



Renaissance Institute



INSTITUTE

FALL 2024

NOTRE DAME OF MARYLAND UNIVERSITY

410.532.5351
 ndm.edu/Renaissance



EXPLORE. DREAM. DISCOVER.

Trying something new can take you to places you've never investigated. Pursue your painting or history passion. Join a writing workshop. Discover new developments in science and technology.

Keeping the minds, bodies, and spirits of adults age 50+ flexible since 1989, the Renaissance Institute is a lifelong learning community housed on the main campus of Notre Dame of Maryland University.

Renaissance Institute offers two semesters of noncredit courses, designed and led primarily by the members themselves. As a member, you may take as many classes as you wish from our varied catalog of offerings and, when ready, share your acquired knowledge by teaching courses on subjects you are passionate about. Course topics have included literature, public affairs, philosophy, history, music, art, languages, tai chi, film, science, computers, yoga, acting, and more.

We also offer member-sponsored activities and travel opportunities. Past trips have included Costa Rica, the Canadian Maritimes, the Grand Tetons, and the Southwest U.S.

MEMBERSHIP BENEFITS

- Take as many Renaissance Institute courses as you like each registered semester
- Member Sponsored Social Events During Semester Breaks
- Access the Notre Dame/Loyola library, computer lab, dining hall and fitness center
- Receive a Notre Dame ID card that can be used for student discounts
- Apply for an Amazon Prime Student account through your Notre Dame student email account
- Free parking accessible to the NDMU campus
- Free download of Microsoft Office 365

COST: \$265 for the Fall Semester; \$475 for the Full Year (both Fall and Spring)

DATES AND TIMES: Dates and times will be as stated in the catalog. Fall 2024 classes will host some offerings by remote delivery via Zoom and others in person on the Notre Dame of Maryland University Campus.

MORE INFORMATION: todea@ndm.edu, sadams@ndm.edu 410.532.5351

The background of the page features a large, light blue watermark of the Renaissance Institute logo. The logo is circular with the words "RENAISSANCE INSTITUTE" around the top and "1989" at the bottom. In the center, the letters "RI" are prominently displayed in a large, serif font.

Tuesday

Second 6 Week Classes

Oct 22 – Dec 03

9:15AM – 10:30AM

22. Leadership and The Presidency (Limit 25)

Campus

Instructor: Betty Loafmann and Tom Devaney

We will study Doris Kearns Goodwin's book *Leadership in Turbulent Times* in an effort to understand the words and actions of our current president. Through reading, lecture and discussion we will try to find appropriate responses to what is happening in our country.

Textbook: Leadership in Turbulent Time by Doris Goodwin

Betty has taught a variety of courses in past 12 year, recently focusing on history and politics. Betty has also led classes on Jane Austen and Louise Penny, the genre of mysteries and classes that focus on issues related to faith and psychology.

Tom Devaney is a retired lawyer from NYC, who with his wife Marcy has lived in NY, DC, and Atlanta, with a stopover in Rehoboth Beach. They have 4 adult children and 7 grandchildren. His interests include American History, Military History, and Foreign Affairs.

23. Unsung Heroes of Jazz History - Part 2 (Limit 50)

Campus

Instructor: Seth Kibel

With classic recordings and rare video clips, Seth will engage participants in a robust discussion about the lives and careers of a number of jazz and swing greats who, to this day, don't receive the proper credit to which they are due. Slated for inclusion are such should-be legends as Fletcher Henderson, Willie "The Lion" Smith, Buster Bailey, Billy Strayhorn, Lillian Hardin (Armstrong), and more!

Seth Kibel is one of the Mid-Atlantic's premier woodwind specialists. He works with klezmer, jazz, swing and other bands, playing the saxophone, clarinet and flute. He is a performer with The Kleztet, Bay Jazz Project, Music Pilgrim Trio, The Natty Beaux and more. He is the winner of 28 Washington Area Music Awards (Wammies), including "Best World Music Instrumentalist" and "Best Jazz Instrumentalist." Kibel released his Clown with a Stick album in 2023.

