms) Wednesdays 1:00 – 2:30 p.m. ONLINE ZOOM

Practice yoga while sitting in an armless chair. We begin with guided breath control, then conscious movement coordinated with the breath. We complete the practice with relaxation and meditation.

Please have an armless chair, a yoga strap, and a yoga block. A man's tie is a good substitute for a yoga strap.

Facilitator: Amy Jo Cielinski

Two Very Unusual Novels

5 Weeks (Term 1: February 11 – March 11) Wednesdays 3:00 – 4:30 p.m. ONLINE ZOOM

When a friend asks what you like to read, the most convenient answer is to simply use a genre. I love thrillers, historical fiction, sci-fi, romance, etc. However, there are some books that challenge our definition of genre. Sometimes they are called "Speculative Fiction" or "Thought Experiments". We will look at two of them: *The Left Hand of Darkness* by Ursula Le Guin and *The City and the City* by China Mieville. Easy-going book club atmosphere.

Facilitator: Barry Jackson

Two Contemporary Novelists: Micheal Connelly and Benjamin Labatut

5 Weeks (Term 2: March 18 – April 22) Wednesdays 3:00 – 4:30 p.m. ONLINE ZOOM

We will read two totally opposite styles: a courtroom drama by a The New York Times Bestseller and a radical new approach to the novel by a young Chilean author writing in English. Our two texts are:

The Proving Ground by Michael Connelly and *The MANIAC* by Benjamin Labatut.

What could be the connection between these two? Join our book club and find out.

Facilitator: Barry Jackson

THURSDAY COURSES

RISE Speakers Forum

5 Weeks (TERM 1: 2/12 – 3/12) Thursdays 10:00 – 11:30 a.m. ONLINE ZOOM

The RISE Speakers Forum brings together leading experts to engage with RISE members on diverse topics. Organized by the Curriculum Committee, these sessions connect RISE with voices and insights from beyond our community. Upcoming schedule:

- **2/12** – Alzheimer's Association - with Melissa Grenier
- **2/19** – NH Correctional Industries - with Debra Shepard
- **2/26** – Future in Sight - with Randy Pierce
- **3/5** – Aging Gracefully - with Rev. Linda Fraser
- **3/12** – "Property of the Revolution" - with Ana Hebra Flaster

RISE Facilitator Showcase

5 Weeks (Term 2: March 19 – April 23) Thursdays 10:00 – 11:30 a.m. ONLINE ZOOM

Join us for the RISE Facilitators Showcase—a five-week exploration of diverse topics led by dedicated RISE course leaders. Presented by the Curriculum Committee.

- **3/19 - Summer School at University of Cambridge, England - Val Raudonis**
We will learn about the presenter's 2025 experience of 2 weeks residing on campus at Girton College, studying with other lifelong learners from around the world, as well as her visits to Cambridge, Ely, London, and Grantchester.
- **3/26 - Practicing Gratitude to Transform Your Life and the Lives of Those Around You - Don Gnecco**
Practicing gratitude can transform your life and positively impact those around you. Dr. Don Gnecco will share ideas for incorporating gratitude into daily life and lead a discussion where participants can share their own practices, followed by Q&A.
- **4/9 - Household Decisions & the Climate – Marjorie Kamp**
In 1.5 hours, we'll cover key climate topics to help you understand what matters most, discover new information, and inspire action—especially in your home. Bring pen and paper for a quiz. We'll watch short videos with time for comments. What surprised you? What became clearer? Questions?
- **4/16 - The Revolutionary War Culper Spy Ring - Marie Connolly**
During the Revolutionary War, General Washington created the Culper Ring—a spy network of ordinary citizens who used invisible ink, coded messages, and dead drops to gather intelligence on British forces. Marie will explore their espionage techniques, their role in exposing Benedict Arnold's treason, and their influence on modern intelligence operations.
- **4/23 - Trailblazing Women of Mount Auburn - Nancy Nordstrom**
From artists and inventors to astronomers and beyond, the remarkable women at Mount Auburn Cemetery prove that women can do anything. Join us as we explore the legacies of some of those who chose Mount Auburn as their final resting place.

Shared Writing Experiences

10 Weeks (BOTH TERMS: 2/12 – 4/23) Thursdays 1:00 – 2:30 p.m. ONLINE ZOOM

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

Facilitators: Joan Gibson and Charlie Pogue

Aqua Aerobics – (Limit 12)

10 Weeks (Both Terms: 2/12 – 4/23) Thursdays 1:00 – 2:00 p.m. In-Person

This is an aqua aerobics class that will vary week to week. It will include use of hand weights, barbell weights, hand therapy balls, and/or noodles. Class consists of a warm-up, core aerobics, use of equipment, and closing with yoga cool-down stretching. Please note that members should not have serious medical conditions. There is a long walk to the pool from the main entrance. Liability disclosures will need to be signed for Rivier University and Langdon Place. Also, medical forms will be required to be submitted by first class date.

