



# Renaissance Institute



NOTRE DAME OF MARYLAND UNIVERSITY

## Fall 2023

### Lifelong Learning



# 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.

**K**eeping 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 Fall Semester; \$475 for the Full Year (Fall and Spring Semesters)

**DATES AND TIMES:** Dates and times will be as stated in the catalog. Fall 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](mailto:sbigley1@ndm.edu), [sadams@ndm.edu](mailto:sadams@ndm.edu)

## Tuesday Classes

### **1. Historic President Street Station & Site of the First Bloodshed of the Civil War (Limit 50)**

Sept 12 – Oct 17      6 Weeks      9:15 – 10:30AM      **Campus**

Instructor: Robert Reyes

Email: [presidentstreetstation@gmail.com](mailto:presidentstreetstation@gmail.com)

The course will introduce the history of the President Street Station Museum. The lectures will include: the Railroad History: Port of Baltimore, B&O RR, Baltimore Port Deposit RR, (PWB) Philadelphia Wilmington Baltimore RR, (PRR), Pennsylvania RR, Conrail, AMTRAK, CSX, Norfolk Southern RR; the President Street Station Building (Architectural History) - National Park Service Studies; the Slave Trade, Abolition, Underground Railroad; the Emigrant Railroad - Emigration to U.S. Frontier Territories, NYC Italian Immigration to Baltimore's (Little Italy); Abraham Lincoln and the Civil War; and the Pennsylvania Railroad World War I, WWII, and the Post War Decline.

*Robert is a retired Civil Servant and worked with the U.S. Postal Service HQ Stamp Services as (Archivist) of the Postmaster General Collection Postage Stamp Art and as the Pictorial Postmarks National Program Manager for 16 Years. Additionally, he worked in Postal Field Operations for 14 years. Robert also worked in Private Sector Forbes 500 Companies for 10 years. Robert attended UMBC UM College Park, U of Wash Seattle, Campbell Center for Historic Preservation Studies Mount Carroll, IL. He founded the Baltimore Civil War Museum in 1997. He is currently a Volunteer Staff member at the President Street Station Museum, formerly the Baltimore Civil War Museum.*

### **2. Shakespeare, A Fresh Look: Juliet and Romeo (Limit 20)**

Sept 12 – Oct 17      6 Weeks      9:15 – 10:30AM      **Campus**

Instructor: George Kessler

Email: [gkessler@bsfa.org](mailto:gkessler@bsfa.org)

Would Juliet and Romeo have been a more apt title? The class will explore an act of the play each week with a focus on Shakespeare's regard -- and sometimes disregard -- for women, including in-class reading, volunteers only, and ample discussion of the issues in the text and their relevance to our current culture.

**Textbook: Romeo and Juliet Dover Thrift Edition (\$3 on Amazon), ISBN # 0486275574**

*George taught English and math for 47 years in the Baltimore City Public Schools, the last 27 at the Baltimore School for the Arts.*

### 3. Forever Fit & Fun (Limit 20)

Sept 12 – Oct 17      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: CJay Philip

Email: [danceandbmore@gmail.com](mailto:danceandbmore@gmail.com); [ElderArts.DAB@gmail.com](mailto:ElderArts.DAB@gmail.com)

Forever Fit & Fun by Dance & Bmore is a movement and music class designed for those 55 years and older. A range of modified seated movement meets students of any level or ability where they are. Classes include movement, music, and games to help participants be engaged, active, and creative while strengthening relationships and building a sense of community and well-being. Award-winning arts educator CJay Philip leads classes along with other Dance & Bmore artists.

*Since 2011, CJay Philip and Dance & Bmore have provided Fit & Fun jam sessions for older adults throughout Baltimore. CJay's holistic approach to health and wellness stimulates imagination, strengthens relationships, and builds a sense of community and joy.*

### 4. The Foundations of Western Civilization: The Great Courses - Part I (Limit 20)

Sept 12 – Oct 17      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: John Meredith

Email: [johnmeredith1439@gmail.com](mailto:johnmeredith1439@gmail.com)

This Course will trace the development of Western Civilization using a series of 30-minute videos presented by Professor Francis F. X. Noble from the University of Notre Dame. We will show 2 videos per class and there will be opportunity for discussion. The first 6 weeks will cover the period from the Dawn of Western Civilization in Mesopotamia around 3,000 BCE until the period of the Greek Philosophers around 400 BCE. The course will continue in the second 6 weeks taking us to the emergence of the Christian Church around 180 CE. The course will continue in the Spring Semester, ending around 1600, as Western Civilization reached maturity. Although this is a two-part course, you can register for Part I only or register for both Part I and Part II (Course #9).

*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.*

## 5. TED Talks – Science

Sept 12 – Oct 17

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Nancy St. Pierre

Email: Not Listed, Will Be Provided by the Instructor

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

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

## 6. Qigong--It's Pronounced "Chee Gung"

Sept 12 – Oct 17

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Pamela Tanton

Email: [pamelatanton@gmail.com](mailto:pamelatanton@gmail.com)

In this class, you'll move your body in gentle ways that stimulate energy flow, improve balance, and increase flexibility, among other benefits. Qigong is a Chinese moving meditation and internal healing art, and to be honest, the best way to learn whether it's for you is to try it! We do standing and seated movements in class, and if you choose to sit during the standing movements, that's perfectly fine. For the first time, Pamela is offering qigong in two 6-week sessions. She'll focus on a different standing sequence in each one, which means that if you want to take just the second 6 weeks, you won't be joining in the middle.

*Pamela has been teaching qigong in Baltimore since 2004. She's studied extensively with Chinese qigong master Li Junfeng. Pamela does teach in person in other places, but she still enjoys her Zoom classes, and appreciates their accessibility for people who are unable to physically go to campus, or who simply enjoy the convenience of taking classes at home. The thing Pamela likes most about teaching qigong is being with people! And even on Zoom, she enjoys that connection.*

## 7. K-12 Education in the 21<sup>st</sup> Century (Limit 20)

Oct 24 – Dec 05      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: Janet Currotto

Email: [janet.currotto@comcast.net](mailto:janet.currotto@comcast.net)

Education of our children has always been of critical interest for parents, educators, politicians, and just about everyone else. Now, the Blueprint for Maryland's Future, based on the 4-year Kirwan Commission, is being implemented to reimagine K-12 education in our state. The goal of this class is to examine many recent education initiatives and share our various perspectives on past, current, and future approaches to education. Specific topics will be determined by class members, and spirited discussion will be encouraged.

