

Dear Community Member:

I would like to offer a warm welcome to new members and to those of you who are the Senior College at Bridgewater State University from across Massachusetts, New England, and beyond!

This winter/spring semester we are offering a wide array of courses that are entertaining, informative, and educational. This is our largest semester to date! We have 46 courses planned—16 in-person courses (and special events) and 30 fully online courses offered via Zoom.

I want to extend my sincere appreciation to our instructors who give so generously of their time and effort to create new courses that are timely and engaging. Our instructors are truly the backbone of this program dedicated to lifelong learning through engagement with each member of Senior College. I also want to sincerely thank our community partners who host our in-person learning, they are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, and our newest partner the Easton Council on Aging.

Our courses are offered in a variety of formats. We have discussion-based courses, hands-on art and technology instruction, and lecture-based courses. I hope that you will join us in our engaged learning community that never stops being curious.

Best regards,



Jennifer Reid
Director, Senior College

www.bridgew.edu/seniorcollege

BSUSeniorCollege@bridgew.edu

www.facebook.com/BSUSeniorCollege

508.531.1052

—

—

—

verify your age. Most of our members are in their 60's, 70's, and 80's! Members do not need to have any formal education to attend. You also do not need previous college experience—we are open for anyone who is curious and wants to learn.

No. The Senior College is for enrichment and fun. Learning for the sake of learning. Sometimes our instructors will provide reading materials or other resources (such as YouTube videos, Ted Talks, etc.). Those are not required, but they will enhance your learning experience.

You do NOT have to be an alum of BSU; the Senior College is open to anyone age 50 or older.

Active, intellectually curious adults with flexible hours take Senior College classes. Courses and activities are designed for people who seek continuing education, academic challenges, and social connections.

Senior College is always looking for new courses to add to our schedule. If you would like to propose a course, email a short course description and short biography about yourself to Jennifer Reid, Director, at j5reid@bridgew.edu.

The Senior College at Bridgewater State University endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors, and staff are asked to demonstrate mutual respect, kindness, and a commitment to civility. Senior College instructors are responsible for moderation of classroom discussions. Instructors have the prerogative of inviting questions and in-class conversation throughout class session or may ask course members to hold their questions and comments until the end of class or another designated time. All Senior College members are asked to be considerate of the “air space” and not dominate or over talk in any particular class meeting.

All members of Senior College must adhere to the Bridgewater State University Student Code of Conduct which can be found here: https://catalog.bridgew.edu/content.php?catoid=16&navoid=1663#Academic_Integrity_and_Classroom_Conduct

Senior College instructors, staff, and members are encouraged to contact the director (Jennifer Reid, j5reid@bridgew.edu) if they observe behavior that is a violation of the classroom conduct policy.

Bridgewater State University is committed to providing equal access to students with documented disabilities. To ensure your access to this course and the BSU community, students with disabilities are encouraged to collaborate with Student Accessibility Services (SAS). Through SAS, you may initiate the confidential process of requesting reasonable accommodations. SAS can be reached at Disability_Resources@bridgew.edu or 508.531.2194.

If you are granted accommodations, please reach out to the director (Jennifer Reid, j5reid@bridgew.edu) confidentially to review how they will be applied in your Senior College courses.



The Senior College at Bridgewater State University is fortunate to have instructors who have taught many courses with us. While we appreciate every instructor, we offer this special recognition to instructors who reach 5+ and 10+ courses taught. Congratulations—our community is enhanced by your engagement with our members!

Nan Loggains (13)

Caroline Stanley (8)
Michael Kryzanek (6)
Sandra Mondykowski Temple (5)

JANUARY COURSES

Building Bridges and Finding Common Ground in 2023

Marianne Triplette

1/23, 1/30, 2/6, 2/13, 2/27, 3/6

Monday

9:00-10:20am

This course will take place via Zoom and will not be recorded.

This course focuses on understanding the dynamics of working with alternative perspectives, building coalitions, and the dynamics of extremism. Discussion will explore resources for understanding the core drivers of current issues and tools to fact check misinformation in media and social media. The focus will be on building bridges and (whenever possible) finding common ground for the common good. This is a discussion class with an emphasis on maintaining personal stability in what are bound to be challenging years.

