



Renaissance Institute



NOTRE DAME OF MARYLAND UNIVERSITY

Spring 2023

Lifelong Learning



THANK YOU RENAISSANCE INSTITUTE!

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
- Audit one credited Notre Dame of Maryland University course for \$195
- 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 Spring Semester; \$475 for the Full Year (Fall and Spring Semesters)

DATES AND TIMES: Dates and times will be as stated in the catalog. Spring 2023 classes will host some offerings by remote delivery via Zoom and others in person on the Notre Dame of Maryland University Campus

MORE INFORMATION: sbigley1@ndm.edu, sadams@ndm.edu

Tuesday Classes

1. Running for Office: State or Local (Limit 35)

Feb 07 – March 21 7 Weeks 9:15am – 10:30am **Campus**

Instructor: Jane McConnell
Email: jmcconnell2@gmail.com

For this to be an effective and fun class we need to have active participatory discussion. First each member must choose to run for a particular elected public office. (Remember this is fantasy) We will explore why one wants to run for public office and what they hope to accomplish. Also, what are the steps it takes to try to win and be a good representative.

Textbook: Title: How to Get Elected: State or Local Office
Author: Timothy Hickman & Catherine Hickman

Jane McConnell has spent most of her career in various administrative positions in Health Care. She has a RN, BS, MS, MPA and JD. After her retirement, she became interested in politics and how the various branches and responsibilities of government work. She directed this interest into teaching at Renaissance Institute about the US Constitution, the various branches of government, and specifically the US Supreme Court.

2. World War I Poetry (Limit 20)

Feb 07 – March 21 7 Weeks 9:15am – 10:30am **Campus**

Instructor: John Russell
Email: flantern@verizon.net

In his introduction to the 1936 edition of *The Oxford Book of Modern Verse*, Yeats ignored all the poetry of The Great War declaring, “passive suffering is not a theme for poetry”. In 1985, a slate memorial was unveiled in Poet’s Corner at Westminster Abbey for sixteen British World War I poets. This course will be an opportunity for you to examine their work, share their experiences and decide for yourself “if this be poetry”.

Suggested textbook:
Title: The Penguin Book of World War I Poetry
Editor: Jon Sillkin

John has a BA and MAT, served as combat medic in Vietnam, taught history, and likes to think of himself as a poet.

3. Archaeology of Baltimore

Feb 07 – March 21 7 Weeks 9:15am – 10:30am **Zoom**

Instructor: Ilka Knuppel

Email: knuppelgray@gmail.com

This course will give students an overview of what archaeology is (not treasure hunting) and what it has revealed about Baltimore's past and its citizens. We will learn from professional and avocational archaeologists about the excavation of the Ship Caulkers Houses in Fells Point, a Castle in Loch Raven Reservoir, the Slave Jails of Baltimore, Eutaw Manor in Herring Run Park, and the Irish immigrants for whom Padonia Road is named.

Ilka Knüppel earned her Master's Degree in Near Eastern Archaeology from Towson University in 2017 and undergrad from UMBC in 1986. In addition to being an archaeologist, Ilka is also a Maryland Certified Archaeological Technician. She was the 1st President of the Natural History Society of Maryland's Archaeology Club. Ilka is currently researching Holocaust Archaeology (Aktion T4) and Baltimore Historic Archaeology projects, including the Gilmor Family and associated enslaved persons.

4. Tour of Bible Places

Feb 07 – March 21 7 Weeks 9:15am – 10:30am **Zoom**

Instructor: Don Burggraf

Email: donald.burggraf@gmail.com

This course will explore interesting places mentioned in the Bible. Some places have histories extending hundreds of years, just within the Biblical period. The format will utilize a PowerPoint Presentation, including videos where possible. We may even have a class on Heaven and Hell (but probably no videos for those locations).

Don Burggraf is a retired Lutheran Pastor (currently serving a "Lutherpalian" congregation part-time). He has taught various courses on Bible stories, extra-Biblical documents, Science and Religion, and of course beginning bird-watching.

5. Forever Fit and Fun (Limit 25)

March 28 – May 09 6 Weeks 9:15am – 10:30am **Campus**

Instructor: CJay Philip

Email: danceandbmore@gmail.com

The Dance & Bmore Elder Arts Jam is a creative space for senior citizens to dance, talk, share recipes, stories, laugh, and sing. Each class includes a “Did You Know” segment featuring healthy how-to tips, news, and research for older adults. There is also an open mic segment where elders share songs, poetry, and stories.

Since 2011, CJay Philip and the Dance & Bmore Ensemble of musicians, dancers, and spoken word artists have provided Fit & Fun jam sessions for seniors throughout Baltimore. Fusing live soul music with jazz and rhythm and blues to create a funky class vibe. CJay's holistic approach to health and wellness stimulates imagination, strengthens relationships, and builds a sense of community and joy.

6. Gallopin' Gals

March 28 – May 09 6 Weeks 9:15am – 10:30am **Campus**

Instructor: Donna Bertling

Email: Instructor will provide

Travel back in time to the Old West, where you'll meet pioneering women who blazed trails for themselves and others in an untamed land. From cowgirls to outlaws, missionaries to prostitutes, political activists to stagecoach drivers. This a lecture/PowerPoint course, presented on campus.

After a 40-year career in television production, Donna started attending Renaissance Institute and soon was presenting courses on subjects that interested her. She has a B.A. in English from Loyola University, and is the author of two historical novels, Runaway Fire and Anna's Time.

7. Baltimore Neighborhoods

March 28 – May 09 6 Weeks 9:15am – 10:30am **Zoom**

Instructor: Judy Floam

Email: jmfloam@gmail.com

This is a Power Point lecture describing five of Baltimore's neighborhoods. There will be time for questions and discussion. The course will be mostly a repeat of the class given a few years ago.

Judy Floam has a Master's degree in urban planning and worked in the planning field for over 40 years. She has taught several classes at RI. The most recent was The Life and Works of Frederick Law Olmsted.

8. Tech Lab (Limit 15)

March 28 – May 09 6 Weeks 9:15am – 10:30am **Zoom**

Instructor: Julia Hammid

Email: jhammid@gmail.com

This will be an open forum for participants to ask general questions about the digital world and bring specific problems they have with their own devices or apps. Sessions will be guided by participants' interests and levels of expertise. The goal will be to help everyone gains more understanding and to leave feeling more confident. No question or topic is off the table. We'll learn from each other as well as from the many free online resources available.