*Janet is returning after several years' absence from teaching at RI. She has an ancient B.S. in Mathematics from UMd and then, upon retirement, she earned an M.S. in Educational Studies at JHU, focusing on mathematics learning and the use of IT in education.*

## 8. Misunderstood III: Shakespearean Villainy (Limit 20)

Oct 24 – Dec 05      6 Weeks      9:15 – 10:30AM

**Zoom**

Instructor: Sharon Harwood

Email: [sharonharwood43@yahoo.com](mailto:sharonharwood43@yahoo.com)

There's no villain like a Shakespearean villain! Machiavellian and murderous, they leave indelible reputations for evil-doing. But just suppose it's all a misapprehension on our part and these memorable characters are not as bad as we think, merely misunderstood. Read and discuss a Shakespearean drama and explore a literary backstory that may have you reconsidering the motives of its notable villain(s).

**Textbook: Folger Edition of a Shakespearean drama, used or library copy acceptable -- cheapest online pricing. A related novel, used or library copy acceptable -- cheapest online pricing**

*Sharon Harwood, retired educator and 16-year member of RI, combines a love of literature and history through interpretive courses. MISUNDERSTOOD III is the third in a series specifically examining Shakespearean villainy.*

## 9. The Foundations of Western Civilization: The Great Courses - Part II (Limit 20)

Oct 24 – Dec 05

6 Weeks

9:15 – 10:30AM

**Campus**

Instructor: John Meredith

Email: [johnmeredith1439@gmail.com](mailto:johnmeredith1439@gmail.com)

This is a continuation of Course #4. This Course will trace the development of Western Civilization using a series of 30-minute videos presented by Professor Francis F. X. Noble from the University of Notre Dame. We will show 2 videos per class and there will be opportunity for discussion. This 6-week session will start with the period of the Greek Philosophers around 400 BCE and will continue until the emergence of the Christian Church around 180 CE. The Course will continue in the Spring Semester, ending around 1600, as Western Civilization reached maturity. Although this is a two-part course, you can register for Part II only or register for both Part I (Course #4) and Part II.

*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.*

## 10. Dead Sea Scrolls

Oct 24 – Dec 05

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Don Burggraf

Email: [donald.burggraf@gmail.com](mailto:donald.burggraf@gmail.com)

This lecture course describes the discovery of these ancient documents and explores their contribution to understanding the history and culture of Israel and Palestine in the centuries just before and beginning of the Common Era. Students will hear descriptions of and excerpts from various scrolls. The class will rely on PowerPoint presentations and some videos.

*Don Burggraf is a retired Lutheran pastor, currently serving in a limited way with a local Lutheran-Episcopal congregation. He has taught a number of Renaissance Courses concerning ancient Biblical and non-Biblical texts, religious topics, and bird watching.*

## 11. Qigong--It's Pronounced "Chee Gung"

Oct 24 – Dec 05      6 Weeks      9:15 – 10:30AM

**Zoom**

Instructor: Pamela Tanton

Email: [pamelatanton@gmail.com](mailto:pamelatanton@gmail.com)

In this class, you'll move your body in gentle ways that stimulate energy flow, improve balance, and increase flexibility, among other benefits. Qigong is a Chinese moving meditation and internal healing art, and to be honest, the best way to learn whether it's for you is to try it! We do standing and seated movements in class, and if you choose to sit during the standing movements, that's perfectly fine. For the first time, Pamela is offering qigong in two 6-week sessions. She'll focus on a different standing sequence in each one, which means that if you want to take just the second 6 weeks, you won't be joining in the middle.

*Pamela has been teaching qigong in Baltimore since 2004. She's studied extensively with Chinese qigong master Li Junfeng. Pamela does teach in person in other places, but she still enjoys her Zoom classes, and appreciates their accessibility for people who are unable to physically go to campus, or who simply enjoy the convenience of taking classes at home. The thing Pamela likes most about teaching qigong is being with people! And even on Zoom, she enjoys that connection.*

## 12. Spanish is Fun – Intermediate

Sept 12 – Dec 05      12 Weeks      9:15 – 10:30AM

**Zoom**

Instructor: Judy Frumkin

Email: [judyfrumkin@gmail.com](mailto:judyfrumkin@gmail.com)

This will be an interactive course with emphasis on conversation. Participants are expected to have some ability in speaking Spanish on an intermediate level. Participants will talk about their activities and we will also discuss the environment, vacations and shopping. Participants should be able to discuss what they have done in the past. Culture and cultural readings and discussions will be infused in the course.

**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.*



### 13. Memory Pictures/Writers Workshop (Limit 20)

Sept 12 – Dec 05      12 Weeks      9:15 – 10:30AM

**Hybrid**

Instructor: Elizabeth Fanto

Email: [efanto37@gmail.com](mailto: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 was a sponsor of Dulaney's Sequel literary/art magazine for six years. She has taught RI writing classes for 22 years. She was editor of Reflections magazine for six years.*

### 14. Portrait Drawing

Sept 12 – Dec 05      12 Weeks      9:15 – 10:30AM

**Zoom**

Instructor: Alina Kurbiel

Email: [akurbiel@ndm.edu](mailto:akurbiel@ndm.edu)

This series of classes will teach you tips and tricks for drawing animal and human portraits. Each class takes you through real time presentation so you can draw along with an instructor, and learn through practice how to find the correct proportions for a portrait and draw realistic looking features. Also, you will learn how to use value to capture the effect of the light and make a portrait appear 3-dimensional. Beginners and advanced are welcomed.