Marianne has spent many years contributing to and studying these topics. She has more than three decades of experience as a professor, community leader, political

1 / 2 3 , 1
Monday

HIV/AIDS: Knowing is Everything

Boriana Marintcheva

1/23, 1/30, 2/6, 2/13, 2/27, 3/13

Monday

5:30-6:30pm

This course will take place via Zoom and will not be recorded.

The course provides an overview of HIV/AIDS and their impact on the global society through the last several decades. While HIV is still a deadly virus, HIV infection is no longer a death sentence thanks to the tremendous efforts to understand the biology and the public health of the virus. HIV origins and hallmarks of HIV biology will be discussed along with current strategies for prevention, treatment, and management of HIV infection. No prior science knowledge is expected.

Boriana Marintcheva is a molecular virologist passionate about promoting science, science education, and development of pedagogical tools to advance teaching and learning. She believes that it never hurts to be optimistic, even when viruses are involved, and is perpetually fascinated by the turns and twists they bring to science and technology.

Issues in Global Aging

Jing Tan

1/24, 1/31, 2/7, 2/14, 2/21, 2/28

Tuesday

9:00-10:20am

This course will take place via Zoom and will

Always Here—Native Peoples in Southern New England

Joyce Rain Anderson

1/25, 2/1, 2/8, 2/15, 2/22, 3/1

Wednesday

9:00-10:20am

This course will take place via Zoom and not be recorded.

In this course we will begin with an examination of the Doctrine of Discovery and will look at what occurred in New England prior to the 1620 arrival of the English. From there we will learn about the changes to the land and lifeways of the Natives as more settler colonialists arrived. We will explore the formation of praying towns, English laws, Native petitions and resistance, King Philip's War, and survivance. What happened in New England created a template for what would come for Native Nations across the country.

Joyce Rain Anderson is a Professor of Rhetoric and Composition in the English Department. She is the mother of two and grandmother of four. Guided by Indigenous principles of

Foreign Service with the Department of State.

Returning to her Native Maine, Tyra built a successful real estate practice helping individuals, families, and investors imagine and achieve their housing and investment goals. Recognizing that for every success story, there are stories of struggle around housing and food insecurity, Tyra studied to become a volunteer Master Gardener and Master Food Preserver. Her volunteer projects include offering gardening classes, teaching children how to plant and harvest for their school cafeteria and working with community gardens to donate produce to local food

Getting Ready to Grow

Ron Aakjar

1/26, 2/2, 2/9, 2/16, 2/23, 3/2

Thursday

5:00-6:20pm

This course will take place via Zoom and will be recorded.

This course will provide an overview of the various ways to get ready for the growing season. You will learn how you can extend your growing season, growing the best seedlings that you can and how to effectively get your plants ready to be planted out into your gardens. This course will consist of the following topics: Seed Starting, Extending the Growing Season, Bed Preparation,

Ph.D. in English at Temple University in Philadelphia. A part-time instructor in the English and Communication Studies departments at BSU for eight years, she teaches college-writing classes focused on novel-to-film adaptations, poetry, and gender communication. Having taught many poetry appreciation classes to students meeting a requirement, she looks forward to discussing poetry with eager, enthusiastic, and curious students.

Modern American Conspiracies and Hoaxes: From the Moon Landing to QAnon

Nan Loggains

1/31, 2/7, 2/14, 2/21, 2/28, 3/7

Tuesday

10:00-11:20am

This course will take place via Zoom and will be recorded.

This class will explore a number of conspiracies and hoaxes including the JFK assassination, the Moon Landing, Pizzagate, #StoptheSteal, and 5G chips in the COVID-19 vaccine. We will also examine what makes some of us more gullible than others. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught

a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

FEBRUARY COURSES

Political Discussion: Topics of the Day

Nan Loggains

(12-week course)

2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/22, 3/29,
4/5, 4/12, 4/19, 4/26

Wednesday

10:20-11:40am

This course will take place via Zoom and will not be recorded.

Each week the members of this discussion group will gather to discuss important political topics in the news. Each session includes two to three topics. We begin each topic with a brief overview prior to discussion. All viewpoints are welcome, and discussions will be conducted in a friendly and respectful manner.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red

Class sessions will primarily be discussion of the texts we are reading and how they tie into our own communal memories of Irish American or other immigrant communities. The instructor will provide some historical and theoretical background to kick off the conversations. The novels we will cover can be found at the Bridgewater State or Bridgewater public library, or can be bought used online: Mary Doyle Curran, *The Parish and The Hill*; Edward McSorley, *Our Own Kind*; and Edwin O'Connor, *The Edge of Sadness*.

