

Lifetime Learning Center

A Resource for Learning, Teaching, Friendship

Winter Quarter 2016 Class Schedule
January 4—February 25, 2016

Literature



Current Events

Painting

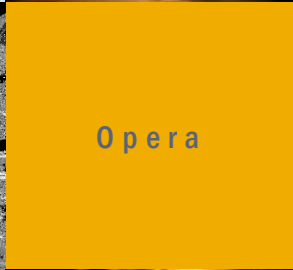


EXPLORE

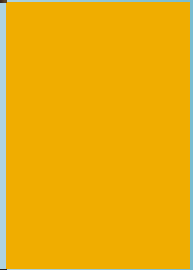
Classes



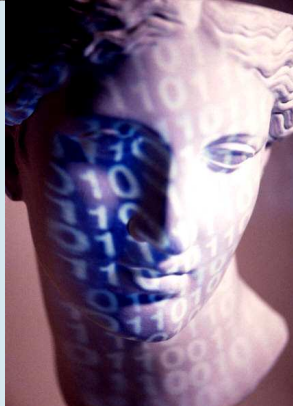
Opera



History



Quilting



Film



Fitness



3841 NE 123rd Street
Seattle, WA 98125
Phone: 206-949-8882
E-mail: llc_2000@hotmail.com

Ellis Waller, Director
Edla Deppman, Office Manager

www.lifetimelearningseattle.org

Lifetime Learning Center

“Sharpen Your Mind and Make New Friends”

WINTER 2016— SPECIAL EVENTS CALENDAR

Friday, February 12, 2016 All That Jazz with Irv and Company



REGISTRATION

Lifetime Learning Center, a nonprofit, educational organization, offers classes and social events for older adults. Our courses provide the joy of learning and challenging the mind without the problem of exams or grades. Classes meet weekly.

Fees: To enroll, students pay a \$15 registration fee each quarter plus a course fee of \$30 per class. Some classes require additional lab, book or materials fees, see asterisk*.

Enrollment: Classes fill on a first-come, first-served basis. Registrations are valid only when accompanied by payment. No class confirmations are sent. Students are notified by phone if a class is filled.

Three Ways To Enroll:








1. Complete the registration form at the back of this brochure, enclose fees, and mail to:
Lifetime Learning Center
3841 NE 123rd Street
Seattle, WA 98125
2. Call (206) 949-8882 to be sure we are in, drop by and register in person.
3. Register and pay directly on-line at our website, www.lifetimelearningseattle.org. Pay using a credit or debit card or Paypal.

Scholarships: Inquire at LLC office for scholarship applications. Scholarships are granted on the basis of need and are limited to classes not already filled with enrolled students.

FACULTY

Bruce Bigley, Ph.D. Literature
 Jeanne Bryan, B.A. Music Education
 Theodore Deacon, D.M.A., Music
 Cecile Disenhouse, Watercolorist,
 Larry Gales, Ph.D., Science
 Vel Gerth, BA., Writing Coordinator
 Linda Harris, Ed. D., Education
 Cameron Justam, Rosen Method Instr.
 Michael Kelly, M.D.
 Elhri Larsen, Poetry Instructor
 Jim Leonard, M. A., Teaching
 Marianne LoGerfo, M.A., Teaching
 Gloria London, Ph.D., Archaeology
 Frankie Marazzie, Yoga Instructor
 Jim Mohundro, Film Aficionado
 Joe Pearl, Ph.D., Psychology
 Ann Ross, Tai Chi Instructor
 Charles Roxin, B.A., Music
 Stacy Schulze, Yarn Artist
 Bobbie Simone, Ph.D., Literature
 LeeAnn Starovasnik, S.A. Feldenkrais
 Ted Sztatrowski, Bridge Instructor
 Bill Taylor, M.A., Political Science

Many thanks to these talented people who donate their time and expertise. They make Lifetime Learning Center a fantastic experience for our students.

Category	Course	Day	
Anthropology, Politics, Philosophy, Psychology, Science, Sociology 	History of the Arab-Israeli Conflict History of the Arab-Israeli Conflict Energy and the Environment Traditional Mediterranean Potters and Pottery The Worm in the Core Focused Current Events Buddhist Insight Meditation and Psychology of Spiritual Development Culture of Cities: The Good, the Bad, the Ugly	Monday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday	9:30 9:30 9:30 9:45 1:00 10:45 1:00 1:00
Film 	Tales With a Twist-Not What you Expect Detectives In Film	Wednesday Thursday	1:00 1:00
Literature, Writing, Language 	<i>The New Yorker</i> Discussion Group Life Story The Iliad Part 2 American Short Stories of the 20th Century George Eliot's Mill on the Floss and Silas Marner Creative Writing Book of Urizen Women for Poetry in Daily Living	Monday Tuesday Wednesday Thursday Thursday Thursday Thursday Thursday	11:00 11:00 11:00 9:30 11:00 11:00 1:00 1:30
Music, Art 	Exploring Beethoven's Symphonies Contemporary Art: What's It All About? Piano Keyboarding Watercolor Basics-Session I Watercolor Session II	Monday Tuesday Thursday Thursday Thursday	1:00 11:00 11:00 11:00 1:15
Physical Fitness 	Rosen Movement Balance in Action Gentle Yoga Advanced Tai Chi Beginning Tai Chi	Monday Tuesday Wednesday Thursday Thursday	11:00 11:00 1:00 9:30 1:00
Life Skills 	Crochet Knitting Quilt Making Basics	Monday Monday Tuesday	1:00 12:30 12:30
Brain Fitness Activities 	Beginning Bridge Intermediate Bridge	Wednesday Wednesday	9:00 10:45