**Materials Fee: Approx \$50**

*Alina Kurbiel was born in 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 career path to traditional art. She mainly works in watercolors, ink, charcoal and pencils. She is a signature artist of Baltimore Watercolor Society.*

**15. International News and World Events (Limit 20)**

Set 12 – Oct 17

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Ken Pfeifer and Tim Casey

Email: [wkpfeifer@comcast.net](mailto:wkpfeifer@comcast.net)

Discussion of Foreign Topics and current news events that will have a major impact on the US and the world. The course will focus on current world events. We will research the cause, history and prepare possible solutions based on current US and foreign policy. Each week the class will select the topics for the following week and we will ask a class member to prepare a brief 5 to 10-minute presentation on the topic. We will provide current video on the topics selected when available. CLASS PARTICIPATION IS REQUIRED

*Tim Casey is a former corporate executive and international consultant. Tim has been a RI member for 4 years. Ken Pfeifer is a former international consultant and a member of RI for 12 years.*

**16. Our Second War of Independence: 1812-1815 (Limit 20)**

Sept 12 – Oct 17

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: John (Jack) Danz

Email: [john.danz123@gmail.com](mailto:john.danz123@gmail.com)

This course focuses on the War of 1812 between the United States, Britain and their allies; 1812-1815. It was actually a minor theatre War of 1812 between the United States, Britain and their allies. It was in fact a minor theatre of Europe's Napoleonic Wars. Britain tried to enforce a naval blockade to isolate France. In doing so, they interfered with American shipping, violating International law. Britain supplied Native Americans with arms who raided settlers on the frontier. In 1812 President Madison declared war dividing American sentiment sharply – largely on regional lines. Peace came with the Treaty of Ghent, 1814, with no meaningful boundary changes.

*John (Jack) is a graduate of Va Tech; B.S. History & Political Science, He was Adjunct faculty, Towson University, Financial Management. He also served several years as Program Director, Baltimore County Historical Society. He has lectured widely on aspects of Maryland as well as United States' history.*

## 17. Beginning International Folk Dance (Limit 15)

Sept 12 – Oct 17      6 Weeks      11:00AM – 12:15PM

**Campus**

Instructor: Paul Kreiss

Email: paul1kreiss@verizon.net; leith92@yahoo.com [Kim]

Learn circle and line folk dances from many countries, in particular from the Balkans and the Middle East, in RI's friendly, supportive "village." Enjoy music from these varied traditions and discover how music and dance intertwine with everyday life. All are welcome--no experience or partner needed. Comfortable low-heeled shoes and clothing in layers are recommended. (Class may choose to conclude with a performance / party!) Vaccination and masking will be requested. (Workshop)

*Paul Kreiss has been teaching international folk dancing in Baltimore for about 40 years. He is a retired chemistry professor and knowledgeable birder. [Members of the Baltimore International Folk-Dance Group will help with dances, music, and tech.]*

## 18. Walks in the Walters

Sept 12 – Oct 17      6 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 the arts 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.*

**19. Coming to Baltimore: Immigrants Old and New (Limit 20)**

Oct 24 – Dec 05

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Nicholas Fessenden

Email: [nicholasfessenden@comcast.net](mailto:nicholasfessenden@comcast.net)

The course combines lecture and discussion. Baltimore was America's third largest port of entry during the Great Wave of Immigration of 1830-1914. Specific groups including Germans and Irish during 1830-90, followed by Russian Jews, Poles, Czechs, Italians, and Lithuanians. A nativist movement arose, which led to America's restricting immigration in the 1920s, which later had tragic consequences for refugees fleeing persecution. Another consequence was the migration of southern Blacks to northern cities. After 1965, the U.S. opened its doors to immigrants from all countries, and Hispanics and Asians were the two groups to become new Americans.

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

**20. Gustav Klimt: His Work, His World, and His Women (Limit 20)**

Oct 24 – Dec 05

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Christine Bentley

Email: [frau.bentley@verizon.net](mailto:frau.bentley@verizon.net)

Gustav Klimt was a talented as well as controversial artist who painted during the golden age of Viennese art. He is known for his sumptuous portraits of beautiful women. Klimt scandalized the art world of his day, was a member of the Viennese Secession Movement and, his work was iconic in the shift to modernism. The class will be delivered by lecture with PowerPoint Slides.

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

## 21. Optimal Aging - How to Maximize Longevity, Independence and Quality of Life

Oct 24 – Dec 05

6 Weeks

11:00AM – 12:15PM

**Zoom**

Instructor: Daniel Chapman DPT, OCS

Email: [Dan@ChapmanPT.com](mailto:Dan@ChapmanPT.com)

Old doesn't equal weak! Societal messaging rarely accentuates the importance of proper strength training for individuals over the age of 50. This often leads to frailty, falling and lack of independence. Learn how to optimize your strength, longevity and quality of life (yes, even if you have pre-existing conditions.) Through proper strength and balance training you can combat arthritis, frailty, chronic illness and disability. This course will consist of 6 lectures with each lecture followed by a short discussion period.

*Dr. Dan Chapman is a residency-trained Doctor of Physical Therapy, Board-Certified Orthopedic Clinical Specialist and Strength and Conditioning Specialist. He owns a private physical therapy practice in Hampden where he focuses on helping adults over the age of 50 optimize their health through a combination of physical therapy, strength and balance training, nutrition and activity coaching.*

## 22. Short Stories by Flannery O'Connor and Eudora Welty (Limit 20)

Sept 12 – Dec 05

12 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Kathleen Feeley, SSND

Email: [kfeeleyssnd@gmail.com](mailto:kfeeleyssnd@gmail.com)

Two women writers, different in every way, lead the list of American Southern Writers. We will read their stories, reflect on them, and discuss each to discover its deep meaning, even while we delight in the content. I will prepare you to read each story deeply. Requirement: dedicated time to read one story each week once, reflect, read it a second time, and reflect. This preparation is necessary in order to contribute to the class discussion.