Beth O'Leary Anish is an English Professor at the Community College of Rhode Island. She holds a PhD in English from the University of Rhode Island, where she wrote her dissertation on Irish American communal memory in fiction and memoir. She is president of the New England region of the American Conference for Irish Studies. Her book *Irish American Fiction from World War II to JFK: Anxiety, Assimilation, and Activism* was published by Palgrave Macmillan in 2021.

Sleeping and Dreaming

Caroline Stanley

(4-week course)

2/2, 2/9, 2/16, 2/23

effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.

Useful and Beautiful Origami

Andrea Plate

2/2, 2/9, 2/16, 2/23, 3/2, 3/9

Thursday

12:00-1:20pm

This course will take place at the Center for Active Living in Plymouth and will not be recorded.

Shortly after paper was invented (~105 AD) people began folding, exploring both its useful applications and its beauty. That exploration continues and in more recent years origami has had an impact in science, medicine, fashion, housing, art and much more. Origami is much more than child's play!

This class will give you a chance to experience the amazing things that can be made with origami as we fold a Flower Bowl with Legs, a Shell Box, a fascinating Tessellated Bowl and more. Are you a new folder? Andrea will offer a zoom class to teach some basics prior to the start of this BSU class. Come fold with us!

Supplies for Class:

x 9-10 inch origami paper (kami) (color on one side, white on the other side) (this can be hard to find so here are examples from Amazon:

o Toyo 9.4 single sided - [Option 1](#)

o A80and wg (8 BDC 0.0008 52h23 Tw 1.639 0 Td(A8his)-6gEMCI0e hou)5.7 (s)1.4 I.9F(Th81 0Tw -10.863 08 Tc-0.0

European History was his integration of western art into his courses. For Jim art wasn't just a way to utilize art to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the "tricks of the trade" artists use to make an impact on the viewer.

Conversations with Cultures Around the World

Wing-kai To

2/3, 2/10, 2/17, 2/24, 3/3, 3/10

Friday

8:00-9:00am

This course will take place via Zoom and will be recorded.

Global engagement is one of the educational priorities of Bridgewater State University by connecting students with world cultures through academic coursework, study abroad and interaction with international students. For this Senior College class, we offer a window for participants to experience international cultures through virtual exchange with international members from BSU and international colleagues in different parts of the world. Each of the six weeks will cover international cultures in different parts of the world with guests zooming in from near and afar. We will discuss both the similarities and differences between US and international cultures and address issues of common concern in supporting our global citizenship for peace and friendship.

Dr. Wing-kai To is Assistant Provost for Global Engagement and Senior International Officer at Bridgewater State University. He was formerly a BSU Professor of History from 1997

to 2018. In his role he oversees international affairs and supports global engagement for students, faculty, staff and the local community. His mission is to reduce ethnocentrism and racism in the world through cultural competency and global understanding.

Journey Through the Chakras (8-week course)

