

# OLLI

**SESSION ONE**

CLASSES BEGIN  
SEPTEMBER 14

OSHER LIFELONG LEARNING INSTITUTE

**ZOOM!**  
LIVE, ONLINE  
CLASSES!

**GREAT**  
CLASSES  
WITH YOUR  
FAVORITE  
INSTRUCTORS!

**JOIN TODAY! CLUB OLLI**

**1**





All fall courses will be delivered online using Zoom, since the Sierra College campuses are closed.

### **Fall Semester**

- The fall semester is comprised of two sessions:
  - September 14-October 31 and November 1-December 11.
  - Tuition is only \$50 per person per session.
  - When registered for a session you may take as many courses as you like!
  - You do not need to register for individual courses within each session.

### **Calendar of Courses and Zoom Links**

- Upon registering, you will receive a week-by-week calendar of courses which will be an easy reference guide for you to use.
- Each Friday you will receive an email for the following week's courses. This will happen every week through Session 1 and 2.
  - The email will include course information and the Zoom links to each course.
  - For example: for courses beginning the week of September 14<sup>th</sup>, you will receive an email on Friday, September 11<sup>th</sup> for all the courses September 14-18.
  - Some instructors will have student handouts which will be attached to the weekly emails too.
- On the day/time of a course you want to attend, you will select the corresponding link which will take you to the course.

### **Membership and Registration Information**

- Membership and Registration Form is available on OLLI's website at [www.sierracollege.edu/olli](http://www.sierracollege.edu/olli)
- You may pay by credit card or check.
- Please complete the registration form and return it in one of the following ways:
  - Complete, save and then scan or email an attachment to: [olli@sierracollege.edu](mailto:olli@sierracollege.edu)
  - Complete, print and mail copy to:
    - OLLI at Sierra College, 316 Vernon St, Suite 257, Roseville, CA 95678

### **Please do OLLI a favor**

- Share OLLI at Sierra College with your friends and family so they too can join our fabulous program.
- An annual membership with OLLI at Sierra College is only \$20 per person. The academic year begins in fall of 2020 and runs through spring and summer of 2021.



Osher Lifelong Learning Institute at Sierra College

# Fall Zooming

## Club OLLI Fall 2020 Course Registration and Membership Form

- Current Member
- New Member - \$20 per person

STUDENT INFORMATION					
1 <sup>st</sup> Member:	Last	First	Middle Initial		
2 <sup>nd</sup> Member:	Last	First	Middle Initial		
Address:	Street	City	State	Zip	
Telephone:	1 <sup>st</sup> Member:		1 <sup>st</sup> Member:		
Email:	1 <sup>st</sup> Member:		2 <sup>nd</sup> Member		

SUBMIT REGISTRATION FORM	
By Scan	Scan this form with credit card information and email to: <a href="mailto:olli@sierracollege.edu">olli@sierracollege.edu</a>
By Mail	Mail this form with payment to: OLLI at Sierra College, 316 Vernon Street, Suite 257, Roseville, CA 95678

SESSIONS	COURSE	DATES	SESSION FEE	1 <sup>st</sup> Member	2 <sup>nd</sup> Member
Session 1	Fall Special 1 - Zoom Courses	9/14 - 10/31	Club580 - \$50	\$	\$
Session 2	Fall Special 2 - Zoom Courses	11/1 - 12/11	Club590 - \$50	\$	\$
If you are not a current member, please join (\$20 each)			Club010 - \$20	\$	\$
			<b>TOTAL PAID: \$</b>		

PAYMENT INFORMATION (Please Choose One of the Following Methods):		
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	Card Number:	Exp. Date:
	Cardholder Name:	
	Cardholder Signature:	Amount Charged to Card \$
<input type="checkbox"/> Check	Please make checks or money orders payable to: <b>OLLI at Sierra College</b>	

# Fall 2020 Zoom Course Schedule – Session 1

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## Technology

### **Zoom for Beginners**

Learn just how easy it is to Zoom and join in on the fun! Attend one of the classes below and you will be ready to take any or all of our fall classes.

*Terence McAteer/Joan Griffin*

9/14	Mon	8:30-9:00 am
9/14	Mon	3:30-4:30 pm
9/16	Wed	12:30-1:30 pm
11/2	Mon	12:00-1:00 pm

## Arts and Humanities

### **Great Art after the Great War**

The Great war, one that both the British and Germans believed would end by Christmas 1914, influence a sea change in daily life from social positions to literature and art. This class explores how four artists responded to the devastation and change wrought by a war that had certainly not finished by Christmas. We will look at the writers Virginia Woolf, TS Eliot and F. Scott Fitzgerald and the artists from the Omega Workshop, the Futurists, the Dadas, and the Surrealists. Re-reading the texts is not necessary to enjoy the class.