Julia Hammid has over 20 years experience coaching elders and beginners to use technology. Julia is familiar with most commonly used devices including laptops, smartphones, tablets, TVs, Alexa, and with PCs, Apple or Android devices. Julia's main goal is to tailor the language (or visuals) we use so no one is left behind or feels left out.

9. Memory Pictures/Writers' Workshop (Limit 20)

Feb 07 – May 09

13 Weeks 9:15am – 10:30am

Hybrid

Instructor: Elizabeth Fanto

Email: efanto37@gmail.com

Writers will write on self-selected topics in and out of class; respond to mini-lessons on fiction, non-fiction and poetry models; share their efforts in response groups; and revise works as they choose. Beginning writers are welcome.

Elizabeth is a graduate of TSU, with a B.S. in Education and a Master's in English. She taught high school English and Creative Writing in BCPS, and sponsored Dulaney's literary/art magazine for six years. She has taught RI writing classes for 20 years. She was editor of Reflections magazine for 6 years.

10. Colored Pencil Drawing

Feb 07 – May 09

13 Weeks 9:15am – 10:30am

Zoom

Instructor: Alina Kurbiel

Email: akurbiel@ndm.edu

Recently colored pencils are getting more and more popular because they are portable and better quality. Here we will practice drawing techniques including hatching and crosshatching to create complex colors and tones on paper. We will also learn how to build up color gradually while working with the white of the paper. This course is for beginners who always wanted to try drawing with colored pencils and for more advanced artists who would like to polish their skills.

Materials needed: Set of minimum 24 colored pencils, pencil sharpener, eraser.

Estimated cost \$50

Alina Kurbiel was born in Silesia, Poland. She received her Master's degree from Silesian University. She worked as a web developer and a graphic designer for tech companies in Maryland. After years working with computers, she switched her career path to traditional art. She mainly works in watercolors, ink and pencils. She is a signature artist of Baltimore Watercolor Society.

11. Qigong – Moving Meditation, Internal Healing Art

Feb 07 – May 09

13 Weeks 9:15am – 10:30am **Zoom**

Instructor: Pamela Tanton

Email: pamelatanton@gmail.com

Participants will learn standing and seated qigong movements. Qigong is gentle, and the standing movements may be done while sitting if desired. This ancient Chinese practice is beneficial for health: good for balance, relaxing, calms anxiety, and lifts the spirits! Pamela is a light-hearted teacher who wants her class members to feel super great at the end of each class. She welcomes questions before, during, or at the end of class.

Pamela has been teaching qigong since 2004 (remotely since April 2020). She has studied extensively with qigong master Li Junfeng, originally from China, and has taken thirteen 10-day teacher training courses with him. She is a graduate of Goucher College.

12. Great Decisions **(Limit 28)**

Feb 07 – March 21

7 Weeks 11:00am – 12:15pm **Campus**

Instructor: Ken Pfeifer and Tim Casey

Email: wkpfeifer@comcast.net

Discussion of Foreign Policy topics that have and will have a major impact on the US and the world. The course is prepared by foreign policy experts in each of the fields.

Class will have a video (20) minutes and class discussion.

CLASS PARTICIPATION IS REQUIRED

Briefing book is required. The book costs \$35 and can be obtained at the RI office.

Tim Casey is a former corporate executive and international consultant. Tim has been a RI member for 3 years. Ken Pfeifer was a former international consultant and a member of RI for 12 years.

13. The Abrahamic Faiths (Limit 30)

Feb 07 - March 21 7 Weeks 11:00am – 12:15pm **Campus**

Instructor: Dr. Richard Wagner

Email: rwagner@towson.edu

Students will be able to articulate the histories of Jewish, Christian and Muslim traditions and identify key ideas, practices and personalities within those traditions. Students will gain insight raised by categorizing these faith communities as Abrahamic traditions, students will gain insight into comparative religion. Students will debate insights and understandings presented by a religiously diverse society.

Textbook: Jews, Christians, Muslims: A Comparative Introduction to Monotheistic Religions

Author: John Corrigan, Frederick Denny, Carlos Eire and Martin Jaffee

2nd Edition, Rutledge, New York 2012

Richard Wagner is an adjunct professor in theology; religious studies and philosophy at Loyola and Towson Universities.

14. Historical Insights from Musical Melodies & Lyrics

(Limit 25)

Feb 07 – March 21 7 Weeks 11:00am – 12:15pm **Campus**

Instructor: David Hoover

Email: hoovler6@gmail.com

We will gain historical insights and perspective from provocative song lyrics and melodies of the past. We will gain powerful insights about nationalism, patriotism, war, varieties of love and loss, as well as peace, labor, civil rights and women's social movements through powerful lyrics and catchy tunes of the past. The instructor will play and discuss historic and often iconic songs and will invite a larger discussion of the implications of these insights in our understanding of history.

David Hoover has a lifetime interest in history as well as music. He is a Ph.D. in Political Science and taught history and politics at Memphis University and Notre Dame of Maryland University from 1976-2021. He is avid musician who loves playing melodies of many genres and historical epics. He is fascinated by the psychology of music and how it reflects the various values, interests, and mores of historical eras.

15. Walks in the Walters

Feb 07 – March 21 7 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Sheila Vidmar

Email: vidmarsheila@gmail.com

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, more recently she has been developing online presentations to showcase the Walters.

16. Immigration 101: The Right to Move **(Limit 20)**

March 28 – May 9 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: Linda Rabben

Email: lrabben@verizon.net

The course convener and guest speakers--scholars, lawyers, activists, policymakers and migrants--will discuss the past, present and future of international migration, including the situation of refugees, asylum seekers, immigrants and undocumented migrants in the United States and other countries.

Textbook: Sanctuary and Asylum: A Social and Political History Author: Linda Rabben

Linda Rabben is an anthropologist, human-rights activist and associate research professor at the University of Maryland. She has published 10 books on human rights, migration, Brazilian culture and society, and related subjects. She has carried out field research in Britain, Brazil, the United States and Europe and has worked for nongovernmental organizations as a project coordinator, editor, researcher and speaker.