Laura DeSimone

2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

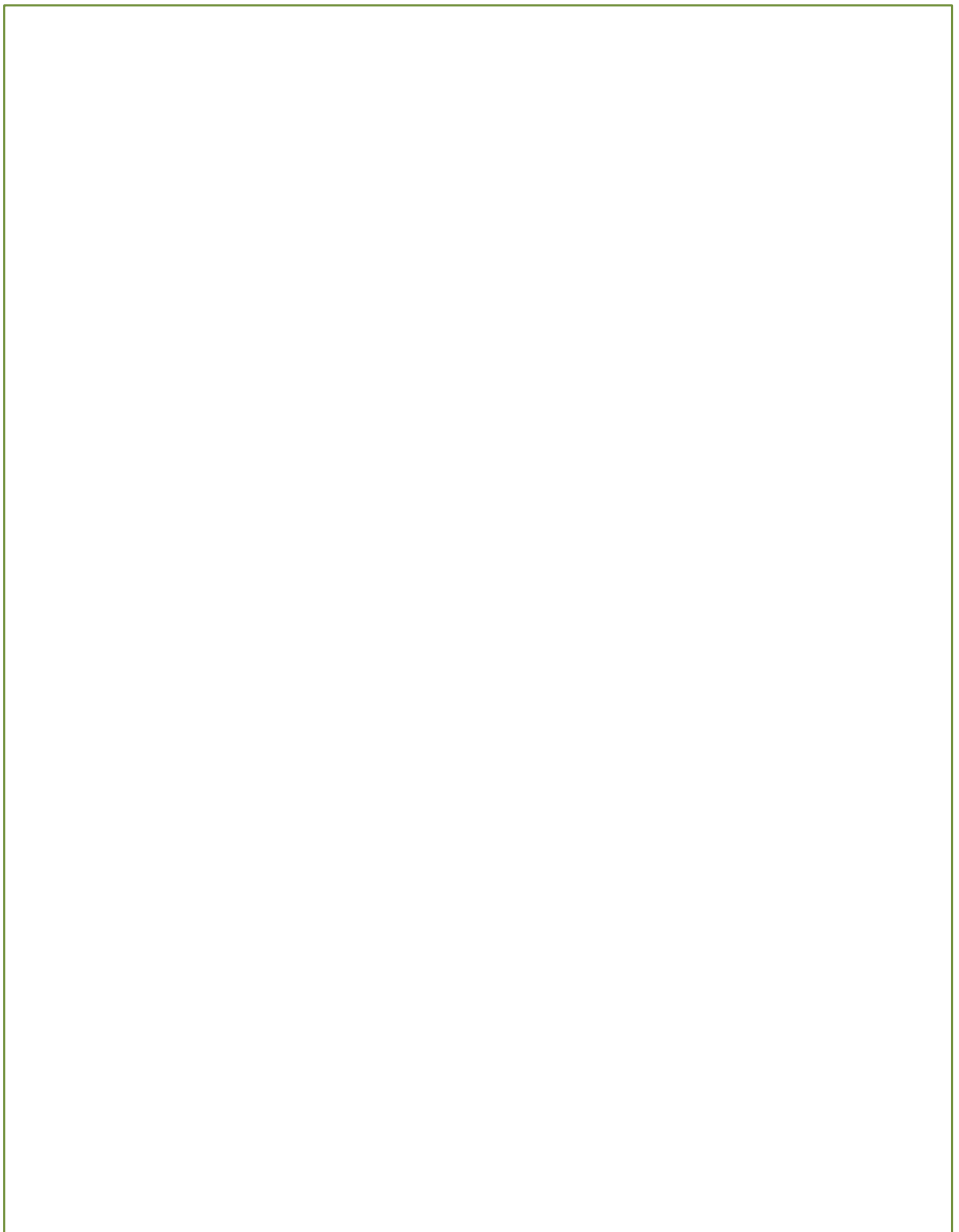
Monday

6:45-8:05pm

This course will take place via Zoom and will be recorded.

Have you ever had a life experience and thought to yourself "Why did that happen? What does it mean?" Have you ever experienced a physical sensation in your body which coincided with an emotional reaction? Welcome to the merging of mind, body, and spirit. Understanding this union and the energy centers that govern our life experiences is paramount to our growth.

If you answered "yes" to any of the questions above and would like to know more about the "why" of these experiences, join me in a Journey Through the Chakras. This class will be a rich, experiential deep dive into these seven amazing energy centers in our bodies. Specifically, you will learn characteristics of each chakra and will connect physical earthly experiences to energetic center energies. You will also experience the essence of each chakra while learning how to journal, meditate, chant, use yogic breathing, music, and crystals associated with chakras. We have much to explore and learn, both in



Examining Presidential and
Congressional Relations in the Next
Brian Frederick C2/7, 2/14, 2/21, C2/28, 3/14, 3/21

become a volunteer Master Gardener and Master Food Preserver. Her volunteer projects include offering gardening classes, teaching children how to plant and harvest for their school cafeteria and working with community gardens to donate produce to local food pantries. A curious lifelong learner, avid biography reader, and intrepid traveler, Tyra's dream is to explore Antarctica.

Her clinical specialization is in child and family studies. Her research focuses on the teaching of psychology. Specifically, she explores the effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.

Anxiety Disorders

Caroline Stanley

(4-week course)

2/27, 3/13, 3/20, 3/27

Monday

11:00am-12:00pm

This course will take place via Zoom and will not be recorded.