*Catharine Bramkamp*

9/15-10/6	Tue	10:30-12:00 pm
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### **Introduction to Eastern Religions I**

A brief introduction to the religious beliefs, practices, and values of Eastern Religious Traditions, including Hinduism, Buddhism, Taoism and Confucianism. We will explore the history of each of these religions, as well as their philosophy, mythology, rituals, practices, beliefs, and values. Special consideration will be given to the impact of these traditions on the modern western world.

*Jason File*

9/18-10/16	Fri	2:00-3:30 pm
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### **The Enigma of Brilliance**

This session will look at four of the most brilliant minds in recent world history—Steve Jobs, Frank Lloyd Wright, Henry Ford, and Mahatma Gandhi. There is scant disagreement that these men changed not only millions of lives of their time but also of present and future lives in small ways and large. We'll take a close look at what shaped them to become brilliant innovators, strategists, politicians and, ultimately, salesmen, while failing significantly and tragically as husbands, fathers and (in Ford's case) patriots.

*Gopal Kapur*

9/28-10/19	Mon	1:00-3:00 pm
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## Astronomy

### **The Cosmos**

This brief course is an introduction to All That Is. How did this happen? Where did it come from? Will it end? What is this "All" made of? How is it held together? Where are we? And what are we made of? What brought life to life? Are we alone, or should we expect visitors? How do we know these things that happened a long time ago in a galaxy far, far away? Here is an opportunity to peer over the edge of knowledge into the depths of the unknown.

*Kent Penwarden*

9/28-10/5	Mon	10:00-12:00 pm
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# Fall 2020 Zoom Course Schedule – Session 1

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## Business

### **How to Invest for a Successful Retirement**

Are you on track for the retirement you envision? Is there still good economic growth ahead and when could the next recession occur? How much growth will your portfolio need and how much volatility can your investments withstand before you risk missing your goals or running out of money? Learn more about economics, markets, the fundamentals of investing and portfolio management. We will establish a framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles. The student will also learn how to calculate how much money will be needed before and during retirement and how their current portfolio is equipped to handle volatility during their retirement years. (1) Market History - 9/16 (2) On Retirement, Part 1 - Getting Funded for Retirement - 9/23 (3) On Retirement, Part 2 - Managing Retirement Income Risk - 9/30 (4) Position for Recession and Potential Recovery - 10/7

*Brandon Montalvo*

9/16-10/7      Wed                      2:00-4:00 pm

## Communications

### **Humor in Communication**

This short course is about the study of humor and its role/function in a variety of communication contexts, including interpersonal and mediated communication. Students will explore the leading theories, functions, and styles of humor as we self-reflect on our own sense of humor and the influences that helped shape it. This class calls for fun through interactive activities and group discussions.

*Tara Franks*

10/8 only      Thur                      10:00-11:30 am

## Genealogy

### **The Census: Tracing Your Ancestors Back in Time**

The United States federal census, which started in 1790, is a key records collection for anyone doing genealogy research. While the accuracy of the information can sometimes vary (for reasons explained in this presentation, with many examples), you can count on finding much valuable information on your ancestors in the census. Includes handout.

*Susan Rogers*

10/22 only      Thur                      10:00-12:00 pm

## Government and Politics

### **Behind the Scenes of the U.S. Supreme Court**

Have you ever thought... what do Supreme Court Justices do? How do the nine of them get along? What happens behind those closed doors as they decide important cases? How do cases reach the Supreme Court? How do they decide what cases to hear? Through video clips and a bit of lecturing, this two-hour long class will answer these questions and more. This class will provide you a much better understanding of the third branch of government.

*Terence McAteer*

10/26 only      Mon                      2:00-4:00 pm

### **Let's Study the California Ballot Propositions Together**

This participatory class is designed to allow a non-partisan study of the California ballot propositions. During the two hours, we will go through the ballot booklet focusing solely on state ballot measures. Join this interactive discussion with your ballot book in hand.