24. Memory Pictures/Writers' Workshop - Part 2 (Limit 16) **Zoom**

Instructor: Elizabeth Fanto

Writers will write on self-selected topics; respond to mini-lessons on fiction, non-fiction and poetry models; share work in small response groups; and revise works as they chose. Beginning writers are welcome.

Elizabeth is a graduate of the University of Maryland with a Bachelor's in Education and a Master's in English. She taught high school English and worked in BCPS, and sponsored Dulaney's Sequel literary/art magazine for 6 years. She has taught RI writing classes for over 20 years. She was editor of Reflections magazine for 6 years.

SOLD OUT

25. Charcoal Drawing - Part 2

Zoom

Instructor: Alina Kurbiel

Explore the expressive world of charcoal drawing, known for its enjoyable and accessible nature. Charcoal's bold marks cover large areas swiftly and can be effortlessly blended with fingers or tools like blending stumps. Unlike ink, it's forgiving, allowing for easy corrections and smudging. Start with simple "still life" to familiarize yourself with the medium, then progress to more complex subjects like birds, animals, or human figures. Whether you're a beginner or advanced artist, all are welcome to join.

Alina Kurbiel hails from Silesia, Poland, where she earned her Master's degree from Silesian University. Following a successful career as a web developer and graphic designer with tech companies in Maryland, she transitioned to the world of traditional art. She mainly works in watercolors, ink and pencils. She is a signature artist of Baltimore Watercolor Society.

26. Spanish is Fun-Intermediate – Level 2 - Part 2

Zoom

Instructor: Judy Frumkin

This will be a zoom course and it will involve class participation. Topics will include, in Spanish, talking about what we used to do when we were young, sports, stores and shopping, living in a city, medicine and health, homes. Culture will be included in the class as well as literary readings.

Textbook: Spanish is Fun Book 2

Judy has been a high school Spanish teacher for over 40 years, 30 of them in the school system in Baltimore City. She has also taught on the college level and taught at RI for a number of years, ending about five years ago. She is also currently teaching Spanish via Zoom in her community (Leisure World in Silver Spring). She received her BA from American University and her MA from Coppin State University. She also studied for two summers in Spain.

27. Qigong - Beautiful Flowing Movements - Part 2

Zoom

Instructor: Pamela Tanton

In this class, we'll do standing and seated movements as you follow the lead and explanations of the instructor. Questions are welcome at any time, and there's always time at the end of class for questions as well. Class is friendly and light and the movements are gentle. Pamela offers suggestions for modifying movements for people who may not always be able to lift arms super high, bend knees super low, etc. It's also completely fine to sit the entire time. Qigong is about flow, not force. That is the emphasis in this class.

Pamela started studying with her Chinese qigong master, Li Junfeng, in 2002. Since then, she has taken countless workshops, seminars, and 10-day teacher training sessions with him all over the world. She began teaching in 2004 and was certified in 2006. She's been teaching at Renaissance since the Spring 2018 semester and absolutely loves these classes.

11:00AM – 12:15PM**28. The Golden Door: Immigration in the 20th Century
(Limit 25)****Campus**

Instructor: Nicholas Fessenden

This course combines lecture and discussion. Information was presented in an RI course last fall. America received 33 million immigrants during 1830-1924, peaking during 1900-1914. A nativist movement emerged in America restricting immigration in the 1920s, which had tragic consequences for those fleeing persecution. Another consequence was the migration of Southern and Eastern European immigrants to urban cities. In 1965, the U.S. opened its doors to immigrants from all countries in Asia and Latin America.

Nicholas Fessenden taught immigration history in the Upper School at Baltimore Friends School during 1972-2010. He also taught as an adjunct at Towson University and Maryland Institute of Art. Since retirement, he has helped establish and operate the Baltimore Immigration Museum, which opened in 2016. He has also been teaching courses on Baltimore immigration history at the Osher Institute, Community College/Baltimore County and the Renaissance Institute.