MONDAYS: JANUARY 4—FEBRUARY 22**A History of the Arab-Israeli Conflict 9:30-10:45****Bill Taylor*****Class is limited to 35**

Israelis and Arabs/Palestinians have very different histories of their shared conflict. Each uses history to justify its own actions while blaming the other side for the conflict. This course will address key periods and events in that history, in the process showing the ways in which all sides have contributed to the origins and continuation of the conflict.

Note 1: This course is a repeat of the course I offered in spring 2013.

Note 2: The course packet will be available for purchase on the first day of class. The cost should be about \$15.

Note 3: I'll send out copies of the first chapter as you register so you'll be able to come prepared for the first class.

This class is repeated on Tuesday mornings.

Rosen Movement 11:00-12:00
Cameron Justam

Rosen Movement, created by Marion Rosen, a physical therapist, fosters, supports, and maintains flexibility during our ageing years. Aided by music, you will move all joints with ease and experience fun and inspiration. Come move with us---be more open to the day and to life! Cameron Justam, is a Certified Rosen Method Body Practitioner.

**The New Yorker****11:00-12:15****Discussion Group****Moderated by Jim Leonard and Stephanie Kaylin**

Here is an opportunity to share The New Yorker with other regular readers of the magazine. The group will consider articles, fiction, poetry, and reviews, with each piece presented briefly by a participant before a general discussion. Please bring the two most recent issues to the first class so that we can choose what will be discussed the following week.

Knitting**12:30-3:00****Group Facilitated**

Meet the "knit wits"! Join a group of experienced knitters who will be happy to help beginners get started. All levels welcome. Group is willing to share tips, knowledge and wisdom.

**Exploring Beethoven's Symphonies 1:00-3:00****Theodore Deacon**

Dr. Deacon will now tackle the mighty 9! But there is more to Beethoven than "Fate's hammering" in the 5th, the pastoral imagery of the 6th's, or the revolutionary "Eroica" which changed the very concept of what symphony should

be. These classes will also take you through the history of the symphony and the important contributions of Johann Stamitz, “Papa” Haydn, and, of course, Mozart.

We will examine the historical context that drove Beethoven’s creative spirit, his turbulent personal relations, the cause and effect of his devastating deafness, and the intriguing question of who was his “Immortal Beloved.” Filled with exciting musical examples, revealing film extracts, and a wealth of documentary evidence, these lectures will be perfect for everyone, be they long-time Beethoven aficionados or those lucky students discovering these masterpieces for the first time.

Crochet

1:00-3:00

Stacy Schulze

All you need is a hook and some yarn and you can learn skills to make clothes, household items, and decorations. For learning and practice, bring some yarn and at least one hook of the right size for the yarn. Please bring any patterns or crochet books that interest you. Beginners and refreshers welcome.



TUESDAYS: JANUARY 5-FEBRUARY 23

A History of the Arab-Israeli Conflict 9:30-10:45

Bill Taylor

*Class is limited to 35.

Israelis and Arabs/Palestinians have very different histories of their shared conflict. Each uses history to justify its own actions while blaming the other side for the conflict. This course will address key periods and events in that history, in the process showing the ways in which all sides have contributed to the origins and continuation of the conflict.

Note 1: This course is a repeat of the course I offered in spring 2013.

Note 2: The course packet will be available for purchase on the first day of class. The cost should be about \$15.

Note 3: I’ll send out copies of the first chapter as you register so you’ll be able to come prepared for the first class.

This class is repeated on Monday mornings.

**Energy and the Environment:
A Future for Our Grandchildren
Larry Gales**

9:30-10:45

Our industrial civilization has brought us many benefits, but is now on a major collision course with the life giving properties of our planet. Everywhere we look we see major environmental damage: large dead zones and huge accumulations of plastic in the oceans, desertification, deforestation, dropping water tables, and now climate change at a rate this earth has not seen for millions of years. It is easy to feel hopeless as we contemplate a grim future for our children and grandchildren.

But there is plenty of reason for hope as attitudes and policies are rapidly changing and exciting new technologies are emerging. In this class you will learn the problems and possible solutions, including actions you can take as well as knowledge to influence others.