*Terence McAteer*

10/8 only      Thur                      4:00-6:00 pm  
10/12 only      Mon                      10:00-12:00 pm



# Fall 2020 Zoom Course Schedule – Session 1

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## Presidential Election Forum Through Data, Polls and Analysis

This weekly forum is designed to provide participants a chance to read and discuss current articles and data of the Presidential election. We will look inside the Trump and Biden campaigns to understand their strategies and analyze polling data. This election may be the most important election of your lifetime. If you are a political junkie then join us. If you want to become a political wiz-kid, then join us. This is a non-partisan forum but it's OK to bring your passion along with your listening and lip-biting skills!

*Terence McAteer*

9/18-10/30 Fri 10:00-11:30 am

## The Growth and Collapse of One American Nation

Our identity as one nation is fragile today, much as it was when the Civil War erupted in 1861. For us today, we continue to face the problems of our heritage, especially racial prejudice, born out of historical experience. Perhaps we can learn from that history and find ways to work together for the common good, which is the intent of this course. This first part will focus on the common bonds that helped to create one American Nation.

*Donald Fraser*

9/16-10/7 Wed 10:00-11:00 am

## Understanding the Electoral College in Preparation for 2020

The Electoral College is a baffling, semi-mysterious portion of the Constitution which defines our Presidential election system. We'll discover why our Founding Father's devised this unique process and the history behind some interesting Presidential elections, similar to 2000, where the Electoral College became the centerpiece of the election. Furthermore, besides understanding how the Electoral College works, we will create a variety of Electoral College scenarios of how the 2020 election might play out.

*Terence McAteer*

9/24 only Thur 10:00-12:00 pm

## History

### FLOTUS Before, During, and After the Civil War

They were times that try women's souls, those tumultuous years before and during the Civil War. Some First Ladies, along with their husbands, rose to the demanding occasion, others did not or could not. We'll investigate the lives and times of those women who carried the mantle of First Lady of the Land from 1850 to 1880. Some are historical ghosts we'll bring to life. Harriet Lane is a hidden jewel we'll grow to admire. And, of course, we'll meet the famous (or infamous) Mary Lincoln and Julia Grant, two larger than life characters. America's First Ladies are not elected, yet they play significant roles during their time in the White House. Using photographs, stories, and discussion, we'll explore the lives of seven First Ladies. (Polk – Grant; 1845 – 1876)

*Joan Griffin*

9/15-10/13 Tue 10:00-12:00 pm

### How Did I Not Know That! Pt 1: *Warmth of Other Suns*

Synopsis: I am a White woman. I have no expertise in this topic. Current events around the Racial Justice / Black Lives Matter Movement have forced me to realize how much I do not know about US history and the history of African Americans in the US. When I feel compelled to learn more about a subject, I turn to the experts via books and films, and then I want to discuss what I learn. This is a journey. Will you join me? Part 1 - During this class we will read and discuss the highly acclaimed book *Warmth of Other Suns* by Pulitzer Prize-winning author Isabel Wickerson. I will augment our discussions with film clips and articles.

*Joan Griffin*

10/1-10/29 Thur 10:00-12:00 pm  
no class 10/8, 10/22

# Fall 2020 Zoom Course Schedule – Session 1

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## Reconstruction: America's Greatest Failed Experiment (1865-1877)

"With malice towards none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds," said President Lincoln in 1865. The wounds following the Civil War were extremely deep with over 750,000 American killed in four years of fighting. Presidents Lincoln, Johnson, Grant, and Hayes tried unsuccessfully to heal the nation. This 12-year failure has lived with us through generations. It is also one of the least studied portions of American history as we don't like to shine light on our failures as a people.

*Terence McAteer*

9/14-9/21 Mon 10:00-12:00 pm  
10/14-10/15 Wed/Thur 4:00-6:00 pm

## So, let's talk about historical racism

So, let's talk about historical racism... because even though it's a difficult discussion, it's a conversation we need to have as individuals, as communities, and as a society. I am not an authority about race or racism. I understand that as a white woman there is a lot I don't understand and can never understand the insidiousness of racism. What I want to try to do is to open a dialogue on this subject and to use my expertise as a historian to help us better understand current issues by studying our country's past. Each week we'll explore a different aspect in historical context and have an open dialogue. Please bring an open heart and an open mind.

*Janet Rankin*

10/8-10/29 Thur 2:00-4:00 pm

## The History of Voting in America

Is voting a privilege or a right? Did you know that people have been beaten, killed, and force-fed all in an effort to win access to the elective franchise? In this course we'll explore the fight for universal suffrage from our founding to the present day.