17. Frost on My Window (Limit 25)March 28 – May 09 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: Joan Hellman

Email: jehellman@comcast.net

"Frost on My Window" examines the relationships between Robert Frost's poetry and the complexities of his long life. Sweet nature poetry? Think again! Frost's unusual life experiences bring a unique perspective to his creations. Class participation is a must! Bring your book of Frost's poems. The class will be a combination of listening, watching, and discussing, with a bit of journaling thrown in!

Joan Hellman is a "retiree" from 30 years of teaching English, Developmental Reading, Memory Development, and Humanities at the Community College of Baltimore County. She has been a Robert Frost reader from age eleven when she "discovered" that one can enjoy the patterns of frost on the window but also look through the frost to see what is beyond the window!

18. Buddhist Psychology (Limit 25)March 28 – May 09 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: David Hoovler

Email: hoovler6@gmail.com

The Buddha was a master psychologist who sought to relieve mental anguish including chronic worry, rage, resentment, immoderate sensual desire, paralyzing self-doubt, and irrational/confused thinking. This course explores the Buddha's diagnosis, prognosis, and prescriptions for the various forms of mental anguish. It will link his teachings to contemporary psychoanalytic therapies (e.g., cognitive, behavioral, logotherapy). This course is designed to foster greater psychological well-being and serenity.

David Hoovler has spent a lifetime as an educator dedicated to empowering others. He is a Ph.D. in Political Science (International Relations and American Politics Specializations) and has taught at Memphis University and Notre Dame of Maryland University since 1976. He has taught Buddhist philosophy and psychology at Renaissance Institute, College of Notre Dame of Maryland University, Shambahla Meditation, Center Fresh Breeze Meditation Center, Jessop Prison and other mediation groups.

19. Greenland - The Cold War and a Warming Climate

March 28 – May 09 6 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Paul Bierman

Email: pbierman@uvm.edu

Greenland and the arctic are ground-zero for climate change in the 2020s. In the 1950s and 1960s, the polar region was a battlefield for cold war science. In 6 weeks, I'll cover the basics of climate change, explain why the poles are warming so quickly, and tell the story of the American militarization of the arctic including the history of Camp Century, a US base inside the Greenland Ice Sheet. I'll focus on the people who made this happen.

For 30 years, Paul Bierman has been a Professor of Environmental Science at the University of Vermont where he teaches introductory Climate Change and Earth Hazards classes. Paul is a geologist and natural historian who has studied Greenland since 2008. He has authored two textbooks and a popular book, WHEN THE ICE IS GONE, soon to be published by Norton.

20. More TED Talks

March 28 – May 09 6 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Nancy St. Pierre

Email: nastp8@yahoo.com

TED Talks are a collection of videos by some of the world's most inspired thinkers. We will watch some current TED Talks and discuss each.

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

21. Renaissance Singers

Feb 07 – May 09 13 Weeks 11:00am – 12:15pm **Campus**

Instructor: Nancy Heinold

Email: nancy.heinold@gmail.com

We are a four-part harmony choir. Anyone who loves to sing 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.

22. Spanish Is Fun

Feb 07 – May 09

13 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Judy Frumkin

Email: judyfrumkin@gmail.com

This will be an interactive course which will include thematic Spanish conversation. We will discuss Spanish sounds, the family, classroom and household objects, activities, numbers, time, description of objects and people. Basic Spanish conversational terms will be used and culture will be included in the course.

Textbook: Spanish is Fun - Book 1 Author: Heywood Wald

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.

23. New Yorker Roundtable

Feb 07 – May 09

13 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Brian Young

Email: perwhit@aol.com

The New Yorker Roundtable is a lightly moderated discussion of articles from recent issues of the magazine. Each week 4-5 articles are assigned for discussion in the upcoming class. The articles include investigative reporting, personal profiles, short stories, reviews and poetry. The discussions include the content of the articles as well as critique of writing style and interpretation. A diversity of views and opinions are welcomed.

Textbook: Participants must acquire copies of The New Yorker magazine from print subscription, online, or the library.

Brian is retired from the aerospace industry where he was a program manager. He has been reading The New Yorker magazine for about 10 years, and participated in a similar discussion group in Connecticut before coming to Baltimore.

24. Viennese Operettas (Limit 35)

March 28 – May 09

6 Weeks 1:00pm – 3:00pm

Campus

Instructor: Warren & Christine Bentley

Email: warren.bentley@verizon.net

Odd weeks - A 75-minute lecture (PowerPoint) on the upcoming Operetta. Reviewing the historical and social influences in Vienna that influenced this operetta. Compare & contrast the operettas in theme, character, tone, plot, & setting. Discuss key decisions going into the productions.

Even weeks - 150-minute film of Operetta in German, with English subtitles; but you will know the plot & events from previous week's discussion.

Christine Bentley, MSW & Warren Bentley, MBA have taught several classes at RI, at CCBC, and Christine has taught at Osher. While many of their subject interests are personal, Vienna and its arts and history are a deeply shared interest. Christine is particularly interested in the social causes and issues highlighted; and Warren is particularly interested in the issues of producing the pieces.

25. NIA Fitness (Limit 25)

Feb 07 – May 09

13 Weeks 1:00pm – 3:00pm

Campus

Instructor: Rebecca Donnelly

Email: rdonnellyacupuncture@gmail.com

Nia is a fusion fitness class. That means it combines Dance Arts, Martial Arts, and Healing Arts into a one-hour full body workout to eclectic world music. Nia can be practiced at all levels of fitness including seated. In Nia we call it moving in your body's way so that the goal is always joy of movement.

Rebecca Donnelly holds a Black Belt in the Nia technique. She is a lifelong learner of movement and healing. In addition to dance, Rebecca is also a licensed acupuncturist and owner of BlueGreen Acupuncture and Bodywork.

26. Ink and Watercolors

Feb 07 – May 09

13 Weeks 1:00pm – 3:00pm

Zoom

Instructor: Alina Kurbiel

Email: akurbiel@ndm.edu

"Ink and watercolors" is a drawing and painting process in which ink lines and watercolor washes are used to create unified pictures. The lines are made with ink, applied with pens or traditional nib or dip pens. The washes of color are typically developed with transparent watercolors. During this course we will use Pen and Ink and Watercolor technique to paint various subjects as buildings, animals, people and landscape. This course is for beginners and advanced artists.