**Textbook: The Complete Stories of Flannery O'Connor; The Collected Stories of Eudora Welty**

*I have personally met each of these writers and studied their works during my long teaching career. I have taught literature at NDMU, JHU's Osher Program, and overseas in Africa, China, and Australia. I have been teaching in the Renaissance Institute for many years, and find the experience very rewarding because of the calibre and interest of the participants!*

## 23. Renaissance Singers (Limit 50)

Sept 12 – Dec05      12 Weeks      11:00AM – 12:15PM

**Campus**

Instructor: Nancy Heinold

Email: [nancy.heinold@gmail.com](mailto: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.*

## 24. Spanish Is Fun for Beginners

Sept 12 – Dec 05      12 Weeks      11:00AM – 12:15PM

**Zoom**

Instructor: Judy Frumkin

Email: [judyfrumkin@gmail.com](mailto:judyfrumkin@gmail.com)

This will be an interactive course incorporating thematic Spanish conversation. It is a continuation of the Spring class although beginners are welcome to join us. We will discuss activities, numbers, time, descriptions, and dates, among other topics. Emphasis will be on conversation. Culture will be infused into the course.

**Textbook: Spanish is Fun, Book I – Preferably the 4<sup>th</sup> or 5<sup>th</sup> edition**

*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.*

## 25. Chair Yoga (Limit 10 Campus; 30 Zoom)

Sept 14 – Dec 07      12 Weeks      11:00AM – 12:15PM

**Hybrid**

Instructor: Linda McGill

Email: laharte12@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.

**Materials: Students need to have a chair with a hard seat and no arms.**

*Linda McGill is a Roland Park Native of 32 years. She is a certified 500hr ytt Yoga & Meditation Teacher.*

## 26. New Yorker Roundtable

Sept 12 – Dec 05      12 weeks      11:00AM – 12:15PM

**Zoom**

Instructor: Brian Young

Email: Perwhit@aol.com

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.

**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.*

## 27. Compact Crimes (Limit 20)

Sept 12 – Oct 17      6 Weeks      1:00 – 3:00PM

**Campus**

Instructor: Elizabeth Ruppert and Whitney Jacobs

Email: elizruppert@hotmail.com and Whitneymjacobds@gmail.com

Riding in a compact car doesn't mean it's less of a car than a sedan. It's got an engine, a drive train, cylinders, tires, and a passenger cabin. Reading a mystery of fewer than 200 pages doesn't mean it's not as good as a 350-page mystery. It's compact and portable not minor or insignificant. We'll have murderers and detectives, mayhem and madness, climbing excitement and reveals. Yes, they are shorter than some, but they are mysteries none the less.

*Elizabeth and Whitney have hosted book discussions at Renaissance for three years, and the conversations get better and better.*

## 28. Oldsters, Youngsters, & Canine Superstars

Sept 12 – Dec 05      12 Weeks      1:00 – 3:00PM

**Zoom**

Instructor: Amanda Joyce

Email: amanda.joyce7131@gmail.com

In this film course, we will explore 125 years of movie history via Zoom. Half of the course will be devoted to the depiction of older people, and the way it evolves with each cinematic era. The second half will focus on children and the way their presence in films may influence or reflect cultural changes. Rounding out the class will be two lighthearted sessions devoted to charismatic canine thespians. A group discussion will follow each presentation.

*Amanda Joyce enjoys watching and discussing films from all eras, especially Hollywood's Golden Age. She has taught several film classes at Renaissance.*



## 29. Watercolor

Sept 12 – Dec 05

12 Weeks

1:00 – 3:00PM

**Zoom**

Instructor: Alina Kurbiel

Email: akurbiel@ndm.edu

This program is for artists who tried watercolor painting before and for those who are new to this medium. We will use simple wet-on-wet, wet-on-dry and dry-on-dry techniques. We will also learn how to paint using negative painting techniques to build up layers of color and create stunning abstract watercolor art. We will draw from reference photographs and we will have various subjects, landscape, flowers, still life, humans.

**Materials Fee: Approx \$100**

*Alina Kurbiel was born in 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 career path to traditional art. She mainly works in watercolors, ink, charcoal and pencils. She is a signature artist of Baltimore Watercolor Society.*

## 30. Acting Improvisation (Limit 18)

Sept 12 – Oct 17

6 Weeks

1:15 – 2:30PM

**Campus**

Instructor: Natalie Pilcher

Email: natpilch12@gmail.com

Come join us to improvise in a fun and relaxed atmosphere. Learn to mine your own creative imagination as you explore comedy improvisation through theatre games such as The Bench Game, One Minute Professor, The Toy Store, Questions Only, Scenes from a Hat, and Props. This class is an enjoyable way to collaborate 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, Actor's Ensemble, and others, she's taught at Catonsville Community College, Oldfields, St. Paul's Schools, and Peabody Preparatory. She's directed productions at these schools, Pumpkin Theatre, Maryland School for the Blind, and Krieger Schechter among others. Natalie was an Artist in Residence for the Maryland State Arts Council.*

### **31. Special Topics in Jazz Music (Limit 50)**

Oct 24 – Dec 05      6 Weeks      1:15 – 2:30PM

**Campus**

Instructor: Bob Jacobson

Email: bobboj@aol.com

We'll begin with an overview of jazz styles, then move into more specific topics, including: the racial history of jazz; small bands of the Big Band era; women instrumentalists; unusual instruments in jazz; and jazz humor in story and song. Formats will include lecture, recordings, video performances, film, and discussion.

*Bob Jacobson is a semi-professional clarinetist and saxophonist. He has written on jazz for websites and the Baltimore Jazz Alliance newsletter and contributed two chapters to the book Music at the Crossroads: Lives & legacies of Baltimore Jazz. Bob developed BJA's Jazz for Kids program. For Renaissance Institute he has taught Meet Baltimore Jazz Artists and Music in Baltimore: Behind the Scenes.*

### **32. Conversations on Christian Ethics (Limit 20)**

Sept 12 – Dec 05      12 Weeks      1:15 – 2:30PM

**Campus**

Instructor: Fr. Steve Spahn, S.J.

