

RISE FALL 2026 COURSES

MONDAY, SPETEMBER 14 – FRIDAY, NOVEMBER 20

TERM 1: September 14 – October 16

TERM 2: October 19 – November 20

Classes will be held on all Holidays

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 September 14, 2026, and continue through early December.

Facilitator: Joanne Merrill

Music Reading for Singers

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

Music is like language - most of us are fairly fluent before we're able to read. We have a sense of musical order - of where notes should go and come back to. But seeing music in print can be intimidating, distracting us from what we know intuitively. This course aims to give us names for what we already know, and plot these known points on a "map," which is the musical score. With a map in hand, you won't have to depend on someone to lead you!

Facilitator: John Stromgren

Zentangle: An English Garden (Limit 10)

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

During this 10-week class, create a magical botanical scene reminiscent of a fine English garden on a Renaissance (light tan) 10 x 10 Opus tile!! Choose one garden template you want to fill with at least 25 botanical tangles! You will be the master gardener! To enhance your abundant garden, you may choose to add touches of watercolor accents, gel pen enhancements, or you may choose to rely solely on pencil shading to bring each design into its own! Each Zentangle class has a Materials Kit made specifically for the class being taken. All Material Kits are mailed to the RISE office for pick up. Registrants pay the instructor directly for the Material Kit and shared postage. Payment can be made by personal check or by Venmo. Material Kits for this class are \$ 25.

Facilitator: Martha Brooks

Tai Chi for Longevity

5 Weeks (TERM 1: September 14 – October 12) Mondays 10:00 – 11:30 a.m. In-Person

Located at the Tokyo Joe Studio, 85A Northeastern Blvd., Nashua, NH

Self-Love: conditioning your mind, your body, your emotions. building flexibility and balance, for a happier and healthier lifestyle.

Facilitator: Bobby LaMattina

Zentangle: 101 (Limit 10)

5 Weeks (Term 1: September 14 – October 12) Mondays 1:00 – 2:30 p.m. ONLINE ZOOM

An introduction to the basics of this fun, relaxing, and easy art method has therapeutic effects as well! During this 5-week class, simple designs are arranged within structured spaces to create beautiful art. Fundamental pen strokes, design elements, ideas for embellishment, and simple shading techniques

are covered. If you can write your name, you can do Zentangle!! Each Zentangle class has a Materials Kit made specifically for the class being taken. All Material Kits are mailed to the RISE office for pick up. Registrants pay the instructor directly for the Material Kit and shared postage. Payment can be made by personal check or via Venmo. Material Kits for this class are \$ 15.

Facilitator: Martha Brooks

Leonard Bernstein: His Musical Skills

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

This course covers his remarkable skills as a pianist who could interpret various musical styles. He played solo, chamber music, concertos and even conducted the orchestra while at the piano

Facilitator: Robert Hoffman

Zentangle: DorianZ Star (Limit 10)

5 Weeks (Term 2: October 19 – November 16) Mondays 1:00 – 2:30 p.m. ONLINE ZOOM

This three-dimensional star was designed by Dorian Eng, CZT. I have taken her design and created a fun ZIA (Zentangle Inspired Art). Working with Zentangle Opus tiles, you will transfer a star template to two tiles and fill the sections with a variety of tangle patterns. Once “tangled”, the stars cut out, folded and assembled together. Then voila! A 3D star ornament is created—stunningly beautiful to behold! Materials kits will include DorianZ Star template, transfer paper, tiles, and a variety of pens, pencils, and shading tools. Each Zentangle class has a Materials Kit made specifically for the class being taken. All Material Kits are mailed to the RISE office for pick up. Registrants pay the instructor directly for the Material Kit and shared postage. Payment can be made by personal check or by Venmo. Material Kits for this class are \$ 30.

Facilitator: Martha Brooks

Really Trusting God Can Change Your Life With Help From Jesus And His Friends

5 Weeks (Term 2: October 19 – November 16) Mondays 10:00 – 11:30 a.m. ONLINE ZOOM

Participants will learn how to increase their trust in God, and thereby reduce their worry and anxiety in daily life.

Facilitator: William Sawyer

TUESDAY COURSES

Leonard Bernstein: The Composer

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

This course covers his ability to compose music in a variety of genres. Among his works were serious classical music for orchestra, chamber music, and vocal music (including operas, religious works, and pieces for singers.) He also composed for Broadway musicals (including live performances and film), as well a Jazz pieces for instrumental and vocal performers. His work crossed many worlds.