29. Renaissance Singers - Part 2**Campus**

Instructor: Nancy Heinold

We are a four-part harmony choir. Anyone who enjoys singing is invited to participate. Music will be provided and there are no auditions. Everyone is welcome! This is not a sing-along or a choir singing renaissance music. We perform a variety of genres.

Nancy has been the conductor of the Renaissance Singers for many years. She has been an organist and choir director of an Episcopal Church for 35 years and been involved with music all of her life.

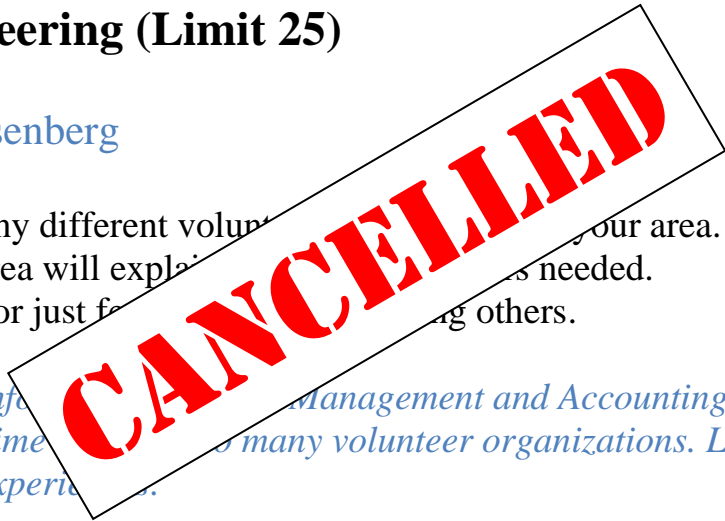
30. Joys of Volunteering (Limit 25)

Campus

Instructor: Laurie Rosenberg

Learn of some of the many different volunteer opportunities in our area. Guest lecturers from different venues in the area will explain what is needed. See shows, go to events or just find out about others.

Laurie has a degree in Information Management and Accounting. Since retirement Laurie has devoted her time to many volunteer organizations. Laurie loves to travel and talk and share her experiences.



31. Art Today - Part 2

Hybrid

Instructor: Carolyn Sutton

What is contemporary art and who are the people who make it? Some definitions say the contemporary era dates back to the early 1970's, but for the purpose of this study we will focus on artists working in the 21st Century. We'll look at local, national and international artists working in traditional and new media. We will hear artists talk about what motivates them and how their practices differ from art of the past. Each week will have a loose thematic focus and we'll look at many images and videos that address different topics.

Carolyn has a master's degree from the Rhode Island School of Design and taught art for 45 years. She was Director of Arts at The Park School for 20 years. She was also a member of the Education Advisory Board of the PBS series Art21: Art in the 21st Century.

32. Misunderstood IV - Othello (Limit 20)**Zoom****Instructor:** Sharon Harwood

This is the final exploration of Shakespearean villainy in a four-part series that covered Macbeth, Hamlet, Julius Caesar and now Othello. Each of these plays offers different superb portrayals of villainy. As with the previous courses, we will explore the different superb portrayals of villainy. As with the previous courses, the villain of Othello will also be considered through the lens of a contemporary novel as we ask: "Is this villain really that bad, or is he just misunderstood?"

Textbook: Folger's Edition of Othello, a contemporary novel to be assigned

Sharon Harwood is a retired professor who has resumed an earlier identity as an liberal arts major and thanks RI for the opportunity to explore so many aspects of literature and the visual arts through taking and giving courses.

33. New Yorker Roundtable - Part 2**Zoom****Instructor:** Brian Young

The New Yorker Roundtable is a lightly moderated discussion of articles in current issues of the magazine. Each week, 4-5 articles are selected for reading and discussion. The discussion includes the topic, writing style, and reader reaction.

Textbook: Participants need to acquire copies of *The New Yorker* by subscription, online, or from the library.