Materials Needed: Watercolor paper, ink pen, watercolor paints, water container, pallet, watercolor brushes, pencil, eraser. Estimated cost \$100

Alina Kurbiel was born in Silesia, Poland. She received her Master's degree from Silesian University. She worked as a web developer and a graphic designer for tech companies in Maryland. After years working with computers, she switched her career path to traditional art. She mainly works in watercolors, ink and pencils. She is a signature artist of Baltimore Watercolor Society.

27. Architecture of Baltimore (Limit 20)

Feb 07 – March 21

7 Weeks 1:15pm – 2:30pm

Zoom

Instructor: Dereck Stafford Mangus

Email: dereck.mangus@gmail.com

For this 7-week course, Dereck will conduct both classroom meetings via Zoom and in-person meetings at different locations throughout Baltimore City. As architecture is the subject, it's important that students get outside and directly engage with it. The course is loosely based on a similar one taken while a graduate student at Harvard: Architecture of Boston. Like Boston, with its many design styles, Baltimore is a veritable museum of architecture.

Textbook: A Guide to Baltimore Architecture (\$24.95) Author: John R. Dorsey and James D. Dilts

Dereck Stafford Mangus is a Baltimore-based visual artist and writer. His artwork has appeared in galleries throughout Charm City. Over the past few years, recognition for his written work has included an Honorable Mention from the independent Philadelphia arts journal Artblog. In 2018, Mangus won the Frieze Writer's Prize for his review of an exhibition celebrating Black artist Jack Whitten.

28. 7 for 7 (Limit 25)

Feb 07 – March 21 7 Weeks 1:15pm – 2:30pm **Campus**

Instructor: Elizabeth Ruppert and Whitney Jacobs

Email: whitneymjacobs@gmail.com; elizruppert@hotmail.com

We've done it before, and we'll do it again! Members of last semester's class have asked for a repeat. We will read and discuss seven short books in seven weeks. All but the first will be no more than 200 pages. The first title is *Leave the World Behind*. Others will be selected by class member votes. Please email us contact information when you register. We'll send the book title options.

Elizabeth and Whitney have taught this class twice before. There have been many interesting conversations.

29. Acting Improvisation (Limit 18)

March 28 – May 09 6 Weeks 1:15pm – 2:30pm **Campus**

Instructor: Natalie S. Pilcher

Email: natpilch12@gmail.com

Come join the Improv in a fun and relaxed atmosphere. You'll learn to tap into your creative imagination as you explore comedic improvisation in theatre games such as Movie Styles, The One Minute Professor, Questions Only, Scenes in Gibberish, and Rewind. This class is a no-pressure way to enjoy collaborating with a group as we create a safe space to explore unscripted, ad-libbed dramatics. Please dress prepared to move.

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

30. This Time it's Personal... My Museum World

March 28 – May 09 6 Weeks 1:15pm – 2:30pm **Zoom**

Instructor: Marvin Pinkert

Email: museumme@verizon.net

Marvin pulls back the curtain to reveal his assessment of exhibit projects that were colossal failures as well as those which were qualified successes. He will deliver a 40-minute lecture each week followed by 25 minutes of discussion. Topics include: More “Real” than “True”: From Star Trek Federation Science to Jews in Space; the Iraqi Jewish Archives and Other Projects I Resisted; and On the Cutting Room Floor (ideas that never became exhibits).

Marvin Pinkert has led exhibit development teams at Chicago's Museum of Science and Industry, the National Archives and the Jewish Museum of Maryland. This course is both an extension of the course he taught in the fall on Making History and a freestanding course on the role and nature of museums.

31. St. Ignatius and Ignatian Spirituality

Feb 07 – May 09 13 Weeks 1:15pm – 2:30pm **Campus**

Instructor: Fr. Stephen Spahn, S.J.

Email: sspahn@loyola.edu

This lecture and discussion course will examine the life of St. Ignatius Loyola and explore how his journey from ambitious courtier to humble pilgrim shaped his life-affirming spirituality that continues to influence the lives of so many - from students and alumni of Jesuit schools to even a Jesuit Pope.

Textbook: A Jesuit Guide to Almost Everything Author: Fr. James Martin, S.J.

Textbook: A Pilgrim's Journey: The Autobiography of Ignatius of Loyola, Translated and edited by Fr. Joseph Tylanda, S.J.

[The Martin book is \$11.99 and the Tylanda book is \$18.37 on Amazon for a total of \$30.36]

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).

32. Poetry Workshop (Limit 19)

Feb 07 – May 09

13 Weeks 1:15pm – 2:30pm

Zoom

Instructor: Susan Marshall

Email: gibbysue@comcast.net

Members of the poetry workshop come together to share our work and to gently critique and encourage one another in our writing.

Susan Marshall earned an English degree and a Masters in Liberal Studies from Notre Dame. She has been leading the poetry workshop for several years.

33. Freedom of Movement (Yoga Somatics) (Limit 30)

Feb 07 – May 09

13 Weeks 1:15pm – 2:30pm

Zoom

Instructor: Linda McGill

Email: laharte12@gmail.com

This class is for anyone who wants more freedom of movement, it works on strengthening the posture, core and helping the body feel stronger and better aligned using simple movements, breath and relaxation. Other benefits include relieving neuromuscular pain, regaining voluntary control of habitually tight muscles, improving coordination, balance, flexibility, while increasing self-awareness and mindfulness. Bring a yoga mat and blanket.

Linda McGill is a Roland Park resident for 32 years, and is a registered 500 hr. YTT Yoga Teacher and has been teaching for the past 7 years, various types of yoga and meditation.



Thursday Classes

34. Notable Maryland Trials

Feb 09 – March 23 7 Weeks 9:15am – 10:30am **Campus**

Instructor: Paula M. Junghans
Email: pjmarie@comcast.net

The course will review criminal cases tried in the federal and state courts of Maryland which are notable for their legal or social significance. Format will be lecture with display of materials; questions and discussion encouraged.

Paula M. Junghans has been a trial lawyer in the federal and state courts of Maryland and other jurisdictions since 1976. She graduated from the College of Notre Dame of Maryland and the University of Maryland School of Law, and is a fellow of the American College of Trial Lawyers.