Facilitator: Lorraine Matkowsky

Holistic Pathways to Health and Happiness – (Limit 20)

(TERM 1: February 10 - March 10) Thursdays 1:00 – 2:30 p.m. ONLINE ZOOM

It is possible: you can choose to positively impact your well-being every day! Join in a joyful 'journey to health and happiness'! Learn the 'latest' in proven self-healing tools through lecture, discussion, and practice: simple 'energy exercises', breathing techniques, mindfulness and meditation, gratitude and more!

Facilitator: Joan Goeckel

Still Life: Beauty in the Mundane

5 Weeks (Term 1: February 12 – March 12) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

Still life painting traces society's evolution through what people ate, used, and valued. Often containing religious, moral, or allegorical symbolism, it captures what fades or dies—preserving the everyday for future generations. This course explores still life across art history, examining master artists, compositional techniques, and how color brings emotion and energy to stationary objects. Discover a new way of seeing the commonplace and curious up close.

Facilitator: Nancy Baker

Home 2: Painting Culture through a Sense of Place

5 Weeks (Term 2: March 19 – April 23) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

Home anchors identity, shaped by landscape and culture. This course explores how different histories and social conventions create unique senses of place across Canada, France, Germany, Mexico, and Russia. Through landscape, genre, still life, and history paintings, we'll see how art movements and national pride reflect each country's distinctive character. A follow-up to a previous five-country exploration.

Facilitator: Nancy Baker

FRIDAY COURSES

Apple Update

5 Weeks: (TERM 1: February 13 - March 13) Fridays: 10:00 – 11:30 a.m. In-Person

Catch up with what's new with Apple products as well as get answers to things that have been bugging you. We'll touch on iPhone, iPad, Mac, and iCloud including pictures, Keychain, Apple Wallet, AirPods, and the latest operating system, iOS 26, which brings the user interface of all the Apple products closer together.

Facilitators: John Watkins and Judy Brophy

The Power of Love: The Way to Contentment and Joy, with Help from Jesus and His Friends

5 Weeks: (Term 1: February 13 – March 13) Fridays: 10:00 – 11:30 a.m. ONLINE ZOOM

Participants will learn how to love unconditionally and discover that love drives out fear and brings joy.

Facilitator: William Sawyer

Catechism of the Catholic Mass

5 Weeks (Term 2: March 20 – April 24) Fridays 10:00 – 11:30 a.m. In-Person

This session will focus on Catholic teaching and on the celebration of the Eucharist, especially Sunday Mass. How does this sacrament support a life of holiness and purpose?

Facilitator: Ralph Barnett

Fooling with Poetry (Limit 15)

5 Weeks: (TERM 2: March 20 – April 24) Fridays 10:00 - 11:30 p.m. In-Person

Participants will write poems outside of class time, guided by suggested readings. We'll read and discuss our poems in class, influenced by our shared and respectful perspectives. We have had so much fun that in the past this class has been called "laughing with poetry." Participants, including first timers, have a wide range of poetry writing interests. All are welcome.

Facilitators: Val Raudonis and Barbara Toohey

French Conversation – (Limit 20)

5 Weeks (Term 1: February 13 – March 13) Fridays 10:00 – 11:30 a.m. In-Person

The class will be based on scenarios where students will have to engage in discussions and speak. The class will be fun and dynamic.

Facilitator: Dominique Boutaud

PAINTING and Crafts – (Limit 12)

5 Weeks (Term 2 March 20 – April 24) Fridays 10:00 – 11:30 a.m. In-Person

At each class, we will create a new piece of artwork, whether it's a painting or a craft. The class does not require art knowledge. It will be fun, fast, facile, colorful, and pleasant to create. The fee for this class is \$40 and please bring your own scissors, glue stick, pencil, and eraser.

Facilitator: Dominique Boutaud

YogaDance – (Limit 12)

10 Weeks (Both Terms 2/13 – 4/24) Fridays 10:15 - 11:45 a.m. In-Person

If there were only two words to describe YogaDance, those words would be joy and healing. YogaDance is a unique approach to dance and movement combining yoga poses and dance moves/rhythm. YogaDance is meditation-in-motion, sometimes wild and filled with abandon, sometimes quiet and graceful. You will experience what it feels like to be at home with your body, mind and spirit as vehicles for spontaneous, blissful self-expression. It is a holistic approach to well-being. Facilitator: Gloria Bry

Scams A to Z and How to Protect Yourself

Single Session Course (Term 1: February 13) Friday 1:00 – 2:30 p.m. In-Person

We will go through various scams focusing on how to protect your credit, identity, income, real estate, tax refunds, and more.