*Brian is retired from the aerospace industry where he held various positions, most prominently in Program Management. He has been reading *The New Yorker* and participating in discussion groups for 12 years.*

34. Spanish is Fun-Beginners – Level 2 - Part 2

Zoom

Instructor: Judy Frumkin

This will be a zoom course and it will involve class participation. Topics will include, professions and occupations, activities, conditions, dates, parts of the body, and weather. Culture of the Spanish-speaking world will be included in the discussions.

Textbook: Spanish is Fun Book 1

Judy has been a high school Spanish teacher for over 40 years, 30 of them in the school system in Baltimore City. She has also taught on the college level and taught at RI for a number of years, ending about five years ago. She is also currently teaching Spanish via Zoom in her community (Leisure World in Silver Spring). She received her BA from American University and her MA from Coppin State University. She also studied for two summers in Spain.

35. Chair Yoga-Part 2 (Limit 40)

Hybrid

Instructor: Linda McGill

Staying seated means that even those who aren't flexible can safely do the exercises. This is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation, while lowering blood pressure, protecting joints, and building strength and balance. We will also do some poses at the end of class standing, using the chair as a prop. We will focus on moving with the breath, and start and end class with a meditation, leaving you feeling peaceful and grounded.

Linda McGill is a Roland Park native of 33 years. She is a certified 500 hr YTT Yoga Meditation Teacher.

1:00PM – 3:00PM

36. Radio Theatre Performance Workshop - Part 2 (Limit 22) (Parts 1 & 2 Required **)**

Campus

Instructor: Natalie Pilcher

Radio Theatre Performance Workshop - Join our informal production as we explore vintage radio stories, commercials, and original scripts. No memorization required since actors will have scripts in hand. This course will introduce techniques used to present voice acting in the 'classic' radio style. We will also learn the art of Foley, creating sound effects in real time as the stories unfold. Crash boxes, cow bells, drums etc. will either be provided or created by students with materials brought in by the instructor to create our Foley Tables.

****** Attendance required for both sections IF you want to perform in the final production. If you just want to test out the format of the class you can attend for the first six-week session.**

Materials Fee: \$5.00 fee to cover the costs of copying scripts.

Natalie Pilcher is an actor, director, teacher, and playwright. Between acting at Theatre Project, Allenberry Playhouse, and other theatres, she has taught at Catonsville Community College, Peabody Preparatory, The St. Paul's Schools, and Oldfields. She's directed productions at these schools, Maryland School for the Blind, Krieger Schechter Day School, and Jemicy as well as at other theatres. Natalie was previously an Artist in Residence for the Maryland State Arts Council.

37. Watercolors from Imagination - Part 2

Zoom

Instructor: Alina Kurbiel

Welcome to a captivating world of imagination in watercolors. We'll explore whimsical themes and create fantastical scenes, like the vibrant "Mushroom World," where towering fungus dwellings and unique creatures come to life. In our Zoom sessions, our instructor will guide you through crafting enchanting scenes, inviting you to follow along or forge your own artistic path. Whether you're a beginner or experienced artist, join us in a supportive atmosphere where every stroke counts and creativity flourishes.

Alina Kurbiel hails from Silesia, Poland, where she earned her Master's degree from Silesian University. Following a successful career as a web developer and graphic designer with tech companies in Maryland, she transitioned to the world of traditional art. She mainly works in watercolors, ink and pencils. She is a signature artist of Baltimore Watercolor Society.

1:15PM – 2:30PM

38. Finding God in All Things: Life Lessons from St. Ignatius **Campus Loyola and His Company – Part 2 (Limit 50) (Parts 1 & 2 Required)**

Instructor: Fr Stephen Spahn

One of Ignatius' early biographers described him as "a man with a heart big enough to hold the whole world." Indeed, his journey from a life of wealth and power, through a struggle of self-discovery and freedom to newfound peace and purpose made him a man with a vision for humanity and its fulfillment. This lecture and discussion course will highlight some of the great insights Ignatius and his followers have developed and explore how they can be useful in our own lives - and in our increasingly polarized world.