*Janet Rankin*

9/17-10/1 Thur 1:30-3:30 pm

## The Wild Victorians

1849, smack in the middle of the 19th century, some 300,000 people picked up and left their safe domestic spaces for uncertain adventure and imagined riches in California. This willingness to leave it all behind and hit the road is considered a uniquely American characteristic, but the propensity for adventure and exploration is actually more of the times, rather than the place. In this class we will explore the Victorian inventions that set off a century of exploration and experimentation unheard of before or since. Discovering gold was the least of it.

*Catharine Bramkamp*

9/15-10/6 Tue 1:00-2:30 pm

## Ukraine today is a country where American illusions and Great-Power Politics Collide

At first, it might seem surprising that Ukraine, a country on the fringes of Europe, is suddenly at the turbulent center of American politics and foreign policy. With an impeachment inquiry in Washington adding further detail to the story of the Trump administration's efforts to tie U.S. security assistance for the country to Ukrainian cooperation in investigating President Donald Trump's Democratic opponents, Trump's presidency itself hangs in the balance. And the repercussions go even further, raising questions about the legitimacy and sustainability of U.S. power itself. Alex who lived in Ukraine for 25 years will lead this eye-opening discussion.

*Alex Yarmolyuk*

10/28 only Wed 2:00-4:00 pm

# Fall 2020 Zoom Course Schedule – Session 1

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## Unsung Brilliant Women

Across our planet's recorded history, there have been thousands of brilliant women; military leaders, heroines, entrepreneurs, innovators, inventors, explorers, and teachers. Some were acknowledged, even honored, but history moves on and these women too often become lost in the male dominated march of time. From 805 BC, to present, we will look at four remarkable women – Semiramis, Sarah Breedlove, Julia Morgan, and Hedy Lamarr – who had to battle for their place in history.

*Gopal Kapur*

10/14-10/21 Wed

1:00-3:00 pm

## Vladimir the Great: How 20 years of Putin has shaped Russia and the world

When Putin became prime minister on 19 August 1999, he was a political nobody with a one per cent electoral rating. Most assumed he would quickly go the way that previous Yeltsin hopes had gone – replaced in the midst of crisis. The opportunities for crisis were very real with the northern Caucasus embroiled in civil war and other regions threatening to break away. But instead, 20 years later, Putin is still here. In the next two hours we will look at the two decades of scandals, wars and crises that have both challenged and defined Putin's rule, and his Russia.

*Alex Yarmolyuk*

9/21 only Mon

2:00-4:00 pm

## Wyatt Earp: Real vs. Reel

Earp is one of the most memorable of Old West figures. More than 20 films have been made about him plus a popular TV series. But he wasn't like what the movies claimed...and he didn't think of himself as a lawman either. Roger Peterson interviewed three people who personally knew Earp. His work has been cited in Earp's biography and that of his third wife Josie, and American History magazine published Peterson's cover story on Earp's life. The Wild West History Association Journal gave the 2019 "Best Non-Fiction Article Award" to Peterson for his story "Wyatt Earp: Boomtown Sport."

*Roger Peterson*

10/19 only Mon

10:00-12:00 pm

## Literature and Writing

### Your First Book

Writing Your First Book is a panel discussion for people considering writing a book. The first topic is "How to Approach Writing Your Book?" What is your intention, your motivation, and the purpose? Who is your audience? Does it help to understand what format or structure you would use, or to write character descriptions? How important is the first sentence and should you be sure of the ending before you start? The second topic discusses "How to Deal with Problems that Arise." What happens halfway through writing your first book? Are you stuck or blocked, have the characters taken a turn you did not anticipate, and are you judging your writing ability too high or too low? The third topic is "What to do when you finished the Book." How many times should you edit it, do you need an editor for grammar, punctuation and/or content, and what do your friends say? Should you find a publisher, a literary agent, or should you publish it yourself? Finally, the panel is open for questions from the participants. The panel is Bill Drake (whose book *Almost Hereditary, a White Southerner's Journey Out of Racism* took ten years), and Shirley Dickard (author of the recently published novel *The Eco-Novel: Heart Wood - Four Women, for the Earth, for the Future*). The discussion will be led by Joseph Guida (who has written two of three volumes of a book, *High Stakes Adventures* he has been working on for six years).