Facilitator: Robert Hoffman

Modern Irish Literature

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

We will read 3 Irish writers from the turn of the 20th century: JM Synge, The Playboy of the Western World, James Joyce, Dubliners, and several poems by WB Yeats. We will also discuss the politics of Ireland at this pivotal time (1890 – 1922).

Facilitator: Michael Conley

On Writing Prose – (Limit 20)

5 Weeks (Term 1: September 15 – October 13) Tuesdays 1:00 – 2:30 p.m. ONLINE ZOOM

On Writing Prose is a generative creative writing workshop where we review, discuss and practice elements of fiction (and creative nonfiction depending on class interests). Each week, we will compose personal work and analyze published authors' works. Individual workshop members will share writing while their audience provides gentle guidance. Lots of gushing! During our time together, we will host a local author to visit and speak on the creative writing process.

An all-inclusive workshop, On Writing in Prose is designed for those who would like to write in a supportive group setting. Computer or handwriting tools will be blended for individual preference. No previous experience or expertise required. All levels welcome!

Facilitator: Joanne Carota

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 September 16, 2026, and continue through early December.

Facilitator: Joanne Merrill

America Struggles With Slavery

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

The history of the antislavery movement from Africa to the plantations of America.

Facilitator: Tom Barry

Zentangle: A No Mistakes Journal (Limit 10)

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

One of the basic tenets of the Zentangle Method is "There are no mistakes." It is also one of the most challenging concepts for Tanglers to fully embrace! This 10-week course will explore how to expand one's perspective regarding this Zentangle mantra. Classes will use both Zentangle original tangles as well as those designed by fellow CZTs. Visual step-by-step directions on how to draw the tangles will be provided for each class. Materials kits will include a Zentangle No Mistakes Journal, a variety of pens, and several shading tools.

Each Zentangle class has a Materials Kit made specifically for the class being taken. All Material Kits are mailed to the RISE office for pick up. Registrants pay the instructor directly for the Material Kit and shared postage. Payment can be made by personal check or by Venmo. Material Kits for this class are \$30.

Facilitator: Martha Brooks

Out And About With RISE (Limit 15)

5 Weeks (Term 1: September 16 – October 14) Wednesdays 1:00 – 2:30 Various Locations

This class is an opportunity to explore local businesses and points of interest in the Nashua area. Currently checking into: Persian Rug Gallery, Rare Breed Coffee, Nashua Community College, Nashua Wastewater Treatment Plant, Little Red Schoolhouse, The Colony - Honey, Bees, Mead & More, Bronze Craft, etc. Many opportunities in our own community.

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

One From China One From Japan

5 Weeks (Term 2: October 20 – November 17) Wednesdays 3:00 – 4:30 p.m. ONLINE ZOOM

Two literary masterpieces give us a unique window into the dawn of the 20th century in each of these two very distinct cultures. Sandalwood Death by Mo Yan and Spring Snow by Yukio Mishima will surely spark some lively discussion in our relaxed and informal "Book Club" atmosphere.

Facilitator: Barry Jackson

Caring For the Caregiver: Understanding Dementia

5 Weeks (Term 1: September 16 – October 14) Wednesdays 3:00 – 4:30 p.m. ONLINE ZOOM

This five-part course is designed to support family caregivers and care partners navigating the challenges of caring for someone living with Alzheimer's disease or other forms of dementia. Through a compassionate and practical approach, participants will gain a deeper understanding of how dementia affects the brain, why behaviors change, and how to respond with greater confidence and less frustration.

Each session builds on the last, covering key topics including the stages of dementia, managing common behavioral challenges such as anger, wandering, sleep disturbances, and hallucinations, and planning for future care needs. Participants will also learn strategies to create a safe home environment and, importantly, how to care for themselves while preserving the relationship with their loved one.

This course is ideal for caregivers at any stage of the journey, as well as individuals interested in understanding dementia and its impact.

Facilitator: Yvonne La-Garde

Leonard Bernstein: The Conductor

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

His excellence as a conductor made him one of the finest and busiest conductors in the world. We will look at some of his work leading well-known orchestras.

Facilitator: Robert Hoffman

Leonard Bernstein : The Educator

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

He left behind the legacy of spreading the word about the many nuances of music, including: helping audiences lose their "fear" of unknown musical gestures and making music interesting and fun for both adults and children. He was also a Norton Lecturer, taught at Harvard, appeared on early TV's "Omnibus" program and hosted Young People's Concerts.