Facilitator: Ben Niles

Songs of the Viet Nam Era

Single Session Course (Term 1 February 20) Friday 1:00 – 2:30 p.m. In-Person

In this presentation, we'll see how the themes of popular music changed as the U.S. involvement in Vietnam escalated.

Facilitator: Terrie Vincent

America's Roads: From Colonial Days to the Present

5 Weeks (Term 2: March 20 – April 24) Fridays 1:00 - 2:30 p.m. In-Person

Early pioneers traveled Native American and animal paths. Not until 1916 did federal road funding begin. This course traces road development from the King's Highway and Boston Post Road through Route 66 and the Interstate Highway system. Videos help explore toll roads, plank roads, macadam, asphalt, and concrete paving. The final session features author Carla Lesh discussing early female drivers from her book *Wheels of Her Own: American Women and the Automobile, 1893-1929*.

Facilitator: Calvin Knickerbocker

Coming to Our Senses

10 Weeks (Both Terms 2/13 – 4/24) Fridays 1:00 – 2:30 p.m. In-Person

Discover what lies beyond the busy thinking mind, in this 10-week class starting Friday, February 13, 1:00-2:00 p.m. Learn to pay attention using your five senses and connect with life as it is. Benefits include reducing inner conflict, purposeful breathing, increased awareness, grounding techniques, and finding inner peace and clarity.

Facilitator: Gloria Bry

The Gilded Age

5 Week (Term 2: March 20 – April 24) Fridays 1:00 – 2:30 p.m. In-Person

Many people are comparing modern America to the period from the late 1800s to the early 1900s—the time Mark Twain dubbed "The Gilded Age." In this class, we will delve into the reasons why Twain gave it this name and we will discuss whether or not we think this is truly a second "Gilded Age".

Facilitator: David McNeil

Friday Afternoon at the Movies: Robert Redford Through the Decades – (Limit 82)

5 Week (Term 1: February 9 – March 13) Fridays 2:45 p.m. - Until end of movie In-Person

Explore Robert Redford's nearly 60-year career through films spanning romantic comedy to sports fantasy to movie classics. Known for his environmental activism and support of Indigenous rights and independent filmmakers, Redford earned praise from co-stars including Jane Fonda, Barbra Streisand, Meryl Streep, and Dustin Hoffman. We'll watch:

- Barefoot in the Park (1967)
- The Natural (1984)
- The Sting (1973)
- Three Days of the Condor (1975)
- All Is Lost (2013)

Facilitator: Wade Robbins Co-Facilitator: Susan Deschenes

Friday Afternoon at the Movies: Trekking the Earth, the Sky and Space – (Limit 82)

5 Weeks (Term 2: March 20 – April 24) Fridays 2:45 p.m. – Until end of Movie In-Person

Join us as armchair travelers exploring films that expand our sense of time and space. We'll watch the following films:

- **A Walk in the Woods**, 2015 - In this comedic buddy film based on Bill Bryson's 1997 book: *A Walk in the Woods: Rediscovering America on the Appalachian Trail*, Robert Redford and Nick Nolte bumble their way up the Appalachian Trail.
- **Man on Wire**, 2008 - The story of Philippe Petit's legendary 1974 illegal highwire walk between New York's Twin Towers—a quarter mile above ground—where thousands watched in awe as he danced across the wire eight times.
- **Star Trek: The Wrath of Khan**, 1982 - The original Star Trek cast is joined by Ricardo Montalban as the Evil Khan. The result is an intergalactic showdown.
- **2001: A Space Odyssey Part 1**, 1968 - Perhaps the most important science fiction film ever made, *2001* also features iconic music. Many films, including 2023's *Barbie*, include references to its opening scene.
- **2001: A Space Odyssey Part 2**

Facilitator: Susan Deschenes Co-Facilitator: Wade Robbins

Fabulous All Occasion Handmade Cards – (Limit 15)

5 Week (Term 2: March 20 – April 24) Fridays 3:00 – 4:30 p.m. In-Person

Create stunning handmade cards for all occasions! Each class offers innovative paper crafting techniques and tools to wow your loved ones. All supplies, except adhesives provided for a \$30 fee to the facilitator. Bring double-sided tape and optional foam tape for dimensional elements. No creative experience needed—this class is perfect for beginners!

Facilitator: Lynn Thieret

Singing Bowls Sound Session – (Limit 18)

Single Session Course (Term 1 February 27) Friday 3:00 – 4:30 p.m. In-Person

Immerse yourself in a vibrational sound therapy session where crystal bowls and other resonant instruments are played, leading you gently to a sense of emotional harmony and a profound state of relaxation. This class will also include an educational talk to familiarize participants with the principles of vibrational sound healing.

Facilitator: Lorraine Ludwicki