How do psychologists “draw the line” between anxiety and anxiety disorders? Along with describing basic anxiety, this course covers generalized anxiety disorder, panic disorder, phobias, and obsessive-compulsive disorder. This course will also explore the causes and treatments for anxiety disorders. It will cover questions such as the following: How do psychologists “draw the line” between anxiety and anxiety disorders? How do psychologists conceptualize anxiety disorders? What is panic disorder and what is generalized anxiety disorder? How do cognitive psychologists explain and treat these disorders? What is a phobia? How do phobias differ from typical fears? What are the most common phobias and how do behavioral psychologists treat them? What is obsessive-compulsive disorder (OCD)? What are some OCD-related disorders and how do psychologists treat them?

Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University.

MARCH COURSES

American Songwriting in 12 Records

John Winters

3/6, 3/13, 3/20, 3/27, 4/3, 4/10

Monday

11:00am-12:20pm

This course will be capped at 18 students.

This course will take place via Zoom and will not be recorded.

What makes a great song? How were some of the best songs of recent decades written? This course, for both listeners and burgeoning songwriters, will look at twelve different songs and examine what makes them work, both lyrically and musically. There is no need to be a musician or have an understanding of music theory, as we will be discussing lyrics, themes, mood, dynamics, the recording process, and the cultural milieu each song was released into. Songs from artists as diverse as Jackson Browne, Bob Dylan and Aretha Franklin will be discussed.

John Winters, G'11, is at work on the first comprehensive biography of Angela Davis, *Long Road to Freedom*. He previously published *Sam Shepard: A Life* (2017) and has taught at BSU as an adjunct since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.

Between the Lines Book Club with Nan!

Nan Loggains

(3-week course)

3/9, 4/13, 6/1

Thursday

10:00-11:20am

This course will take place via Zoom and will not be recorded.

This course will be capped at 18 participants.

~~This is a Spring Semester College Book Club~~ is

Nan also works as a senior special programs coordinator on the Attleboro campus.

Let's Get Gardening

Ron Aakjar

3/9, 3/16, 3/23, 3/30, 4/6, 4/13

Thursday

5:00-6:20pm

This course will take place via Zoom and will

Trending Issues on the Hill: A Conversation with Representative Mathew Muratore

Mathew Muratore

(5-week course)

3/17, 3/24, 3/31, 4/7, 4/28

Friday

Noon-1:20pm

This course will take place at the Center for Active Living in Plymouth and will not be recorded.

This course provides an opportunity to explore issues that the Legislature will consider this political session with Mathew Muratore, State Representative for the First Plymouth District. Each week participants discuss the current legislative issues of the week and learn all sides of the issue. Group participation and conversation is encouraged.

Mathew Muratore, State Representative for the First Plymouth District, was first elected to the House of Representatives in November 2014. He served as a member of the Plymouth Select Board from May 2010-January 2015 and as Chairman of the Board from 2012-2014. Prior to his election to the Plymouth Select Board, Representative Muratore also served as a member of the Plymouth Advisory and Finance Committee and was Board Member and Chairman of the Plymouth Council on Aging.

A Plymouth resident since 2001, Representative Muratore grew up on the South Shore and graduated from Cardinal Spellman High School. He is a graduate of Northeastern University with a degree in Business Management. Representative Muratore began his career as a nursing home administrator in 1991 and is a member of the

Massachusetts Senior Care Association. He is co-owner and operator of Crayon College in Plymouth and Kingston.

Representative Muratore is active in various community organizations including Rotary (Paul Harris Fellow of Rotary International), Plymouth Youth Development Collaborative, Knitj

Vietnam, Aviation History, Providence Journal, the Washington Post, and the Smithsonian Magazine. You can read more of David's works here:

<https://www.smithsonianmag.com/author/david-kindy/>

Improving Your Digital Images

Ron Reynolds

3/17, 3/24, 3/31, 4/7, 4/14, 4/21

Friday

10:00-11:20am

This course will take place via Zoom and will be recorded.

In this class Ron will demonstrate how to improve photos you have already taken by reprocessing them with Photoshop Elements. In addition, he will discuss how to take better photos with digital cameras or smartphones. The class will share the photos they take and as a group and will look at what strengths are already in the image and ways that the photo may be improved.

Ron Reynolds is one of Senior College most popular instructors! He has offered courses with us in physics and geography. Ron has also been an avid photographer since he was appointed advisor to a high school camera club in 1961. He is a life member of the Hockomock Digital Photographers camera club, has published several photo essays and won awards for some of his images. He is a retired high school science teacher and was a Visiting Lecturer in Physics and Geosciences at BSU for 17 years during retirement.