Email: sspahn@loyola.edu

Christianity presents its followers with a particular moral compass. In the Gospel of John, Jesus says, "I came so that they could have life and have it to the full." What does the model of life offered and inspired by Jesus look like? How has the Church articulated, defended and applied that vision? Can Christian ethics be relevant to a time and place so far from Jesus' own? These and other poignant questions are the project of this lecture/discussion class.

*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).*

### 33. The Architecture of Baltimore

Sept 12 – Dec 05      12 Weeks      1:15 – 2:30PM

**Zoom**

Instructor: Dereck Mangus

Email: [dereck.mangus@gmail.com](mailto:dereck.mangus@gmail.com)

For my 12-week course, I propose to conduct lectures on the history of architecture in Baltimore via Zoom. As architecture is my subject, it's important that my students get outside and directly engage with local examples. Thus, the final lecture would ideally be an in-person meeting at a location in Baltimore City. I am loosely basing this course on a similar one I took while a graduate student at Harvard University: "Architecture of Boston." Like Boston, with its many design styles, Baltimore is a veritable museum of architecture.

*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.*

### 34. Nia Technique Fitness Class (Limit 20)

Sept 12 – Dec 05      12 Weeks      1:15 – 2:30PM

**Campus**

Instructor: Rebecca Donnelly

Email: [rdonnellyacupuncture@gmail.com](mailto:rdonnellyacupuncture@gmail.com)

Nia technique is a fitness fusion class that combines dance arts, martial arts and healing arts set to a soundtrack of world music. Participants are encouraged to be barefoot and to wear comfortable workout clothes. Nia can be enjoyed by anybody at any fitness level. You can choose your level of workout. Whatever level you choose the main idea is to move, express, and most importantly have some good fun moving your body!

*Rebecca is a Black Belt Nia Instructor. She also is an acupuncturist and owner of a healing studio called BlueGreen Acupuncture and Bodywork. Rebecca offers a warm, fun, and non-judgmental place to explore moving.*

## 35. Poetry Workshop (Limit 19)

Sept 12 – Dec 05

12 Weeks

1:15 – 2:30PM

**Zoom**

Instructor: Susan Marshall

Email: [gibbysue@comcast.net](mailto:gibbysue@comcast.net)

In poetry workshop we come together to share our writing and to offer gentle criticism and encouragement to each writer. I offer weekly writing suggestions which may or may not be followed, as inspiration dictates. Attendance is encouraged whether a member has a poem for the week or not, as participation in regarding others' poems is an important part of the class.

*Susan Marshall earned her degree in English as a Continuing Education student at Notre Dame, where she returned for a Masters in Liberal Studies. She has been leading the poetry workshop for several years.*



## Thursday Classes

### **36. Geological Wonders: The Finale (Limit 30)**

Sept 14 – Oct 19      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: Page Campbell

Email: [pagerini@peoplepc.com](mailto:pagerini@peoplepc.com)

This is the third and final segment of the Great Courses course entitled "The World's Greatest Geological Wonders". It can be appreciated on its own whether or not the student has taken one or more of the prior segments of this course. Using cogent explanations and stunning visuals via DVD, the course covers such unusual sites as Yellowstone, Iceland, the Dead Sea, and even some Planetary Wonders.

*Page Campbell, a long-time R.I. member, has presented a number of courses at R.I., including the first two segments of this course. Deborah Slawson, another R.I. member who holds a Ph.D. in Geomorphology, will be a resource for any technical questions which arise from course participants.*

### **37. Painting from Nature with Watercolors and Ink (Limit 20)**

Sept 14 – Oct 19      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: Ilene Gold

Email: Not Listed, Instructor Will Provide

Enjoy learning new techniques with watercolors and inks. No experience in painting or drawing is required. If you have taken my watercolor classes before, you are welcomed to take this class to explore further uses of watercolors and inks. New techniques will be demonstrated, along with composition and design.

**Materials List: Instructor will provide**

*Ilene Gold has been teaching art for over 30 years. Her watercolor, photography and collages have sold in gift shops throughout the country. Last year, Ilene taught Watercolors for Beginners and Collage on campus for Renaissance Institute.*

### **38. Travels in the Americas**

Sept 14 – Oct 19

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Josef Nathanson

Email: [urbaninfo@comcast.net](mailto:urbaninfo@comcast.net)

Travels through the Western Hemisphere will offer exciting new (virtual) adventures: the marvels of Machu Picchu, the splendor of the Colorado Rockies, a cruise through the Panama Canal all await you.

*Joe Nathanson began presenting courses soon after he joined RI in 2016. In the last few years, when travel has been constrained for many, he has enjoyed presenting globe-hopping trips from the comfort of your favorite chair.*

### **39. The Romance of the Mystery Story (Limit 50)**

Sept 14 – Oct 19

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Betty Loafmann

Email: [4eastinn@gmail.com](mailto:4eastinn@gmail.com)

Through lecture and discussion, we will investigate the reason many people love a good mystery book. Since there are a variety of types of mysteries and mystery writers, several RI members will share their choice of favorite authors. If you never liked mysteries, come and find out why.

*Betty has taught at RI for over ten years. Her courses range from Biblical studies to medieval history to why people do what they do. Betty is a devout Louise Penny and Anne Perry fan.*

## 40. The World of Ray Bradbury: Fantasies, Futures, and Metaphors (Limit 20)

Oct 26 – Dec 07

6 Weeks

9:15 – 10:30AM

**Campus**

Instructor: Elizabeth Fanto

Email: [efanto37@gmail.com](mailto:efanto37@gmail.com)

A renowned author, Ray Bradbury's works are in every college anthology. We will examine some of his short fiction through a variety of media and discuss his techniques and themes, such as the impact of technology on our society. This is a repeat course, with some new stories.