A member of Loyola University's Jesuit Community, Fr. Spahn teaches theology and directs Ignatian retreats and programs. He is a native of Colorado, the youngest of ten children and a proud alumnus of several Jesuit schools (Georgetown, Fordham and Boston College).

39. Nia - Part 2 (Limit 25)

Campus

Instructor: Rebecca Donnelly

Nia is a fusion fitness technique that is appropriate for all fitness levels. The fusion is dance arts, martial arts, and healing arts. You will move every part of your body! Mostly Nia is a fun, welcoming, movement class that will get your heart going and be low impact on the joints.

Rebecca has been teaching Nia for 10 years and holds a Black Belt in the Nia technique. When she is not dancing she is running a healing center called BlueGreen Acupuncture and Bodywork where she also practices acupuncture.

40. Gender and Women's Health (Limit 25)

Campus

Instructor: Diana Baker

Course format will consist of lecture and discussion. We will explore the relationship between gender and health outcomes both in the United States and globally. Students will become aware of how gender as a social construct influences the well-being of women. Biological and social processes related to women's health will be explored. Issues such as violence against women, female genital mutilation, infanticide, lack of access to health care and education, health literacy, and reproductive coercion will be discussed using a women's health lens.

Diana Baker is an Assistant Professor in the School of Nursing with NDMU. She teaches about psychiatric mental health and healthy aging. She is working on her Doctorate in Nursing Practice concentrating in psychiatric mental health at the University of Maryland. Her research has focused on the effects of trauma in education and has worked with NDMU initiative on LGBTQ+ ally training for faculty and staff. Diana has two children Clara, 7, and Samson, 5.

CANCELLED

41. Walks in the Walters

Zoom

Instructor: Sheila Vidmar

A series of Zoom presentations concerning the art and objects at the Walters Art Museum in Baltimore. "Exploring" the galleries via Zoom, we can examine, discuss, and compare paintings, sculpture and objects. We can also compare and contrast things that are not near each other in the museum, or not often on view. Our goal will be to have some fun, hone observation skills, and gain deeper appreciation of art of different times, different cultures, and different regions.

Sheila Vidmar retired from a career as an attorney and became a volunteer docent at the Walters Art Museum in 2013. In addition to touring in the galleries, she enjoys developing online presentations to showcase the Walters.

42. "Always Leave 'Em Wanting More" - Part 2

Zoom

Instructor: [Amanda Joyce](#)

This film class will focus on actors and directors whose careers were shortened, interrupted or constrained for a variety of reasons. Nevertheless, they created a thrilling body of work. All cinematic eras will be covered, and will focus on factors such as the transition from silent films to talkies; the censorship code; scandals; social taboos; warfare; the anti-communist blacklist; and on current issues affecting cinematic careers. The course will feature a one-hour presentation followed by a free-wheeling class discussion.

Amanda Joyce has presented a number of film courses at RI. She is especially interested in the evolution of the film industry, and enjoys discussing movies from all eras.

43. Poetry Workshop - Part 2 (Limit 18)

Zoom

Instructor: [Susan Marshall](#)

In Poetry Workshop members come together each week to share their writing and to encourage one another in gaining experience and skill in that venture through gentle critique and group support.

Susan Marshall earned her undergraduate degree in English at Notre Dame as a Continuing Education student. She returned there to earn her Masters in Liberal Studies. She has coordinated the Poetry Workshop for several years.



The background of the page features a large, light blue watermark of the Renaissance Institute logo. The logo is circular with the words "RENAISSANCE INSTITUTE" around the top and "1989" at the bottom. In the center, the letters "RI" are prominently displayed in a large, serif font.

Thursday

Second 6 Week Classes

Oct 24 – Dec 05

9:15AM – 10:30AM**65. The Other Side of History, Daily Life in the Ancient World - Part 2 (Limit 25)****Campus**

Instructor: John Meredith

This Course will explore the social, cultural and religious realities that dominated human lives, from the prehistoric times through the Stone, Bronze and Iron Ages, using a series of 30-minute videos presented by Professor Robert M. Young of the University of Delaware. We will show 2 videos per class from The Great Courses. There will be an opportunity for discussion. Part 1 will cover the time from the Paleolithic to the rise of the Ancient Greeks around 400 BCE. The course will continue as Part 2 in the next 6 weeks taking us to the Roman Empire. Both parts can be taken independently.