*Joseph Guida*

10/26 only Mon

10:00-12:00 pm



# Fall 2020 Zoom Course Schedule – Session 1

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## **Journaling for Life**

Transformative journaling is a way to organically organize our thoughts and experiences in a positive effective manner. By writing out our story we not only move ourselves into the heroine position, but recent findings, linked to the studies of brain plasticity have discovered that consistent journaling can reduce doctor visits and improve overall health. We will learn how to start, what to write, and work with feedback about our process.

*Catharine Bramkamp*

9/16-10/7 Wed 10:30-12:00 pm

## **Music**

### **1971: The Year Rock Exploded**

1971 was the year that saw a surge of musical creativity and technology that produced music that still shines today. From the electric-blue fur coat that David Bowie wore when he arrived in America to the death of Jim Morrison, from Carole King's legendary Tapestry album, to Led Zeppelin's masterpiece of hard rock, Led Zeppelin IV, this class takes in all the music, people, and events that made 1971 an unforgettable year in rock. A short list of music released that year is astounding: Every Picture Tells a Story (Rod Stewart); Sticky Fingers (Rolling Stones); What's Goin On (Marvin Gaye); Who's Next (The Who); Teaser & the Firecat (Cat Stevens); Pearl (Janis Joplin); L.A. Woman (Doors); Madman Across the Water (Elton John); Fragile (Yes).

*David Anderson*

10/13-10/27 Tue 1:00-3:00 pm

### **Managers, Moguls, and Music**

Behind every successful singer or band there's a manager or a record company mogul. They are often shadowy, sometimes violent, and dedicated to making money – and not always for their clients. Don Arden (ELO, Black Sabbath) had his henchmen dangle a competing manager out a fourth-floor window because he suspected the manager of trying to steal one of his bands. Peter Grant was a professional wrestler who became Led Zeppelin's manager. He has been described as "one of the shrewdest and most ruthless managers in rock history." Colonel Tom Parker (Elvis) took a simple country boy and made boat loads of cash off him. He was so cutthroat that when Elvis died, he went straight from the funeral to negotiate deals for Elvis memorabilia. Money-vulture Allen Klein deceived the Rolling Stones into signing away the rights to all the songs they recorded before 1971, which included many of their greatest songs. By contrast, David Geffen launched the careers of the Eagles, Linda Ronstadt, and Jackson Browne and gave millions to charity. Shep Gordon managed Alice Cooper and Kenny Loggins, created the celebrity chef, and became friends with the Dalai Lama. Legendary Columbia Records executive John Hammond had an eye for talent like no other: he signed Billie Holiday, Bob Dylan, Aretha Franklin, and Bruce Springsteen. Rock promoter Bill Graham escaped the Nazis as a child, migrated to America, and ended up in the Bay Area where opened the legendary Fillmore Auditorium.

*David Anderson*

10/23-10/30 Fri 1:00-3:00 pm

## **Psychology**

### **Family Secrets**

This class describes some common family secrets and the process through which many become disclosed. Family secrets are often shameful, emotionally painful, or harmful to family members, yet the secrecy itself can also be harmful. We will examine secrets about biological parents, affairs, adoption, and health, both currently and historically. The current popularity of genealogy has accentuated the revelation of some of these secrets either intentionally or accidentally. Examples from public figures and personal stories will be shared.

*Valerie Jordan*

10/14-10/21 Wed 10:00-12:00 pm

# Fall 2020 Zoom Course Schedule – Session 1

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## Science

### **Climate Change Effects on Land and Sea Animals**

A Climate Change overview, including well researched slides from the Climate Reality Project. A review of climate events. Solutions that have been implemented around the world with emphasis on “Project Drawdown” as a guide and resource. Discussion of the current migration of land and sea species toward the poles. Discussion of the outcome from 2019/ 2020 Australian wildfires, with three billion animals effected. Resources for this presentation in addition to those mentioned are the IPCC and “The Sixth Extinction” by Elizabeth Kolbert

*Pam Connolly*

9/17 only      Thur                      10:00-12:00 pm

### **The Apollo Moon Project - Why and How?**

The first moon landing happened over 50 years ago, when the necessary technologies were much more primitive than today. Yet the country decided to spend \$29 billion on a daring project to get to the moon. Why? What were the motivations to spend so much money and take so many risks? What were the technical challenges, and how were they overcome? How dangerous was it for the astronauts? You will learn many things that most people don't know about Apollo.

*Robert Murley*

10/20-10/27    Tue                      10:00-12:00 pm

## Travel Tuesday

Sit back, relax, and take a tour with us of places around the world every Tuesday afternoon at 3:30pm.