The 1990's in America: From the Clinton Years to the Dotcom Bubble

Nan Loggains

3/21, 3/28, 4/4, 4/11, 4/18, 4/25

Tuesday

10:00-11:20am

This course will take place via Zoom and will be recorded.

Enjoy time traveling back to the 1990s. Topics covered include the end of the Cold War, the first Gulf War, the election and impeachment of Bill Clinton, the Oklahoma City Bombing, and the Y2K bug. We'll also take time to remember the popular culture of the decade. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

Getting Started with Birding

Bonnie Tate

3/23, 3/30, 4/6, 4/13, 4/20, 4/27 (last class will meet in-person in the Plymouth area)

Thursday

9:00-10:20am

This course will take place via Zoom and will not be recorded, but class materials will be made available to students unable to attend the live sessions.

In the last few years, Birding has become one of the most popular outdoor pastimes. This class is for anyone who's curious about birding and is looking for the tools to get started watching these fascinating creatures. We will cover topics including the tools of birding (such as useful apps and websites), bird anatomy, common bird types, typical and not so typical birds in our area, birding locations, hotspots, joining a bird club, and the basics of bird song. We will also try to touch on photography. Our last class will be a field trip in the Plymouth area where we will meet, via our own transportation, and practice what we have learned! There will be homework (fun!), with time for sharing at the beginning of each class, and a chance for questions at the end.

Bonnie Tate has been a birder and wildlife photographer for 10 plus years. She has a PhD in Biology and has taught science at all levels. Bonnie is a member of the South Shore Bird Club, the Brookline Bird Club, Massachusetts Camera Naturalists, and the Hockomock Photography Club. She has shown her work in bird photography throughout her hometown of Easton and competes in the New England Camera Club Council. Combining her love of biology, birds, the outdoors, and photography is her greatest joy! You can see her work and bird stories at her website, <https://bonnietate.wixsite.com/website>.

APRIL COURSES

Basic Computer Skills

Jeff Loiselle

(4-week course)

4/1, 4/15, 4/22, 4/29

Saturday

10:00-11:30am

This course will take place at Bridgewater State University in the Dana Mohler-Faria Science and Mathematics Center (Room 285) and will not be recorded.

This course will be capped at 20 participants.

This course will cover the basics of modern computing. We'll learn Windows basics, web browsing, iOS (iPhone and iPad), staying in touch with family and friends safely and securely through social media, and we'll demonstrate and practice video conferencing (Facetime, Zoom, etc.).

Jeff Loiselle currently serves as Director of Endpoint Services, where he manages all of Bridgewater State University's PCs, Macs, iPads, and Chrome devices. He has more than 15 years of experience managing computers and providing computer assistance and training in K12 and higher education. Jeff holds a Master's in Public Administration from Bridgewater State University.

The Americans: A Profile of the Political Values and Viewpoints That Shape Our Country

Michael Kryzanek

4/5, 4/12, 4/19, 4/26, 5/3, 5/10

Wednesday

Noon-1:20pm

This course will take place at the Bridgewater Senior Center and will not be recorded.

This course will seek to define and discuss the various socio-economic groupings in contemporary America as they interact with the political and governmental system in our democracy. During the course, groups such as women, men, Hispanics, African Americans, Evangelicals, Generation Zs, rural, urban and suburban residents, the professional and non-professional class and coastal elites will each be explored as to their values and views. The course will seek to explain the voting and policy impact of each of these groupings and their potential influence on future elections and governance.

Dr. Michael Kryzanek is currently the Special Assistant to the President of Bridgewater State University. Dr. Kryzanek's areas of expertise are in American government, US foreign policy and comparative politics. He was Chair of the Political Science Department and was named as the Executive Director of the Minnock Center for International Engagement with responsibilities for all international programs at BSU.