35. World Heritage Sites (Limit 25)

Feb 09 – March 23 7 Weeks 9:15am – 10:30am **Campus**

Instructor: Laurie Rosenberg
Email: loreleirex@gmail.com

This is a great Course exploring the world's greatest places. The class will be a film and discussion format, highlighting marvels of human and natural cultures.

Laurie has owned many businesses from dive shops to restaurants. She is presently retired as comptroller and property manager for 20 years for an 18-acre industrial warehouse complex. She has an AA in accounting, as well as a BS in information system management. And she is a proud great grandmother! Laurie looks forward to exploring World Heritage Sites with you.

36. An Exploration of Japan - Part 2 (Limit 35)

Feb 09 – March 23 7 Weeks 9:15am – 10:30am **Campus**

Instructor: Beth Volk

Email: nbvolk@verizon.net

Embark on further exploration of Japan and its cultural traditions – in Part 2 of an Exploration of Japan, the topics include green tea and the Tea Ceremony, kimonos, castles, kabuki, rice, sumo, and sake. The format will include lectures, PowerPoint, and videos. The classes will reflect the instructor's research and readings from several books as well as her observations from living in Japan for a year. The course may include tastings of green tea and sake.

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.

37. Singular Lives

Feb 09 – March 23 7 Weeks 9:15am – 10:30am **Zoom**

Instructor: Carol Daddazio

Email: cdaddazio42@gmail.com

We've all encountered people who have lived a singular life who have changed a part of the world with their vision and accomplishments. Come and learn about ten such individuals as your fellow members show us how and why these lives are memorable.

Carol Daddazio is a retired teacher, art history buff, and a fun-seeking woman who enjoys learning from and collaborating with RI members.

38. Who We Were

March 30 – May 11

6 Weeks

9:15am – 10:30am

Zoom

Instructor: Larry Kamanitz and Susan Serotte

Email: nsed7915@comcast.net

One of the best “DO I KNOW YOU YET?” course sessions was devoted to sharing the stories of our careers, from “what I wanted to be when I grew up” to the fascinating twists and turns of our professional experiences. Larry and Susan decided to develop a course, highlighting the rich and varied work backgrounds of even more RI members. Two or three people from similar professions will share their histories each week, with time for questions/discussions among the panel and audience. Susan will moderate, but the real learning will come from our multi-talented RI community.

Susan Serotte has been a “facilitator of discussion” during her career in education and at RI. The pleasure of listening to and sharing with others never gets old. Larry Kamanitz, a retired CPA, has been a mover and a shaker, forever – on the boards or treasurer of Baltimore cultural and philanthropic organizations. Having also been involved in local and national politics, he now has the “time and the stories” to share.

39. Great Cities of North America

March 30 – May 11

6 Weeks

9:15am – 10:30am

Zoom

Instructor: Josef Nathanson

Email: urbaninfo@comcast.net

From the comfort of your armchair, journey to the great cities of North America. Learn about their history and local characters, their unique cultures, their architecture, parks, museums, and special neighborhoods. Philadelphia and Boston/Cambridge are already on the tour. Perhaps we can add Montreal, Mexico City or your own hometown.

Joe Nathanson has degrees in Architecture and City Planning. He worked locally with the regional planning agency and later as a consultant in community and economic development. He has taught a number of courses at RI. With travel limited for many in recent years, via Zoom we have been able to visit places near and far.

40. A Taste of History

March 30 – May 11 6 Weeks 9:15am – 10:30am **Zoom**

Instructor: Joyce M. White

Email: foodhistory@comcast.net

Joyce White will offer presentations covering a broad scope of food history. For example:

Week 1: Chocolate Through Time

Week 2: Taking Tea

Week 3: Satisfy Your Sweet Tooth

Week 4: Thanksgiving: A History Through Food (not seasonal for a spring course but offers an in-depth look at the social, political and economic aspects of the holiday)

Week 5: Dining in Colonial Maryland

Week 6: Early Maryland Spirited Drinks

Joyce M. White is a Food Historian and can be reached at foodhistory@comcast.net.

She runs A Taste of History Programs and Resources & The Historic Faux Food Shop:

Website: www.atasteofhistory.net

Blog: <https://atasteofhistorywithjoycewhite.blogspot.com>

Facebook: A Taste of History with Joyce White

She is Vice President of the Board of Trustees, Hammond-Harwood House Museum, Annapolis and is Committee Chair of The Great Maryland Recipe Hunt (www.marylandrecipes.org)

41. Learn to Decoupage

March 30 – May 11 6 Weeks 9:15am – 10:30am **Zoom**

Instructor: Alicia Danyali

Email: aliciacdanyali@gmail.com

“Decoupage” comes from the French word “decouper”, which means to cut out or cut from something else. In this course as a decouper, you will learn and make projects that are enhanced not only with papers and fabric, but with painting effects, gold leaf, ink, embellishments, and even other mediums. Once you pick a surface (wood, tin, glass, ceramic, etc.) you will work and learn techniques on how to create on a variety of surfaces. Novice to expert – let’s create!

Materials needed: Surface (project item), sharp scissors (small and large), paintbrushes (foam and brush), old magazines, scrapbook paper, wrapping paper, fabric, embellishments, Mod Podge (4 oz bottle \$3.00), small squeegee (optional), craft mat (optional).

Alicia Danyali’s career has included roles as classroom teacher, mentor, teacher trainer, service coordinator, mediator, and administrator at schools in Baltimore, Washington D.C. and the Netherlands. She is committed to a partnership involving all stakeholders within

educational settings. Alicia earned a BS in Elementary Education from FIU, graduate degree in Supervision and Administration JHU School of Education.

42. Walking Buddy Group (Limit 25)

March 30 – May 11 6 weeks 9:15am – 10:30am **Campus**

Instructor: Louise Harmony

Email: harmonylouise3@gmail.com

We will walk for 45-60 min. once/week. Meet up place TBA. All levels of walkers/runners are welcome. The group will naturally divide into slow, medium, fast walkers. Fast walkers/runners will continue to walk/run around tennis courts or up the hill while slow walkers can take their time. If you have balance issues, contact me before class (phone or email). We can talk about "trekking poles/walking sticks.