SOLD OUT

John Meredith is a retired Dentist and has been a member of the Renaissance Institute since 2015. He has had a lifelong interest in History and has led Courses in Civil War History, Music and Science.

66. Public Lens: Photojournalism & Documentary Photography in America - Part 2 (Limit 25) (Parts 1 & 2 Required)**Campus**

Instructor: David Lavine

Since its invention in 1839, photography has had a profound effect on American public life. Abraham Lincoln famously said that Matthew Brady's flattering portrait of him contributed to his election to the presidency in 1860. Some say the Vietnam War was lost due to too much negative photo coverage. A sea of pictures has come to inundate us every day. How do we sort them out? We will explore such topics as presidential elections, reform efforts (in the Great Depression and Civil Rights era) and war.

David received a bachelor's degree in History from the University of Delaware in 1967. After service in the Navy, he used the GI bill to study photography at the Maryland Institute College of Art. David received a Master of Fine Arts in 1977. He worked as a freelance photographer and he is an adjunct professor at Anne Arundel Community College. David's work has been shown in local galleries.

67. Topics in Medicine - Part 2 (Limit 50)

Campus

Instructor: Bruce Rosenberg, M.D.

The course will be a lecture series discussing various medical problems e.g. hypertension, diabetes, back pain, osteoarthritis, etc. Topics include: management, causation, basic physiology, etc.

Bruce is a recently retired general internist after 44 years of practice. Bruce received his Bachelor's degree from Washington University, St. Louis and medical degree from the University of Maryland.



68. Open Studio for Prose Writers - Part 2 (Limit 15)

Hybrid

Instructor: Amanda Joyce, Saul Lindenbaum, Sheila Scriggins

This is a prose writing course for serious writers who want to give and receive in-depth feedback. Students are encouraged to bring their short stories, memoirs, essays or book chapters to class for reading and gentle critique. Class size is limited to 15. This is a hybrid course, presented on campus and via zoom.

Amanda Joyce, Saul Lindenbaum, and Sheila Scriggins have been attending the class for years and have been published in RI's magazine, Reflections. As a team, they presented this course in the 2023 Fall Semester and the 2024 Spring Semester.

69. The Johns Hopkins Legacy - Part 2

Zoom

Instructor: Sue Brooks, Betty Loafmann

The story of Johns Hopkins has two parts, “the man” and of even more importance, “the continuing legacy.” Meet authors, alums and friends of Johns Hopkins to explore the growth and development of Johns Hopkins University, the Medical Center and our city of Baltimore. Join us for an adventure in history featuring the professors, health professionals and students who made Hopkins famous; the impact of wars and world events that framed the progress; and the impact on Baltimore and beyond.

RI member Susan Brooks developed the first public tours of Clifton Mansion, Johns Hopkins' summer estate. She's delighted Professor Bill Leslie and journalist Neil Grauer, who have

documented the development of the University and Hospitals will present, joined by alums remembering college life in the 60s and 70, plus insights into how women influenced this legacy with RI's Betty Loafman.

70. Awareness and Presence in Everyday Life (Limit 12) **Zoom**

Instructor: Andrea Naft

We will explore and experience various approaches to awareness in our everyday lives, focusing on our physical bodies, hearts and minds. Through journaling, awareness exercises, sharing our efforts and experiences, and learning from each other, we will find food for growth and understanding.

Andrea is a lifelong spiritual seeker who has been influenced by students of the philosophers G.I. Gurdjieff and Sri Ramana Maharshi, and mindful meditation. Grateful for what she has learned, she finds that by sharing with others, learning deepens.