The History of American Protest

Ray Ajemian

4/5, 4/12, 4/19, 4/26, 5/3, 5/10

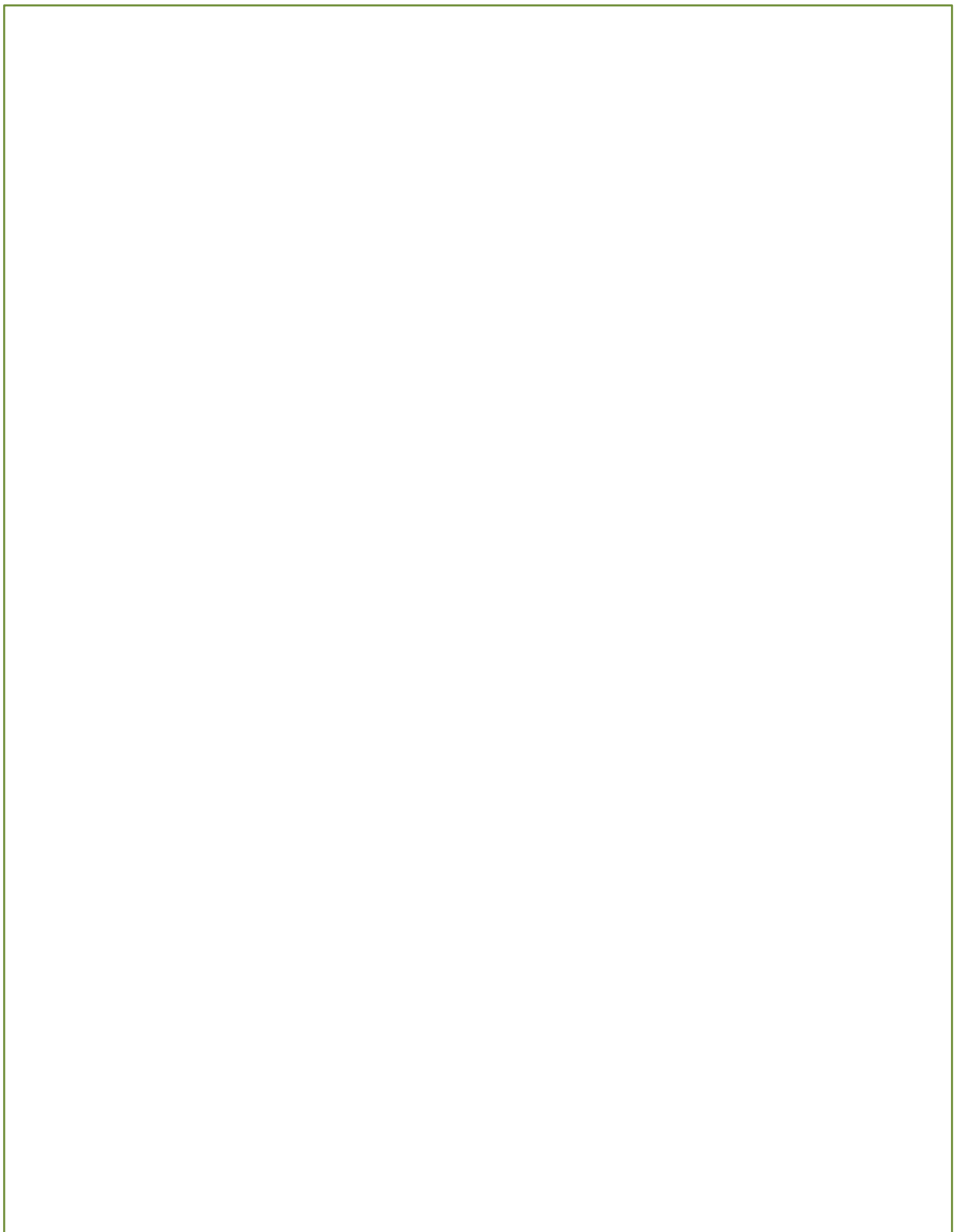
Wednesday

1:40-3:00pm

This course will take place at the Bridgewater Senior Center and will not be recorded.

Americans at the barricades – this course will describe the major protest movements in American history. In this course, we will move in chronological order as we discuss pivotal protests that have shaped the United States on political, social, and economic levels. We will begin with colonial protests, the Constitution, and disputes in early America and work our way through history to the modern day. Each week will cover a different protest movement and its impact on American culture and legislature. Some of the movements that will be covered include anti-slavery & black rights, women's rights, labor & union movements, and the rights of indigenous people.

Ray Ajemian has a BA and MA from the University of Michigan. His specialty is in Middle Eastern and American history. More than half of his career was in education, teaching high school history and government and community college. Ray's mother was a survivor of the Armenian Genocide, and because of this he became interested both in the Armenian genocide and genocide in general. He has conducted extensive reading on the subject over the years.