*Louise has a BA in Physical Education, Health, and Recreation. She was a PE teacher for 2 years. For the past 5 years, I have been walking weekly, year around, from 1-4x/week. She uses "homemade" walking sticks. Louise is passionate about being as physically active as health allows and understanding how the body has changed and accept it. Louise is interested in helping you reach your desired level of activity in a *safe way* and in a *s-l-o-w manner*. More info coming as class approaches.*

43. Eastern Religions

Feb 09 – May 11 13 Weeks 9:15am – 10:30am **Campus**

Instructor: Sister Eileen Eppig, SSND, PhD

Email: eepig@amssnd.org

This course will consider the traditional Eastern religions of Hinduism, Buddhism, Taoism, Confucianism, Shinto and Sikhism. For each religion we will look at historical development, aspects of the divine, creation stories, sacred time, sacred space, sacred people, sacred texts, religious rituals, the predicament of sin, goals of religion and pathways to the goal.

Optional Textbook: Eastern Religions General editor, Michael D. Coogan

Sister Eileen has been professed as a School Sister of Notre Dame for 56 years. She has a Masters in Theology and Spirituality and a Doctorate in Religious Studies; she has been a teacher, spiritual director, and a guide for days of prayer; she has studied and taught Theology, Spirituality, and Religious Studies at Notre Dame of MD University.

44. Open Studio for Prose Writers (Limit 15)

Feb 09 – May 11

13 Weeks 9:15am – 10:30am

Hybrid

Instructor: Donna Bertling

Email: Instructor will provide

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

Donna has a B.A. in English from Loyola University. She is the author of two historical novels, Runaway Fire and Anna's Time.

45. Chair Yoga (Limit 20 Campus / 30 Zoom)

Feb 09 – May 11

13 Weeks 9:15am – 10:30am

Hybrid

Instructor: Linda McGill

Email: aharte12@gmail.com

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 32 years. She is a certified 500hr Yoga & Meditation Teacher.

46. Talk with Your Hands

Feb 09 – May 11

13 Weeks 9:15am – 10:30am

Zoom

Instructor: Renuka Purimetla

Email: renuka.purimetla@gmail.com

Discover the fun of learning sign language and using your hands to communicate with each other and use it to interact with Deaf and Hard of Hearing communities. We will use storytelling and exercises to learn basic vocabulary, fingerspelling, and basic sentence structures for easy conversation. A fun and interactive class where you learn new things about your fellow RI members too. Join us for a wonderful educational and bonding experience!

Chicago native, Renuka, landed in the Baltimore-area studying Sign language Interpreting. She finds joy in teaching sign language to eager students where she feels great satisfaction in knowing that class provides opportunities to learn and grow together.

47. The Sacred Mountain (Limit 35)

Feb 09 – March 23

7 Weeks 11:00am – 12:15pm

Campus

Instructor: John (Jack) Danz

Email: john.danz123@gmail.com

Lecture format supported by PowerPoint slides. Parables have been used for thousands of years to teach and inform people of sacred and moral truths and principles. Parables were very effective in teaching people who could not read and write but could listen to stories. Their meaning can often include a wide number of interpretations. This course will present parables from a broad spectrum of sources.

John (Jack) has a B.S. degree from Virginia Tech in History. He has taken seminars and courses at the Darden School, University of Virginia, and University of Chicago. He has taught at Towson University and has lectured at many organizations in the Baltimore area. Jack is also a Lay Minister, United Methodist Church.

48. Shakespeare's Women: Their Infinite Variety, Part Two (Limit 25)

Feb 09 – March 23 7 Weeks 11:00am – 12:15pm **Campus**

Instructor: Marianna Russell

Email: marianna.russell1968@gmail.com

Shakespeare's women don't always rule, but they invariably capture our attention. Over his career, Shakespeare created female characters who grew in complexity, challenging contemporary ideas about women—characters interpreted over time to reflect changing attitudes towards women. This course is offered in two parts: Fall 2022 we looked at Histories and Comedies; in Spring 2023 we will focus on Tragedies and Romances (Shakespeare's later plays). Lecture, discussion, readings.

Marianna Russell graduated from Notre Dame's Continuing Education Program with a B.A. in English and went on to receive a M.A. in Liberal Studies. She has an abiding interest in Shakespeare and British Literature and served as a Docent at the Folger Shakespeare Library for ten years.

49. The Lives of the Stars

Feb 09 – March 23 7 Weeks 11:00am – 12:15pm **Campus**

Instructor: Edward Berkowitz

Email: ber@gwu.edu

In a series of lectures and discussions, this seven-week course examines the lives of the stars of stage, screen, radio, and television in the twentieth century. Such luminaries as Jack Benny, Groucho Marx, Humphrey Bogart and Katharine Hepburn will be included, in an effort to understand the development of American show business over the course of the past century.

Ed Berkowitz is a Professor Emeritus of History at George Washington University who has taught courses related to American history at the Renaissance Institute.

50. Big History (Limit 25)

Feb 09 – March 23 7 Weeks 11:00am – 12:15pm **Campus**

Instructor: David Hoover

Email: hoovler6@gmail.com

Exploring the eight thresholds of major cosmic and historical change, from the Big Bang to the present. Big History focuses on: 1) Big Bang and the origin of the universe, 2) the origin of galaxies and stars, 3) the creation of new chemical elements, 4) the emergence of our sun, solar system and planet, 5) the emergence of life on earth, 6) the appearance of Homo Sapiens, 7) the appearance of cities, states, and agrarian civilizations, and 8) the modern revolution. This course also will analyze the threshold we are currently in - the ninth threshold. It particularly will focus on what we can learn from the eight thresholds, and especially 6, 7, and 8, which will help us understand our more recent history as we move into the ninth threshold.

David Hoover loves the study of history and has taught history and politics since 1969. He is a Ph.D. in Political Science (International Relations and American Politics Specializations) and has taught a variety of history and politics courses at Memphis University and Notre Dame of Maryland University from 1976. In the last ten years he has been studying Big History and it has been an incredible journey and he would like to share this fascinating subfield in history with others.

51. Beyond the Snapshot (Limit 30)

Feb 09 – March 23 7 Weeks 11:00am – 12:15pm **Hybrid**

Instructor: Carolyn Sutton

Email: the2suttons@gmail.com

Did you ever wonder how some people's photographs are stunning and yours are just average? In this class we will focus on composition, point of view, framing, simplicity, depth of field and many other concepts that will help you MAKE, not just TAKE, photographs. Each week we will cover one concept then take that idea into the field for you to practice and send in for the class to consider together. This hybrid lecture/discussion class is appropriate for any kind of camera, including your phone.