11:00AM – 12:15PM

71. The Lives of the Presidents (Limit 25)

Campus

Instructor: Ed Berkowitz

As the 2024 presidential election reaches its climax, this course will explore the lives of the people who have shaped the modern presidency. It will follow a historical format with lectures on people like Jimmy Carter and class discussions. No outside reading or prior knowledge of the subject will be required.

Ed Berkowitz, professor emeritus of History and Public policy at George Washington University, has offered courses on aspects of American history at Renaissance for the past four years.

72. Gustav Klimt: His Work, His World and His Women (Limit 50)

Campus

Instructor: Christine Bentley

Gustav Klimt was a talented as well as controversial painter who painted during the golden age of Viennese art. He is known for his sumptuous depictions of women and landscapes. Klimt scandalized the art world of his time with his work in the Viennese Secession Movement and his work was iconic in the shift to modernism. This class will be delivered by lecture with PowerPoint Slides.

Christine Bentley, MSW, has taught at RI, CCBC and Osher. Ms. Bentley retired from the field of clinical social work. She has always had an avid interest in history and historical figures. The city of Vienna and its arts and history have always been of particular interest. She has made several trips to Vienna and has done research on the work of Klimt and his times while there.

SOLD OUT

73. Acting Improvisation -Part 2 (Limit 16)

Campus

Instructor: Natalie Pilcher

Come join the Acting Improvisation class in a fun and relaxed setting. Tap into your creative imagination as you participate in comedic ad-libbed theatre games such as One Minute Professor, “Yes, and . . .” Questions Only, Rewind, and more. You will be introduced to the basics of comedic improvisation. This class is a great way to enjoy collaborating with a group as we create a safe space to explore improvisation. In theatre, it is called a “play” after all!

Natalie Pilcher is an actor and playwright. Between acting at Theatre Project, Allenberry Playhouses, and other theatres, she has taught at Catonsville Community College, Peabody Prep, and other schools. She has also taught at Paul's Schools, and Oldfields. She's directed productions at these schools and at the Maryland School for the Blind, Krieger Schechter Day School, and Jemicy as well as at other theatres. Natalie was previously an Artist in Residence for the Maryland State Arts Council.

CANCELLED

74. Views of the News - Part 2

Hybrid

Instructor: Hollis Jackson

We meet to discuss the week's news. Each member is urged review whatever sources of news which they use. I send out a list of possible topics for discussion, as well as those topics which they have found. We share our thoughts about what is happening. Courtesy is required.

Hollis is a long time Social Worker. She has been an RI member since 2010, and loves it. She has coordinated Views for last 10 years or so.

75. More Voices of Maryland

Zoom

Instructor: Kay Pulcinella

This will be a Zoom course featuring a different speaker each week, sharing their area of expertise. The format will vary with the presenters, including lecture, Q&A, discussion, and demonstration. Presenters will include the owner of a local independent book store/coffee shop, an award-winning master wood carver from the Eastern Shore, the Director of the Maryland Park Service, and the former environmental columnist for the Baltimore Sun and author of several books about the Chesapeake Bay.

Kay Pulcinella, a retired nurse, has been a member of RI since 2014. She is currently serving on the RI Council and on the Social Committee. This will be the third “Voices of Maryland” class Kay is offering, and prior to that she coordinated “A Bouquet of Garden Experts”.

76. TED Talks

Zoom

Instructor: Nancy St. Pierre

TED Talks are a collection of online videos by some of the world’s most inspired thinkers. We will watch some current videos on various topics and discuss each.

Nancy St. Pierre is a retired IT Specialist who enjoys quilting, exploring spirituality and teaching at Renaissance.

77. Freedom of Movement Somatics - Part 1

Zoom

Instructor: Linda McGill

Somatics is a type of yoga class that uses a variety of movement, it works on strengthening the posture, core, and muscles. You will feel stronger and better aligned using simple movements, breath, and visualization. Benefits include relieving neuromuscular pain, regaining voluntary control, strengthening muscles, improving coordination, balance, flexibility, while increasing awareness and mindfulness. Bring a yoga mat and blanket.

Linda McGill is a Maryland Native of 34 Years. She is a certified 500-hour Yoga & Meditation Teacher.