Facilitator: Robert Hoffman

THURSDAY COURSES

RISE Speakers Forum

- **5 Weeks (TERM 1: September 17 – October 15) 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:

- **9/17 - Aging Gracefully Part 2, with Rev. Linda Fraser**
We will review and discuss some practical approaches, tools and readings that might be helpful to us as we age Spiritually, Socially and Psychologically and Physically.. Please bring your questions and ideas of what you have found helpful and what has not worked for you to spice up our discussions.
- **9/24 - Tanzania and the Serengeti: Beauty, Culture and the Legacy of their first President, Julius Nyerere” with Lynn Loud, Road Scholar Ambassador**
Lynn will take us on an armchair African adventure exploring 3 of the National Parks, teaming with exotic wildlife. There will be a visit to a local elementary school, and she will share about the resilient people of this extraordinary country.
- **10/1 - “Downsizing,” with Jennifer Atherton, SRES**
Drawing on years of experience guiding older adults through one of life's most challenging transitions, Jennifer will share the insights and techniques she's found most helpful along the way.
- **10/8 -" Transportation Services in the Greater Nashua Region,” with Donna Marceau, Regional Mobility Manager for the Greater Nashua Regional Coordination Council for Community Transportation**
The State of NH is seeking ways to reach people who need transportation services. In 2022, the Nashua Regional Planning Commission in collaboration with the State of NH Department of Transportation and the Regional Coordination Council instituted a Mobility Management service to help those in need of transportation. This talk will help you know what is available in case you or someone you know needs transportation.
- **10/15 - What Does the Bible Say about Animals? with Sr. Lucille Tibedeau**
Animals are a key presence in both the Hebrew Scriptures and the Christian Gospels. But what does their presence in these sacred writings mean for us as well as for them? They sometimes appear to be simply props in the narratives, but do they reveal any truths about their relationship to the divine, their relationship to us, and our relationship to one another and to the divine? This presentation will examine how the sacred texts help us to understand and respond to these questions.

RISE Facilitator Showcase

5 Weeks (Term 2: October 22 – November 19) 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.

- **10/22 - Integrity: Why it Matters with Don Gnecco**
In a world of seemingly constant change and pressure to do more faster and faster, it has become increasingly important that we remain true to moral principles and virtues...the essence of who we are. As seniors, we are often called to be anchors in stormy waters, reminding those around us that integrity, as C.S. Lewis so aptly stated, "is doing the right thing, even when no one is watching."

- **10/29 Current Developments in the Middle East – Bob Beck**

This facilitator showcase presentation will discuss the current status of the Middle East, focusing on the continued role of the United States, the prospects for peace between Israel and its neighbors, and the new power realities following the end of (hopefully) the Iran war.

- **11/5 - At the Heart of Darkness: Nocturnes in Painting with Nancy Baker**

This program lets you see in the dark the way painters do. Nocturnes are night scenes using moonlight, starlight and candlelight to create a contrast between light and dark. We'll follow along with Rembrandt, van Gogh, Whistler, Remington, Hopper and many others as they build an atmosphere that values nightlight over daylight.

- **11/12 Best Reading Ideas for Holiday Giving with Dr. Ann McGreevy**

Dr. Ann will share several new books of varied genres listed above that would make wonderful gifts for the readers on your holiday "to do" lists. Join us with ideas of your own as well. Ann looks forward to introducing these new best reads.

- **11/19 Trailblazing Women of Mount Auburn, Part 2 with Nancy Nordstrom**

From artists, to inventors, to astronomers and more, the legacies of women at Mount Auburn Cemetery remind us that women can do anything. Join us as we look at some of the remarkable women who chose Mount Auburn as their final resting place.

Aqua Aerobics – (Limit 12)

10 Weeks (Both Terms) 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, they should have the mobility to go up and down the pool stairs and walk without difficulty. 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

Shared Writing Experiences

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

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

Facilitator: Julie Lustig

Why Won't They Listen? Understanding Each Other as Family Roles Change

5 Weeks (TERM 1: September 17 – October 15) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

As family roles shift over time, communication can become unexpectedly challenging. Conversations that once felt easy may now lead to frustration, misunderstandings, or hurt feelings. Whether you are supporting a loved one, maintaining your independence, or navigating changing responsibilities, it's not always clear why communication feels so different.

This five-week discussion-based course explores how and why these changes occur, and how we can better understand one another in the process. Together, we'll look at common communication patterns, how meaning can get lost between intention and interpretation, and simple ways to approach conversations with greater clarity and confidence.

