# RISE FALL 2026 COURSE SCHEDULE

| RISE - FALL 2026 | | TERM 1: Sept. 14 - Oct. 16 | | | | RISE - FALL 2026 | | TERM 2: Oct. 19 - Nov. 20 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Monday** | **Term 1** | | | | | **Monday** | **Term 2** | | | | |
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** | **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 8:30 - 9:30 | Exercise Class | Joanne Merrill | MHFC | - | 10 | 8:30 - 9:30 | Exercise Class | Joanne Merrill | MHFC | - | 10 |
| 10:00 - 11:30 | Tai Chi for Longevity | Bobby LaMattina | TJS | - | 5 | 10:00 - 11:30 | Leonard Berstein: His Musical Skills | Robert Hoffman | ZOOM | - | 10 |
| 10:00 - 11:30 | Leonard Bernstein: His Musical Skills | Robert Hoffman | ZOOM | - | 10 | 10:00 - 11:30 | Really Trusting God Can Change | Williiam Sawyer | ZOOM | - | 5 |
| 1:00 - 2:30 | Zentangle 101 | Martha Brooks | ZOOM | 10 | 5 | | Your Life, With Help from Jesus and | | | | |
| 1:00 - 2:30 | Music Reading for Singers | John Stromgren | ZOOM | - | 10 | | His Friends | | | | |
| 3:00 - 4:30 | Zentangle: an English Garden | Martha Brooks | ZOOM | 10 | 10 | 1:00 - 2:30 | Music Reading for Singers | John Stromgren | ZOOM | - | 10 |
| | | | | | | 1:00 - 2:30 | Zentangle: DorianZ Star | Martha Brooks | ZOOM | 10 | 5 |
| | | | | | | 3:00 - 4:30 | Zentangle: an English Garden | Martha Brooks | ZOOM | 10 | 10 |
| **Tuesday** | **Term 1** | | | | | **Tuesday** | **Term 2** | | | | |
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** | **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 10:00 - 11:30 | RISE Committee Meetings | None | LC | - | 10 | 10:00 - 11:30 | RISE Committee Meetings | None | LC | - | 10 |
| 1:00 - 2:30 | Leonard Bernstein: The Composer | Robert Hoffman | ZOOM | - | 10 | 1:00 - 2:30 | Leonard Bernstein: The Composer | Robert Hoffman | ZOOM | - | 10 |
| 1:00 - 2:30 | On Writing Prose | Joanne Carota | ZOOM | 20 | 5 | 4:00 - 5:30 | Modern Irish Literature | Michael Conley | ZOOM | - | 10 |
| 4:00 - 5:30 | Modern Irish Literature | Michael Conley | ZOOM | - | 10 | | | | | | |
| **Wednesday** | **Term 1** | | | | | **Wednesday** | **Term 2** | | | | |
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** | **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 8:30 - 9:30 | Exercise Class | Joanne Merrill | MHFC | - | 10 | 8:30 - 9:30 | Exercise Class | Joanne Merrill | MHFC | - | 10 |
| 10:00 - 11:30 | Leonard Bernstein: The Conducter | Robert Hoffman | ZOOM | - | 10 | 10:00 - 11:30 | Leonard Bernstein: The Conductor | Robert Hoffman | ZOOM | - | 10 |
| 1:00 - 2:30 | Zentangle: A No Mistakes Journal | Martha Brooks | ZOOM | 10 | 10 | 1:00 - 2:30 | Zentangle: A No Mistakes Journal | Martha Brooks | ZOOM | 10 | 10 |
| 1:00 - 2:30 | Leonard Bernstein: The Educator | Robert Hoffman | ZOOM | - | 10 | 1:00 - 2:30 | Leonard Bernstein: The Educator | Robert Hoffman | ZOOM | - | 10 |
| 1:00 - 2:30 | Out and About with RISE | Carol Anderson | Various | 15 | 5 | 1:00 - 2:30 | Chair Yoga | Amy Jo Cielinski | ZOOM | - | 10 |
| 1:00 - 2:30 | Chair Yoga | Amy Jo Cielinski | ZOOM | - | 10 | 3:00 - 4:30 | One from China One from Japan | Barry Jackson | ZOOM | - | 5 |
| 3:00 - 4:30 | Caring for the Caregiver: | Yvonne La-Garde | ZOOM | - | 5 | | | | | | |
| | Understading Dementia | | | | | | | | | | |