CANCELLED

1:15PM – 2:30PM

78. Kaleidoscope (Limit 25)

Campus

Instructor: Vivian Appel

This 6-week course will bring together 6 speakers who will each present talks about areas of their expertise or special interests. Topics may range from cutting edge cancer research, medical insights, art history, literature, drama, or any subject of keen interest to the presenters. Questions and discussion will be encouraged.

Vivian is a retired lawyer who for the last 15 years of her career was Family Court Administrator in Pennsylvania. She plays golf and mahjong, and is developing her skills as a sewist. Vivian is an avid traveler, in the last year visiting Kenya and Tanzania, France and Italy.

79. The History of Advertising: 15 Ads that Changed the Way We Live (Limit 25)

Campus

Instructor: Barbara Blumberg Ressin

Advertising products, whether a concrete one, such as a bottle of soda, or a nebulous one such as religion, has been around for eons. In fact, religion was the first "product" ever promoted if you think along the lines of the crusades! In the modern era, advertising has been slightly more subtle nonetheless, equally if not more effective. We've all succumbed to the products that make us happier, cleaner, more attractive, athletic, sexy, and less forgetful. Join me in learning about those ads convinced us that we needed them.

Barbara graduated from Towson University with a BS in Education, taught 3 years in the Baltimore City School system, 10 years in a private school, adjunct faculty member at Towson University Osher, Johns Hopkins University Osher, Florida Gulf State University, CCBC Hunt Valley, Essex, and Owings Mills campuses, as well as lecturer and course study instructor at various churches, synagogues, and private organizations across the state.

SOLD OUT

80. An Exploration of Japan (Limit 50)

Campus

Instructor: Beth Volk

Come explore Japan – its many islands, flowering trees, onsens (or hot baths), architecture, film, foreigners living in its midst, and its place in today's world – through the lens of history, geography, art, society, and current affairs. The class is primarily lectures supported by PowerPoint and videos. It reflects the instructor's research and her observations from living in Japan for a year. This course is a repeat of one offered in the past.

Beth Volk used her BA in Business Administration, Gettysburg College and MBA, University of Virginia in the investment business. Changing careers, she deployed a MA TESOL, Notre Dame College, teaching English as a Second Language to adults at several local colleges and for other organizations in Maryland and Japan.

81. Ballet Basics – Part 2 (Limit 20)

Campus

Instructor: Susan Sklar

This course is designed to use classical ballet technique for the purpose of improving strength, flexibility, coordination, posture, range of motion and balance. Tap into your creative spirit, cultivate musicality and experience the joy of movement.

Susan Sklar received her ballet training at various local studios, Goucher College and the University of Maryland. She has performed in productions of Giselle, Swan Lake, La Bayadere and The Nutcracker. She has been dancing for all of her life and loves sharing her passion with a “new generation” of dancers.

82. Six Objects in Six Weeks (Limit 25)

Campus

Instructor: Betsy Cumming

This will be half discussion and half lecture. I will choose six objects from the BMA collection. I will prepare information on the artist, time period, the objects place in art history. The class will be strongly encouraged to visit the museum to look at each object before the class. The class will discuss their observations and thoughts about the object. I will prepare some questions to think about as you look at the object.

Betsy has taught many courses at RI starting in 2006. She has a BA and half a masters in art history. Betsy worked at the BMA for 9 years in the 80's to 1992 as a curatorial assistant in the

Africa, the Americas and Pacific Islands department.

83. Ukulele

Zoom

Instructor: Ray Forton

Experience the simplicity, fun and joy of making music playing the ukulele. This is an ongoing class and beginners are welcome and encouraged. The course will include some history of the instrument, basic music theory, learning to read chord charts, strumming patterns, playing simple melodies and songs.

Music should bring great joy, or at least a few laughs and a good time to both plyers and listeners. Ray had a 22-year career as a public school music educator, which has taught him the importance of joy in learning music.



***“Come for the classes, stay
for the Friendships.”***