Deep Ecology and You: A Personal Search for Deeper Connections Between You and Our All-Sustaining World

Ronald Maribett

4/20, 4/27, 5/4, 5/11, 5/18, 5/25

Thursday

10:30-11:50am

This course will take place via Zoom and will be recorded with input from the classroom community.

In this course participants will explore ecology—the branch of biology that deals with the relations of organisms to one another and their physical surroundings. A discussion on the deeper connections that can be made between yourself and the sustaining world will occur from the origin of the term Ecology through Thoreau to Naomi Klein to Joanna Macy's contemporary work.

Participants will also be encouraged to share their own testimonials of their approach to ecological awareness in their experiences.

Course members will explore the role of deep ecological awareness and actions in mobilization of the world population around climate issues threatening the now (as of today) 8 billion people on Earth. The instructor will lead a discussion that will focus on what the Great Turning Point (Macy) might look like in our lives and that of those that follow us. Finally, participants will share the today) ao4.8 (w)0.6rP2 Tc -.Lt partz7 course will take plat the instructor w

when racism, white nationalism, and anti-foreign and anti-immigrant sentiment was rampant. Reading it is almost therapeutic. Realizing ...that American democracy survived that dark moment and a decade later began half a century of democratic renewal." It should give us hope that we can survive our current dark times. Join us as we explore the tumultuous years during and just after WWI and learn the lessons from our past that can prevent us from succumbing to another Midnight. In the first half hour of classes historical perspectives will be presented, followed by a guided class discussion.

Week One: Introduction – No Ordinary Times - Ever hear of the Philippine War? What was the Progressive Era? Chapters 1 and 2

Week Two: End of the Progressive Era, the Great Migration, the Postmaster General suppresses freedom of the Press and the American Protective League hunts disloyalty. Chapters 3 to 7

Week Three: A skilled mole, the Water "cure," attacking all things German, and another kind of war -the 1918 influenza. Chapters 8 to 13

Week Four: Armistice, "America First," the "red' labor unrest, a world on fire, anarchists

popular over the past few years—it is a great way for you to unleash your creativity in a safe and supportive way while enjoying the experience alongside friends, both new and old!

Monica Gillet is the artist behind the successful “A Night at the Easel.” She has offered painting social events throughout southeastern Massachusetts and Cape Cod. She supplies everything from the canvas, to paints, brushes, and the inspiration! Monica frequently partners with local cultural councils and community organizations to bring hands-on art to people of all ages and skill levels.

humanopics trunitye sihor

Is There an "Other Side"? Swapping Stories about Signs from Beyond

Kathryn Evans

5/11, 5/18, 5/25, 6/1, 6/8, 6/15

Thursday

2:00-3:20pm

This course will take place via Zoom and will be recorded.

The course will begin by offering some context on “the other side”; to that end, you’ll be invited to access a compendium of resources developed by the instructor (available on the Web at tinyurl.com/ms8j328h). This compendium, like the course itself, covers signs and synchronicities, near-death experiences, deathbed visions, mediumship, and a type of grief therapy called induced after-death communication (IADC). In addition to discussing these topics, we’ll watch TED talks by doctors sharing their views on crossing over, and we’ll see a clip of a medium Laura Lynn Jackson, author of *Signs*, doing a reading. The instructor will also share

some short excerpts from *Signs* in which Jackson explains that you don’t have to be a medium to get signs from the other side; anyone, she notes, can ask for and receive signs. We’ll discuss some strategies Jackson recommends for inviting (and recognizing) signs from deceased loved ones—and course participants will have ample opportunity to share any signs they might have received from loved ones who have crossed over.

The course will also briefly address signs in the context of religious faith. People across a variety of faiths find comfort in signs; in *The Medium Next Door*, for instance, Irish Catholic medium Maureen Hancock writes, “My faith allows me to deliver messages of hope, peace, and unconditional love from the higaness nneccadditionieaveu experhigciecogn2

Monica Gillet is the artist behind the successful "A Night at the Easel." She has offered painting social events throughout southeastern Massachusetts and Cape Cod. She supplies everything from the canvas, to paints, brushes, and the inspiratihu

frequently partners with local cultural council and community organizations. (tisonsto) brij fhnd s- JJ00.0014 Tw 0 -1.4