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 enjoys teaching drawing, painting, photography, graphic design and digital illustration.

52. More Geological Wonders (Limit 35)March 30 – May 11 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: Page Campbell

Email: pagerini@peoplepc.com

This is a continuation of the Great Courses presentation entitled "The World's Greatest Geological Wonders". This segment, presented via DVD, covers Cave of Crystals, Great Blue Hole, Ha Long Bay, Bryce Canyon, Uluru/Ayers Rock, Devils Tower, Antarctica, Columbia Glacier, Fiordland National Park, Rock of Gibraltar, Bay of Fundy, and Hawaii. The course features stunning visuals of these amazing places.

Page Campbell, a long-time R.I. member; and has presented a number of courses at R.I. Deborah Slawson, another R.I. member who holds a PhD. in Geomorphology, will be a resource for any technical questions which arise from course participants.

53. Dominance in Nature and Human Society (Limit 25)March 30 – May 11 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: David Hoover

Email: hoovler6@gmail.com

In this course we will explore and understand dominance and submission patterns in the natural world as well as human societies throughout history. Natural selection entails intra-species, inter-species, and sexual competition and dominance. Our study will include predator and prey relationships as well as male and female dominance patterns in the natural world. We will also discuss patterns of class, race, ethnicity, and gender role dominance in band society, ancient and modern empires, and contemporary societies.

David Hoover is a lifetime synthesizer drawing on multiple disciplines in his study and teaching. He is Ph.D. in Political Science and has taught history and politics at Memphis University and Notre Dame of Maryland University. He has been interested in power, dominance, and hierarchy throughout his life. His study of evolutionary and social psychology has enhanced his understanding of power and hierarchy. He would like to share what he has learned.

54. The Partition of India: 1947

March 30 – May 11 6 Weeks 11:00am – 12:15pm **Campus**

Instructor: Saima Sitwat

Email: saimaadil@hotmail.com

The Partition of India subcontinent in 1947 created one of the largest refugee crises in the world. What were the circumstances that made the Partition necessary? What led to the creation of first two and then three nation states of Hindustan, Pakistan, and Bangladesh (formerly East Pakistan)? How did a land far off in the Indian Ocean become Jewel in the British Crown? This course will trace a history of the subcontinent, the legacy of colonialism and how a people who had lived together for centuries, come to be divided by identity politics.

Saima Adil Sitwat is a writer and educator based in Baltimore, MD. She has an MA in English from University of Karachi, Pakistan and Master of Public and International Affairs and Global Studies Certificate with concentration in South and Central Asia from University of Pittsburgh. She is originally from Pakistan and grew up in a family of first generation migrants from India to Pakistan during the Partition of 1947.

55. The History of the Department Stores: Cathedrals of Consumerism

March 30 – May 11 6 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Barbara Ressin

Email: brbteach@comcast.net

The national department stores and those in Baltimore were all started by immigrant men and woman who came to this country with little or no money or education. Many started as peddlers and ultimately built these magnificent stores that sometimes-rivalled palaces. Many of these entrepreneurial families not only dominated fashion and retail, but made large contributions to the cultural and civic parts of their communities. Learn how these peddlers became merchant princes.

Barbara graduated Towson University with a BA, taught at Baltimore City Public Schools for 3 years, Beth Tfiloh Community Day School in secular division for 25 years, adjunct faculty member for CCBC for 12 years, Florida Gulf State University for 3 years, Osher at Towson for 8 years, and Oasis Montgomery County for 6 years.

56. Short Story Masterpieces (Limit 28)

Feb 09 – May 11

13 Weeks 11:00am – 12:15pm **Hybrid**

Instructor: Elizabeth Fanto

Email: efanto37@gmail.com

This course offers a balance between well-known “classics” and works by newer contemporary voices from the United States and abroad. Due to the need to duplicate materials, the class is limited to 28 to allow for optimal informal discussions by members. New stories are taught each semester.

Material Fee: \$15 for printed copies

Elizabeth is a graduate of Towson University, with a B.S. in Education and a Master’s in English. She taught high school English and Creative Writing in BCPS, and sponsored Dulaney’s literary/art magazine for six years. She has taught RI writing classes for 20 years. She was editor of Reflections magazine for 6 years.

57. Views of the News

Feb 09 – May 11

13 Weeks 11:00am – 12:15pm **Zoom**

Instructor: Hollis Jackson

Email: hollis1818@outlook.com

During our discussions, members are invited to share opinions, concerns and critiques of current items in the news. Members are encouraged to read a wide range of sources to deepen our discussions. Polite discourse is the idea.

Hollis Jackson was a social worker for over 40 years. She has an MSW from University of Maryland and an MS. Ed in counseling from University of Miami.

58. The Simple Tenses in Spanish (Limit 20)

Feb 09 – May 11

13 Weeks 11:00am – 12:15pm **Zoom**

Instructor: César Omar Gopar García

Email: cesargoparg@hotmail.com

Workshop:

- Via Zoom
- Word and PDF documents.
- Infographics
- Share computer screen with students.
- Online exercises.
- Images

To know how to recognize the different verb tenses and how to use them, will allow you communicate in an acceptable way in any area.

Cesar completed studies in foreign language teaching at the Benito Juárez University of Oaxaca. (Faculty of Languages). Professional experience: Teaching English in person, in different schools in Oaxaca, and Spanish lessons via Skype.

59. Movies in the Afternoon (Limit 25)

March 30 – May 11

6 Weeks 12:45pm – 3:00pm **Campus**

Instructor: Ted Walman and Vickie Lapicki

Email: vickie.lapicki@aol.com; Tedwalman@gmail.com

In this 6-week course the Instructors will exhibit selected films covering different genres. Films run the gamut from older classics to contemporary cinema. Each class starts with an Instructor providing a brief summary of the film including title, year made, plot summary, actors, actresses, and director. The film is then featured with “closed captions”. After the film concludes, the Coordinators provide additional background information and little-known facts which leads to an open discussion.

Ted Walman is a retired optometrist and has a great love of movies. He leads a social group which attends movies at least twice a month. Vickie Lapicki takes great pleasure in sharing the experience of film with the members of Renaissance.