*B.S.; M.A. Towson State U. Taught high school English, Creative Writing, and as a member of the Maryland Writing Project, led teacher workshops, taught summer student programs. Elizabeth has taught Writers' Workshop, Haiku, and literature courses at RI.*

## 41. The Good, The Wise, and the Lusty: Women in Boccaccio's Decameron (Limit 20)

Oct 26 – Dec 07

6 Weeks

9:15 – 10:30AM

**Zoom**

Instructor: Irena Stanic Rasin

Email: [irerasin@yahoo.com](mailto:irerasin@yahoo.com)

Praised for feminism and condemned for misogyny, Giovanni Boccaccio's view of women has been interpreted in various shades of gray. Shape your opinion based on several emblematic novellas (ranging from humorous to macabre) from his capital work Decameron (c. 1353). The book contains 100 tales by a group of young women and men sheltering in a secluded villa outside Florence to escape the plague. Written in the vernacular of the Florentine language, it is considered a masterpiece of classical early Italian prose. After exploring its historical perspective, we will discuss the plot and characters through a lens of recurring motives, including fortune, love, and intelligence, and focusing on the ambiguous adjectives good, wise, and lusty.

**Recommended for purchase and further reading is *The Decameron* by Giovanni Boccaccio, translated by Wayne A. Rebhorn, W. W. Norton & Company, 2014, ISBN 978-0393350265, priced at \$9.89 on Amazon.**

*Irena Stanic Rasin is a language and literature scholar with a broad range of interests and accomplishments, including authoring and translating poetry and prose for adults and children alike. An experienced lifelong learning instructor, Irena teaches courses in the language and literature of Italy. She holds an M.A. in English and Italian Language and Literature. She is a doctoral candidate studying Croatian Philology in the Intercultural Context at the University of Zagreb, Croatia.*

**42. Shel Silverstein (Limit 20)**

Oct 24 – Dec 05      6 Weeks      9:15 – 10:30AM

**Campus**

Instructor: Laurie Rosenberg

Email: loreleirex@gmail.com

A lecture/discussion format studying Shel Silverstein, his ties to Baltimore and his early career. This will include reading several works, including ‘The Giving Tree’.

*Laurie is a long-time fan of Shel Silverstein. She 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.*

**43. Ecology and Theology (Limit 50)**

Sept 14 – Dec 07      12 Weeks      9:15 – 10:30AM

**Campus**

Instructor: Sr Eileen Eppig

Email: eepig@amssnd.org

This course is a study and reinterpretation of various Christian doctrines through the lens of ecology and the global ecological crisis. Doctrines studied include creation, grace, the human person, and incarnation and Trinity.

*Sister Eileen Eppig has been an SSND for more than 50 years. She has degrees in Sociology, Spirituality and Theology, and Religious Studies. Sister Eileen has taught at all levels from elementary school through graduate school. She loves teaching and learning.*

**44. Open Studio for Prose Writers (Limit 15)**

Sept 14 – Dec 07      12 Weeks      9:15 – 10:30AM

**Hybrid**

Instructor: Amanda Joyce, Saul Lindenbaum, Sheila Scriggins

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 is limited to 15. This is a hybrid course, presented on campus and zoom simultaneously.

*Amanda Joyce, Saul Lindenbaum, and Sheila Scriggins have been attending the class for years and have been published in RI's magazine, Reflections.*



## 45. Freedom of Movement (Yoga Somatics)

Sept 14 – Dec 07      12 Weeks      9:15 – 10:30AM

**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.

**Materials List: Yoga Mat, Foldable Blanket, Rolled Towel**

*Linda McGill lives in Roland Park and teaches Yoga & Meditation; serving the Baltimore area for the past 8 years.*

## 46. Muslims in the Neighborhood (Limit 50)

Sept 14 – Oct 19      6 Weeks      11:00AM – 12:15PM

**Campus**

Instructor: Saima Sitwat

Email: saimaadil@hotmail.com

This course will provide an overview of the Islamic principles and how they impact societies and lives of their practitioners. We will investigate questions by reading passages from the Quran and explore the nuances of Arabic vocabulary from Allah-u-Akbar to Sharia. There will be an opportunity to meet Muslims from the Baltimore-area and possibly observe congregational prayers on Friday.

*Saima Adil Sitwat is a writer and educator. She was born and raised in Karachi, Pakistan. Her memoir, American Muslim: An Immigrant's Journey has been shortlisted for William Saroyan International Prize for Writing 2022 at Stanford University Libraries and also received an Honorable Mention at San Francisco Book Festival 2021. Saima's work includes facilitating conversations on race, religion and identity politics.*

## 47. The History of the National Department Stores (Limit 30)

Sept 14 – Oct 19

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Barbara Blumberg Ressin

Email: [brbteach@comcast.net](mailto:brbteach@comcast.net)

From Macy's to Gimbels, from Neiman's to Marshall Fields, from Lane Bryant to I. Magnin, and from Filenes to Wanamaker's, we'll learn about the very humble origins of these behemoths of retail. The mostly immigrant men, and 2 women, created department stores that spanned 3 centuries. Several of the stores put their cities of origin on the map, and many owners donated millions to improve their cities. What caused their demise, and how did that affect the malls they anchored, will be detailed. This will be a lecture with a complete PowerPoint with videos included.

*Barbara graduated Towson University with a BS in education, taught 3 years in Baltimore City public schools, 25 years at Beth Tfiloh Community Day school in the secular division in lower and upper schools, is an adjunct faculty member at CCBC at Owings Mills, Hunt Valley, and Essex campuses, Osher at Towson U., Florida Atlantic Gulf State University, and various organization, churches, and synagogues.*

## 48. Art Talks

Sept 14 – Oct 19

6 Weeks

11:00AM – 12:15PM

**Zoom**

Instructor: Terry Weisser

Email: [terryweisser@gmail.com](mailto:terryweisser@gmail.com)

This six-week course will focus on the back stories about art--things you would not learn from reading labels in museums. Illustrated lectures and discussion will be presented by specialists, including Gary Vikan, former director of the Walters; Blythe McCarthy; Andrew W. Mellon Senior Scientist at the Smithsonian's National Museum of Asian Art; Angela Elliott and Greg Bailey, objects conservators at the Walters; and others. Topics may include art provenance, authentication, art historical and technical research, and conservation treatment, among others.