Participants will be invited to reflect on their own experiences, share perspectives, and explore practical ways to stay grounded in emotionally charged moments. The goal is not to change others, but to better understand ourselves and those around us, leading to more thoughtful conversations and stronger connections.

Facilitator: Bonnie Dudley

Another Five Artists

5 Weeks (TERM 1: September 17 – October 15) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

Every artist has a focus and a passion that embodies an inner vision. Some artists embrace color while others reimagine shape and form. Most artists develop a style that identifies their work, and in this course, we'll explore another five artists and their visions. All of them lived and worked in the era from about 1880 to 1925. You'll get to know the style, techniques, and life history of Mary Cassatt, Paul Gauguin, Edvard Munch, Pierre-Auguste Renoir and Joaquín Sorolla.

Facilitator: Nancy Baker

Two by Cormac McCarthy

5 Weeks (TERM 1: September 17 – October 15) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

It is challenging to choose two examples of such a unique American voice. We will begin with "All the Pretty Horses" as an intro to his style, and then move on to "Suttree" to really feel the poetry of his prose. As usual, our friendly and informal Book Club atmosphere is a time to share and enjoy.

Facilitator: Barry Jackson

Impressionism to Expressionism

5 Weeks (TERM 2: October 22 – November 19) Thursdays 3:00 – 4:30 p.m. ONLINE ZOOM

The art world exploded with light and color about 1875 when Claude Monet and the Impressionists changed art forever by capturing moments on canvas. Art gradually became more symbolic, spiritual and emotional in Post-Impressionism with van Gogh and Gauguin. About 1905 color became more intense, and the emotional and the mystic took center canvas. Art expressed the unrest of daily life and the search for truth and meaning. Edvard Munch summed it up in *The Scream*. You'll see how art imitates life in a changing world.

Facilitator: Nancy Baker

FRIDAY COURSES

Scientific Origins, Happiness, Heaven, & AI (Limit 25)

5 Weeks (Term 1: September 18 – October 16) Fridays 10:00 – 11:30 a.m. In-Person

We humans have always asked: (1) How did we get here? (2) How can we be happy? and (3) What happens in an afterlife? Can new generative Artificial Intelligence (AI) help us address these eternal questions in our warming world? We now have evidence-based answers to how we humans emerged from hydrogen in the big-bang beginning of our cosmos. It took 13.8 billion years. We will review the Harvard research on key factors influencing lifelong happiness. A glimpse of happiness in heaven can come from books about near-death experiences, such as Dr. Moody's "Life After Life" and Dr. Alexander's "Proof of Heaven."

Facilitator: Paul Carr

Fooling with Poetry (Limit 15)

5 Weeks (Term 2: October 23 – November 20) 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 Co-Facilitator: Barbara Toohey

Drama For Beginners and Beyond (Limit 12)

5 Weeks (Term 2: October 23 – November 20) Fridays 1:00 – 2:30 p.m. In-Person

In this fun, interactive class, you will practice movement, vocal, and collaboration skills to develop characters and stories. You will be participating in monologues, dialogues and short scenes. The class will culminate with small groups presenting short scenes to the other class members.

Facilitator: Susan Schenck

Yoga Dance – (Limit 25)

10 Weeks (Both Terms) Fridays 10:00 - 11:30 a.m. In-Person

Yoga Dance combines yoga and dancing in a joyful, fun class that brings out your inner happiness.

Facilitator: Gloria Bry

Living with Sight And/or Hearing Deficits (Limit 25)

Two Session Course (Term 2: October 30 and November 6) Fridays 10:00 – 11:30 a.m. In-Person

If your sight or hearing or that of someone you know is fading a bit, come discuss how to keep living fully with a deficit. We'll share ways to deal with things in the real world as well as those in the digital world of computers, tablets and phones.

Facilitator: Judy Brophy

Gospel Music In America (Limit 22)

5 Weeks (Term 2: October 23 – November 20) Fridays 1:00 – 2:30 p.m. In-Person

Two very different origins for gospel music exist: the music of slaves, leading to Black Gospel, and shape note singing, which led to Southern Gospel.

The course will show how the music of both of these backgrounds evolved over the period following the Civil War until today's many varieties of expression came about.

Gospel quartets have been popular, especially in southern states, since the early 1900s. Choirs, individual soloists and bands perform gospel concerts in churches and major commercial venues throughout the United States. Estimates indicate over 8000 amateur and professional gospel groups exist. We will play many videos of many songs covering the range of approaches.