60. A Script Read Through & Discussion of Sophocles' Oedipus the King (Limit 25)

Feb 09 – March 23 7 Weeks 1:00pm – 3:00pm **Campus**

Instructor: Beverly Parsons
Email: bp@beverlyparsons.com

We will do a read-through of Sophocles' play, Oedipus the King and discuss the plot and alternative themes. Aristotle said in his book Poetics that Oedipus the King was the most perfect play ever written. We will take an in-depth look at what makes an effective plot and how Sophocles nailed it with Oedipus the King. The class will culminate with a viewing of the 1986 BBC Oedipus the King translation by Don Taylor. Students will be provided the script of the specific translation we will be reading in the class.

Materials fee: There will be a nominal fee for copying.

Bev Parsons is a native Baltimorean. Her hobby is family history research and she is currently writing a family history memoir. She has a Bachelors in Science in Psychology from Towson University and is a graduate of University of Maryland School of Social Work. She served the aging community as a licensed geriatric social worker. She has written a documentary play about siblings of Vietnam Veterans and hopes to complete an adaptation of the play Oedipus the King.

61. Seven Crafts in Seven Weeks (Limit 10)

Feb 09 – March 23 7 Weeks 1:00pm – 3:00pm **Campus**

Instructor: Terri Eckard
Email: teckard1@hotmail.com

What's your craft? Don't know? This is your chance to try seven different crafts, starting with decoupage. Change an old jar and a paper napkin into a new vase. How about earrings? Could you use a new pair or ten? How about soap making, card creation, or some other craft you've always wanted to try. Open to suggestion.

Materials fee: TBD. Material costs will be modest. I will ask students to gather some of their own materials, but it will be things like glass jars, napkins, beads, etc. Most they will probably have. Others they will buy own their own, if they are interested. I will have materials that can be borrowed. First session will be intro and discussion on which projects to complete.

Terri's been a crafter from childhood. She was ALWAYS finding things and turning them into something else. For the last couple years after retiring from my sports and events photography

job, she's been teaching crafting at Marian House (a transitional housing facility for women released from prison) as a volunteer. Now she wants to continue sharing what she has learned.

62. Create Your Own Cards (Limit 10)

March 30 – May 11

6 Weeks

1:00pm – 3:00pm

Campus

Instructor: Terri Eckard

Email: teckard1@hotmail.com

Tired of spending many \$\$ on cards? Make your own for less money and greater joy for you and the recipient.

Materials fee: Material costs range from minimal to whatever the student cares to spend! For the first class, white card weight stock and water color paints will be needed. First class will be creating backgrounds and becoming familiar with the types of stamps and materials that will be used in subsequent classes. There are a lot of options!

Terri has been making things my entire life. After retiring as a sports and events photographer, she started making cards and donating them to charity. To date she's donated more than 1,000 handmade cards to places like shelters and nursing homes. She teaches at Marian House and now wants to share what she's learned at RI.

63. Poetry of Joy and Wisdom (Limit 20)

Feb 09 – May 11

13 Weeks

1:15pm – 2:30pm

Campus

Instructor: Sister Kathleen Feeley

Email: kfeeleyssnd@gmail.com

We will read, ponder, read aloud, form ideas mentally, and then discuss each poem, exploring together its joy and wisdom. We will learn about the poets, and learn how the structure of a poem helps to communicate its meaning. We will use a poetry booklet that I will create.

Materials fee: Booklet, RI will collect the fee.

Sister Kathleen loves to teach poetry because it contains a richness that enlightens and inspires those who read it. She has taught it for many years at NDMU, and in colleges and universities in Japan, China, India, Africa, and Australia. She chooses a wide array of different kinds of poetry to be sure that each poem will reach most participants, and some poems will reach all.

64. Introduction to Ballet (Limit 15)

Feb 09 – May 11

13 Weeks 1:15pm – 2:30pm

Campus

Instructor: Susan Sklar

Email: ssklar3565@yahoo.com

Learn basic ballet barre and center exercises while improving balance, flexibility, coordination, posture, and range of motion. Join our warm, supportive community of adult dancers. Absolute beginners welcome.

Materials needed: Comfortable workout clothes and ballet slippers

Susan Sklar has and continues to study ballet at several studios in the Baltimore area. She has performed in classical ballets including Giselle, Swan Lake, The Nutcracker, and La Bayadere, and truly enjoys sharing her knowledge and love of ballet with the RI community.

65. Ukulele Class

Feb 09 – May 11

13 Weeks 1:15pm – 2:30pm

Zoom

Instructor: Raymond Forton

Email: rgforton@gmail.com

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 players and listeners. A 22-year career as a public-school music educator has taught me the importance of joy in learning music.

66. Integrative Spirituality and Meditation

Feb 09 – May 11

13 Weeks 1:15pm – 2:30pm

Zoom

Instructor: Patsy Kuo Eisenstein

Email: metajewel@gmail.com

The aim of this course is to cultivate our ability to live a more integrated lifestyle through yoga and interbeing wisdom, so we can consciously participate as our best self in our daily endeavors and relationships with others. When we are an integrated person as our best self, we can then actively contribute positively to life.

Patsy Kuo Eisenstein has been a yogi for thirty years. She is a certified yoga instructor (YTT500) with Kripalu Institute and a long-time meditator. She is a co-founded of an online community called A New and Ancient Story where she practices the Tao of leadership to co-steward the space with others.

67. Art Collaborative **(Limit 15)**

Feb 09 – May 11

13 Weeks 2:45pm – 4:00pm

Zoom

Instructor: Josef Nathanson and Paula Murphy

Email: murphpgm@gmail.com, urbaninfo@icloud.com

Artists of any experience work at their own pace, in preferred medium and chosen subject. Camaraderie, encouragement, insight, sharing techniques, newly discovered resources. A synergy that nurtures; lively & friendly incentive to keep working. Awaken your dormant skills. Each week we send a new piece of finished/ongoing work to the facilitator. We all review together on Zoom at our weekly meeting.

Josef Nathanson studied oil painting classes in high school years in Philadelphia. Watercolor is a new medium for him, starting just a few years ago. He finds the support and critiques by others in Art Collaborative to be rewarding.

Paula Murphy is a retired math teacher, emergency nurse. A renewed friendship with drawing and watercolor media, due to opportunities at RI, and Art Collaborative. Both will testify that participation in Art Collaborative has nurtured their experiences.

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