| Thursday | Term 1 | | | | |
|---|---|---|---|---|---|
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 10:00 - 11:30 | RISE Speakers Forum | Nancy Nordstrom | ZOOM | - | 5 |
| 1:00 - 2:00 | Aqua Aerobics | Lorraine Matkowsky | Langdon | 12 | 10 |
| 1:00 - 2:30 | Shared Writing Experience | Julie Lustig | ZOOM | - | 10 |
| 3:00 - 4:30 | Another Five Artists | Nancy Baker | ZOOM | - | 5 |
| 3:00 - 4:30 | Why Won't They Listen? | Bonnie Dudley | ZOOM | - | 5 |
| | Understanding Each Other As | | | | |
| | as Family Roles Change | | | | |
| 3:00 - 4:30 | Two by Cormac McCarthy | Barry Jackson | ZOOM | - | 5 |

| Thursday | Term 2 | | | | |
|---|---|---|---|---|---|
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 10:00 - 11:30 | RISE Facilitator Showcase | Curriculum Committee | ZOOM | - | 5 |
| 1:00 - 2:30 | Shared Writing Experience | Julie Lustig | ZOOM | - | 10 |
| 1:00 - 2:00 | Aqua Aerobics | Lorraine Matkowsky | Langdon | 12 | 10 |
| 3:00 - 4:30 | Impressionism to Expressionism | Nancy Baker | ZOOM | - | 5 |

| Friday | Term 1 | | | | |
|---|---|---|---|---|---|
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 10:00 - 11:30 | Yoga Dance | Gloria Bry | MHFC | 25 | 10 |
| 10:00 - 11:30 | Scientifice Origins, Happiness, | Paul Carr | MEM 103 | | 5 |
| | Heaven and AI | | | | |
| 1:00 - 2:30 | Chakra Vibrations | Gloria Bry | MEM 101 | 25 | 10 |
| 1:00 - 2:30 | Between Two Wars | David McNeil | MEM 105 | - | 5 |
| 1:00 - 2:30 | "Fanology" Victorian Communication | Suzanne Rak | MEM 203 | - | one-time 9/18 |
| 2:45 - 5:00 | Friday Afternoon at the Movies: | Susan Deschenes | Mem 104 | - | 5 |
| | Academy Award Winners for Best Director | | | | |
| 3:00 - 4:30 | Fabulous All Occassions Handmade | Lynn Thieret | MEM 206 | 15 | 5 |
| | Cards | | | | |

| Friday | Term 2 | | | | |
|---|---|---|---|---|---|
| **TIME** | **Course Title** | **Facilitator** | **Location** | **Limit** | **Weeks** |
| 10:00 - 11:30 | Yoga Dance | Gloria Bry | MHFC | 25 | 10 |
| 10:00 - 11:30 | Living with Sight and/or Hearing Deficit | Judy Brophy | MEM 103 | - | 10/30 and 11/6 |
| 10:00 - 11:30 | Fooling with Poetry | Val Raudonis/Barbara Toohey | MEM 305 | 15 | 5 |
| 1:00 - 2:30 | Drama For Beginners and Beyond | Susan Schenck | MEM 101 | 12 | 5 |
| 1:00 - 2:30 | Chakra Vibrations | Gloria Bry | MEM 105 | 25 | 10 |
| 1:00 - 2:30 | Gospel Music in Americas | Cal Knickerbocker | MEM 203 | - | 5 |
| 1:00 - 2:30 | Make Your Own Photobook | Judy Brophy | MEM 305 | 20 | 10/30 and 11/6 |
| 2:45 - 5:00 | Friday Afternoon at the Movies: | Wade Robbins | Mem 104 | - | 5 |
| | Comedies | | | | |
| 3:00 - 4:30 | Fabulous Holiday (Multiple Holidays) | Lynn Thieret | MEM 206 | 15 | 5 |
| | Handmade Cards | | | | |
| 3:00 - 4:30 | Sacred Sound Bowls | Lorraine Ludwicki | LC | 18 | 5 |

**LOCATION KEY:**

**LC = Learning Commons 2 Robinson Rd (next to Haywards Ice Cream)**

**Memorial Hall Rooms 102, 103, 104, 105 and 121**

**MHFC = Muldoon Health & Fitness Center**

**SIC - Science and Innovation Center**

**STH - Sylvia Trottier Hall**

**HUNT = The Hunt Community 10 Alds Street, Nashua**

**HNTGN = The Huntington, 55 Kent Lane, Nashua**

**Langdon - Langdon Place Pool 319 East Dunstable Rd, Nashua**

**NPL TH - Nashua Public Library Theater, 2 Court St., Nashua**

**NPL LM - Nashua Public Library Large Meeting Room**

**TJS - Tokyo Joe Studio - Nashua**