*Terry Weisser, former Director of Conservation and Technical Research at the Walters Art Museum, is presenting this course. Terry is a specialist in objects and archaeological conservation with degrees from Swarthmore College and University of London, Institute of Archaeology. She has specialized and published on ivory, enamel and metals and believes in studying cultural objects for what they tell us about people and the times in which they lived.*

**49. American History from 1950-1981 (Limit 50)**

Oct 26 – Dec 07

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Edward Berkowitz

Email: [ber@gwu.edu](mailto:ber@gwu.edu)

This lecture and discussion course considers major developments in American political, cultural, and social history from the Korean War to the election of Ronald Reagan. It will emphasize formative events in the lives of baby boomers: the events that shaped our lives.

*Ed Berkowitz, professor emeritus of history at George Washington University, has offered courses in American history, American social welfare policy, and the history of the movies at Renaissance Institute for the past four years.*

**50. Lewis Carroll is from Charles Lutwidge, little Alice is from Alice Liddell (Limit 30)**

Oct 26 – Dec 07

6 Weeks

11:00AM – 12:15PM

**Campus**

Instructor: Warren Bentley

Email: [warren.bentley@verizon.net](mailto:warren.bentley@verizon.net)

Everything in Alice in Wonderland, and Through the Looking-Glass, comes from Lewis Carroll's mind. And that all comes from his interactions with the people around him, particularly with his boss's daughter, Alice Liddell. Add in a bit of Victorian etiquette and politics, and a large bucket of abstract mathematics, and some word games, and there you have it. I want to show these connections, for often, what seems bizarre is simply the way things are or were.

*Warren Bentley, MBA, retired from a career in mathematical and data-centered systems of 52 years. He has been interested in the history of knowledge for most of his life. He has taught courses at RI, CCBC, and to adults in Scouting.*

**51. Wheat, Rice and Corn (Limit 20)**

Oct 26 – Dec 07      6 Weeks      11:00AM – 12:15PM

**Campus**

Instructor: Betsy Cumming  
Email: cummingm@mac.com

Lecture/discussion format. This course will look at the first domestication of the 3 grains, the consequences of domestication, the social impact of the grains, nutrition and some recipes. Some parts of this course were presented in 2009 and 2015. There will be new material in this course.

*Betsy has taught many courses at RI. I have a background as a nurse, an art historian and a sociologist.*

**52. Flash, Dash and Rehash (A Writing Course) (Limit 8)**

Oct 26 – Dec 07      6 Weeks      11:00AM – 12:15PM

**Campus**

Instructor: Indira Kotval, Andrea Wilson  
Email: IKotval@hotmail.com

The purpose of this writing workshop is to react to an object exhibited at the start of the class. Participants are then asked to react to the subject by dashing off a few paragraphs about it. The more original the ideas the better! The last half of the class will be spent comparing each other's writing creations. The sessions will be coordinated by three Renaissance members who along with class participants will "show and tell".

*Indira Kotval is a former Social Worker. Sheila Scriggins is a former Social Worker and Andrea Wilson is a former Educator.*

## 53. More Voices of Maryland

Oct 26 – Dec 07

6 Weeks

11:00AM – 12:15PM

**Zoom**

Instructor: Kay Pulcinella

Email: [kkpulcinella@gmail.com](mailto:kkpulcinella@gmail.com)

This is a follow-up to the “Voices of Maryland” class that I coordinated last Fall. It will be on Zoom and will feature a variety of speakers from Maryland, each sharing their area of expertise. Time will be allotted for Q&A.

*Kay Pulcinella, a retired nurse, has been a resident of Maryland since 1973, and a member of RI since 2014. She previously coordinated a course called "A Bouquet of Garden Experts", followed by the "Voices of Maryland" class. Currently Kay serves on the Social Committee.*

## 54. Color Theory (Limit 30 Total Zoom and Campus)

Sept 14 – Dec 07

12 Weeks

11:00AM – 12:15PM

**Hybrid**

Instructor: Carolyn Sutton

Email: [the2suttons@gmail.com](mailto:the2suttons@gmail.com)

In this hybrid class we will look at various color systems and will respond to prompts (read ASSIGNMENTS) using media of your choice. Hue, value, saturation, transparency and color mixing will all be considered. The class is open to painters, designers, quilters, crafters...to anyone who considers color important to the creative work they do. Many artists' work will serve as examples, but the work of Thomas Sguoros and Josef Albers will be primary resources. If you care about color, join in!

*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.*

## 55. Great Dancers of the Stage and Screen: Meet the Hoofers (Limit 20)

Sept 14 – Dec 07

12 Weeks

11:00AM – 12:15PM

**Zoom**

Instructor: Maxine Stitzer-Hodge

Email: maxinehodge2321@gmail.com

In this course you will learn about the uniquely American art form of tap dancing. You will meet acclaimed tap dancers of the past: Billy 'Bojangles' Robinson, Eleanor Powell, Fred Astaire, Gene Kelly and Gregory Hines, as well as contemporary tappers. A lecture format will present biographies of the dancers and their contributions to Black jazz culture and Hollywood film musicals. Lots of film clips will be shown to illustrate the dance performances that made these people famous.

*Maxine Stitzer-Hodge has had a lifelong interest in dance of all types and since 2013 has participated as a dancer in local senior performance venues. Dance is a joyous art form whether viewed or practiced. She has now expanded this interest by delving into research on the history of dance and would like to share what she has learned with Renaissance Institute members.*

## 56. Short Story Masterpieces (Limit 28)

Sept 14 – Dec 07

12 Weeks

11:00AM – 12:15PM

**Hybrid**

Instructor: Elizabeth Fanto

Email: efanto37@gmail.com

The 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 25 as well as to allow for optimal informal discussions by members. New story sets are taught each semester.