Facilitator: Cal Knickerbocker

Make Your Own Photobook (Limit 20)

Two Session Course (Term 2: October 30 and November 6) Fridays 1:00 – 2:30 p.m. In-Person

Turn your photos into a beautiful book, professionally printed. A trip, a wedding, a graduation or a story you want to pass on. You supply the photos and themes and we will walk step by step through designing. We will use a free app on your phone, tablet or laptop computer. If you want to print your finished work the cost will be somewhere between \$8 and \$25 depending on your choices. The class meets twice in person, one week to design and one to create.

Facilitator: Judy Brophy

Between Two Wars (Limit 25)

5 Weeks (Term 1: September 18 – October 16) Fridays 1:00 – 2:30 p.m. In-Person

During the twenty-one years that separated the end of WWI and the beginning of WWII headlines and articles in American newspapers focused on domestic issues and events rather than things happening elsewhere in the world. As a result, developments in the nations that would eventually comprise the Axis Alliance were being ignored for the most part. We were to learn that that was a serious mistake.

Facilitator: David McNeil

Chakra Vibrations – (Limit 25)

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

You are invited to embark on a journey of self-discovery. Your body has an energy system where body, mind and emotion connect. There are seven major centers that symbolize this connection. In this ten-week class, you will learn about the great benefits of this powerful, personal energy as a vehicle to your well-being.

Facilitator: Gloria Bry

Fabulous All Occasions Handmade Cards (Limit 15)

5 Weeks (Term 1: September 18 – October 16) 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

Fabulous Holiday (Multiple Holidays) Handmade Cards (Limit 15)

5 Weeks (Term 2: October 23 - November 20) Fridays 3:00 – 4:30 p.m. In-Person

Create stunning handmade cards for multiple holidays! 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

Friday Afternoon At The Movies: Comedies

5 Weeks (Term 2: October 23 – November 20) Fridays 2:45 – until the end In-Person

We will be choosing five of the funniest films ever made. Our plan is to laugh part of our Fall season away. The films will span from the 1950s to the 1990s.

Facilitator: Wade Robbins Co-Facilitator: Susan Deschenes

Friday Afternoon At The Movies: Academy Award Winners For Best Director

5 Weeks (Term 1: September 18 - October 16) Fridays 2:45 –until the end In-Person

A director is the creative lead responsible for translating a screenplay into a finished film, overseeing both its artistic and technical aspects. They define the overall vision, guide actor performances, and collaborate with departments like cinematography, design, and editing to maintain a consistent tone, style, and narrative. We'll watch five films whose talented directors have won the Academy Award.

Facilitator: Susan Deschenes Co-Facilitator: Wade Robbins

Sacred Sound Bowls (Limit 18)

5 Weeks (Term 2: October 23 – November 20) Fridays 3:00 – 4:30 p.m. In-Person

Curious to learn about singing bowls and sound healing? Join our friendly, Sacred Sound Practitioner, Lorraine in this course. Begin to understand the history of sound instruments: crystal and Tibetan singing bowls and gongs and how the resonance of these instruments benefits your mind, body, spirit and soul. We'll explore the origins and types of singing bowls and learn how to harness their potential for health benefits.

The course is designed to educate, to rebalance the body's energy system and for you to enjoy a profoundly resonating sonic journey. Weeks 1-4 consist of lecture and micro sound baths. Week 5 is a complete immersion into the sacred sound experience. Each strike or swirl of the mallet emits a frequency that isn't just heard through the ears—it's experienced by the body and the soul.

Facilitator: Lorraine Ludwicki

Fanology Victorian Communication (Limit 22)

Single Session Course (Term 1: September 18) Friday 1:00 – 2:30 p.m. In-Person

Brought to you by Historical Fashion House of Rak

Otherwise known as the language of fans. A short program to learn, reflect, have fun and enjoy remembering how life and times were in the 1700s through the industrial revolution on the dance floor and in society.

We will learn communication techniques and secret ballroom codes used to communicate to others. Many skilled practitioners of the day used this science of communication to send messages and set meetings. This special language predates our colonial nation. The roots of this tradition date back to 3000 BC.

We will also touch on word of mouth traditions passed down through generations to help younger people understand the heartbeat of social life and garden etiquette.

The experience will include a few delights along with fun chatter. Participation will be rewarded, so get ready to have fun for a short class on yesteryear. Bring anything you would like to share which fits in with our Victorian theme.

Facilitator: Suzanne Rak