### **Istanbul - Terence McAteer**

9/15 only                              3:30-4:30 pm

### **Panama - Terence McAteer**

9/22 only                              3:30-4:30 pm

### **Cuba - Terence McAteer**

9/29 only                              3:30-4:30 pm

### **Hiking the John Muir Trail - Joan Griffin**

10/6 only                              3:30-4:30 pm

### **North Korea - Julia Amaral**

10/13 only                              3:30-5:30 pm

### **Bulgaria and Macedonia - David Unterman**

10/20 only                              3:30-4:30 pm

### **Southern Spain - Terence McAteer**

10/27 only                              3:30-4:30 pm

# Fall 2020 Zoom Course Schedule – Session 1

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## Wellness

### **Falls Prevention**

As we age our chance of falling and hurting ourselves increases exponentially. Fear grows and we stay inside. But staying inside the opportunities to fall is there too. There is a falls prevention workshop at a local hospital and their promotion stated how many vendors would be there. We don't need people selling us things to prevent us from falling. What can we do? In this workshop we will explore all we can do to prevent falling. The first is awareness. The second is always keeping the body erect with the feet positioned as wide as our shoulders and our spine erect. There will be demonstrations of how to stand, walk, sit down, and stand up. But more than anything a unity of body and mind can prevent falling. The class is taught by Joseph Guida, who has practiced T'ai Chi for thirty-six years and studied with a world renowned T'ai Chi Master in New York City in the 1980's. Joseph has been trained by three teachers to observe and study human behavior in order to help others.

*Joseph Guida*

10/28 only    Wed                    10:00-12:00 pm

### **Flexible and Fit**

Drawing from a variety of time-tested disciplines, this class offers effective, results-producing movements designed specifically for the OLLI student at whatever your level is. These exercises will add strength and elasticity to your muscles and frame while protecting and strengthening your back. You will also work your heart in a very gentle way and achieve freedom in movement and less pain. Best of all, we're doing all this to the music we know and love: '50s, '60s and '70s. It is not too late to rejuvenate your body! Comfortable clothing and yoga mat required.

*Trina Long*

9/14-10/21    Mon / Wed                    9:00-9:50 am

### **Growing Older with Grace and Grit**

Growing older can be challenging in a culture that generally denies aging and glorifies youth. In this overview class, you will learn practical proven tips and tools for a happier, healthier elder life. You will be offered nuggets of knowledge and evidence based mindfulness practices for- exquisite self-care and fun as we grow older, to let go of inevitable losses as we age, to release the stress of aging, to combat memory loss, to find your calling at any age, and possibly you will find a safe balanced practice of how to accept and prepare for our own death and dying. Come and learn many gems to grow older with grace and grit in a safe, non-pressured, private space.

*Richard Lui*

9/29 only    Tue                    10:00-12:00 pm

### **Practical Compassionate Mindfulness for Difficult Times**

All spiritual traditions throughout history have pointed to the body, heart, or the small still voice within as the seat of all wisdom. Most people have difficulty meditating or even accessing a loving inner resource and instead let their inner critic guide them, leading to stress, anxiety, and low-grade depression. Join us and learn a powerful, proven, and ancient four-step process to gain more inner peace, insight, and harmony in this safe and private life changing class.

*Richard Lui*

9/14 only    Mon                    1:00-3:00 pm

### **Qigong**

An introduction to Qigong. This is a form of gentle, flowing, meditative movement. It is simple and easy to learn. It integrates movement with mindfulness and cultivates the body's vital energy. This simple practice brings ease and well-being by reducing your stress and calming your nervous system. These easy exercises do not require a change of clothes, special place, equipment, or skills. All levels are welcome!

*Anney Siegel-Wamsat*

9/18-10/23    Fri                    9:00-9:50 am

# Fall 2020 Zoom Course Schedule – Session 1

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## Yoga

Join us for this gentle yoga and meditation class, in which we will explore several different modalities to reduce stress, increase flexibility and strength, and quiet the mind. Tuesdays will be a chair yoga class with modifications for those who want to practice on their mat. Thursdays will be a mat class with modifications for those who want to practice using a chair. Yoga is for everybody. No prior yoga experience required. Come as you are - all are welcome. Janet Rankin is a Certified Yoga Instructor and Registered Yoga Teacher who has been practicing yoga for over 40 years and teaching for over 15 years.

*Janet Rankin*

9/15-10/22    Tue / Thur                    9:00-9:50 am