**Materials Fee: \$15 Packet of Stories (add \$10 for mailing if applicable)**

*Elizabeth is a graduate of TSU, with a B.S. in Education and a Master's in English and taught high school English and Creative Writing in BCPS. She has taught 1-4 writing and literature classes a semester in 22 years at RI.*

## 57. Views on the News

Sept 14 – Dec 07

12 Weeks

11:00AM – 12:15PM

**Hybrid**

Instructor: Hollis Jackson

Email: [hollis1818@outlook.com](mailto:hollis1818@outlook.com)

We meet to discuss the week's news. Each member is urged to review the sources of news that 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 Jackson is a long time Social Worker. She has been an RI member since 2010, and loves it.*

## 58. Movies in the Afternoon (Limit 25)

Sept 14 – Oct 19

6 Weeks

12:45 – 3:00PM

**Campus**

Instructor: Ted Walman and Vickie Lapicki

Email: [vickie.lapicki@aol.com](mailto:vickie.lapicki@aol.com), [tedwalman@gmail.com](mailto: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 instructors provide additional background information and little-known facts.

*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.*

## **59. Six More Crafts in Six Weeks (Limit 10)**

Sept 14 – Oct 19      6 Weeks      1:00 – 3:00PM

**Campus**

Instructor: Terri Eckard

Email: [teckard1@hotmail.com](mailto:teckard1@hotmail.com)

Every week for six weeks we'll learn a new craft. Crafts will include painting on fabric apron or tote, macramé hanger, Dollar Store Decor and perhaps faux basket weaving. You will need to purchase the apron or tote, and a macramé kit. Total anticipated cost is \$40 for the kits.

*I've been a "maker" my entire life and have shared my crafting skills at Marian House, and last semester here at R.I.*

## **60. You Can Do What with Paper? (Limit 10)**

Oct 26 – Dec 07      6 Weeks      1:00 – 3:00PM

**Campus**

Instructor: Terri Eckard

Email: [teckard1@hotmail.com](mailto:teckard1@hotmail.com)

Projects have not yet been determined, but they will all be wonderful things made out of paper. It may be jewelry, such as earrings and bracelets, or perhaps a Thanksgiving centerpiece. Maybe it will be a picture frame or vase filled with handmade flowers. Costs will be minimal and determined when projects are confirmed. Last semester cost was \$10.

*I'm a lifelong "Maker" with recent experience as a teacher here at R.I. and at Marian House, a residence program for women recovering from addiction and/or prison release.*



**61. Having Fun at Mah Jongg (Limit 50)**

Sept 14 – Dec 07      12 Weeks      1:00 – 3:00PM

**Campus**

Instructor: Liz Caplan

Email: [lizcaplan46@gmail.com](mailto:lizcaplan46@gmail.com)

This is a workshop type of course. The history and development of the game will be presented. You will learn how to play, including strategies of the game. Yes, it is a game, which means win or lose you will have fun. Learning the rules of the game and strategies are not the only things you need to win. It is also a matter of having good luck. So, even if you lose it is still fun. **You will need to purchase a 2023 National Mah Jongg League, Inc. card. The card for 2023 comes out in April of this year. It costs \$15.**

*In my prior life I was a CPA, which of course is in no way related to teaching Mah Jongg. I learned how to play at R.I. and fell in love with the game. We have a wonderful time playing and we socialize as well as play. I hope you will enjoy it as much as I do.*

**62. Integrative Spirituality & Yoga (Limit 24)**

Sept 14 – Oct 19      6 Weeks      1:15 – 2:30PM

**Zoom**

Instructor: Patsy Kuo Eisenstein

Email: [metajewel@gmail.com](mailto:metajewel@gmail.com)

The aim of this course is to include an embodied practice to integrate our spiritual knowledge in our day to day awareness for a more integrated living, living from your awake self. This course is a Zoom course that includes a very gentle yoga movement practice for a part of each session follow by interactive group discussion. The foundation of this course is based on Eastern esoteric traditions including Yoga, Vedanta, and Buddhism. No prior yoga knowledge is necessary. However, this course is not suitable if you are currently experiencing a physical disability or adverse impact. If you have questions about this, please feel free to email me.

*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-founder of an online community called A New and Ancient Story where she practices the Tao of leadership to co-steward the space with others.*

### **63. The Gita Sangha – A Call to Awaken**

Oct 26 – Dec 07      6 Weeks      1:15 – 2:30PM

**Zoom**

Instructor: Patsy Kuo Eisenstein

Email: [metajewel@gmail.com](mailto:metajewel@gmail.com)

This is an interactive introduction course on one of the most beloved ancient yoga texts. The Bhagavad Gita, the song of God. It is an epic story about the supreme being as Krishna guiding the protagonist Arjuna to live according to the divine will. During the six sessions, we will use excerpts from various chapters to understand our human predicaments and Gita's teachings to rise above them.

*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-founder of an online community called A New and Ancient Story where she practices the Tao of leadership to co-steward the space with others.*

### **64. Ukulele Class**

Sept 14 – Dec 07      12 Weeks      1:15 – 2:30PM

**Zoom**

Instructor: Ray Forton

Email: [rgforton@gmail.com](mailto: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.*

**65. Introduction to Ballet (Limit 15)**

Sept 14 – Dec 07      12 Weeks      1:15 – 2:30PM

**Campus**

Instructor: Susan Sklar

Email: [ssklar3565@yahoo.com](mailto:ssklar3565@yahoo.com)

This course is designed to use the technique of classical ballet 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 and the University of Maryland. She has performed in productions of Giselle, Swan Lake, La Bayadere and The Nutcracker. Susan has been dancing all of her life and loves sharing her passion with a "new generation" of dancers.*

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

Sept 14 – Dec 07      12 Weeks      2:45 – 4:00PM

**Zoom**

Instructor: Paula Murphy and Josef Nathanson

Email: [Murphpgm@gmail.com](mailto:Murphpgm@gmail.com), [urbaninfo@comcast.net](mailto:urbaninfo@comcast.net)

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

*Joe studied oil painting in high school in Philadelphia, PA. Watercolor is new for him, starting at RI a few years ago. He finds the support and critiques of others in this class to be rewarding. Paula is a retired math teacher and emergency nurse. She rediscovered an old friendship with drawing and painting due to RI classes and Art Collaborative.*

*Both will testify that participation with Art Collaborative has happily nurtured their experiences.*

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