The class also includes guest lectures from others in this field, such as Prof. James Murray, who established the climate change program at the University of Washington and is an expert on ocean acidification; Christopher Meek, AIA, IES, an Associate Professor of Architecture at the University of Washington and Director of the Center for Integrated



Design at the University's College of Built Environments who recently served as a consultant to the design team on the recently completed Bullitt Center in Seattle, which is a net-zero energy office building that has achieved Living Building certification; and Philipp Schmidt-Pathmann, MBA, MIS, an internationally recognized authority on resource management and strategies to manage our resources more effectively.

Join us to learn how to insure a better future for our grandchildren.



**Traditional Mediterranean
Pottery and Potters
Gloria London**

9:45-10:45

Women potters in Cyprus, an island off the southern coast of Turkey, still produce unglazed clay pots by hand. Videos and PowerPoint presentations will show how the women coil-build and fire the pots. The pots are used at home or in church. Cookware and jars were essential to process, preserve, and cook foods in rural settings until the late 20th century. The pots resembles ancient ceramics. Archaeologists learn how ancient people made and used clay pots by observing traditional potters who work without the use of mechanized equipment. Examples of the jugs, incense burners and cookware will be available in class to handle. The pottery featured in class is on display in a new museum that was created last October by the instructor together with a Cypriot Greek Orthodox monk, Father Demetrios. He is an icon painter. See the museum and the painted icons at: <https://www.facebook.com/ayiosdemetriospottery/>

Balance in Action
Leanne Starovasnik

11:00-12:00

Are you ready to take your next step toward freedom and ease and away from pain? Do you want a sustainable practice to age well, remain active and retain your independent lifestyle? Feldenkrais provides support, relives pain, and builds hope through intelligent movement explorations. You will engage your brain along with your body in new and novel ways that help you take your next steps towards your goal. Wear warm comfortable clothing and bring a thick blanket or mat.

Contemporary Art: What's It All About?
Marianne LoGerfo

11:00-12:30

Well, it's about us and our lives! Since 1936 these artists have breathed our air, walked our streets, read our headlines. The works of our Abstract, Pop, Conceptual, Minimalist, Performance, and Installation artists have grown from the soil of the great revolutionary art of the last century. And they're all around us today, ready to shock, stimulate, move and amuse us all. Together we'll savor the art and share ideas for online viewing and local museum and gallery adventures.

PCC SCRIP CARDS

Don't forget to pick up your scrip card for PCC! PCC tracks your purchases and gives back 5% of what you spend to LLC. We thank PCC for supporting non-profit organizations like ours, and we urge you to talk to us about acquiring your own scrip card. If you have lost your scrip card, it's easy to replace. See us in the office.

Write Your Life Story
Group Facilitated

11:00– 1:00

Write your memories in a variety of forms; prose, poetry, plays, vignettes or a longer narrative. Participants read in class and listen to each other and offer encouragement and suggestions.

Quilt Making

12:30-2:00

Quilters can share the creative skill of crafting beautiful quilts. Class members select their own projects. This is a support group sharing quilting ideas and views of life. All levels of experience welcome.



The Worm in the Core:
The Role of Death in Life
Michael Kelly

1:00-2:30

This class is based on Sheldon Solomon and Jeff Greenberg's book "Worm in the Core." The underlying thesis of the book is based on the premise that because we can foresee our own mortality, we act in different ways. The fear of death and the desire to transcend it causes us to sometimes make irrational choices. How we come to terms with death and live a life of compassion and creativity are also themes within the text.

Please purchase your own text before class begins.

WEDNESDAYS: JANUARY 6-FEBRUARY 24**Beginning Bridge 9:00-10:30**
Ted Szatrowski

This class is for individuals who may or may not have played bridge before but would like to learn. We will start by learning point count, basic bidding, and learning some basic bridge conventions. Students learn the game by playing. We play bridge for fun –and down play the competitive aspects. You will make new friends, improve your memory and have a wonderful time.

Intermediate Bridge 10:45-12:15
Ted Szatrowski

This class is for bridge players who have some bridge knowledge. Individuals play with other bridge partners, and are able to ask instructor questions and guidance.

Current Events: A Focused 10:45-12:15
Small Group Discussion
Linda Harris

This group identifies topics of interest and shares credible sources to help focus discussions. The upcoming republican and democratic contenders, local elections, Supreme Court decisions, environmental issues and international policies are just a few possibilities! Join us for stimulating and respectful conversations. Voice your opinion, and listen to other points of view. This class is limited to 15 people so register early.

The Iliad, Part 2 11:00-12:30
Bobbie Simone

Books 9-16. Zeus tells the gods to quit interfering, but do wife Hera and daughter Athena and brother Poseidon obey him? The human beings continue their battles—but why? The Iliad is very dramatic and should be heard: we hear it! You don't have to have been in the fall session to attend this session.

Text is Robert Fagles' translation, Penguin Books. Edith Hamilton's Mythology is recommended.

Gentle Yoga 1:00-2:00
Frankie Marazzi

Gentle Yoga in the Viniyoga style emphasizes breath work, repetition, adaptation and sequencing. Must be able to do postures or asanas on a mat. Wear loose clothes, bring your mat and a towel or blanket for extra padding.

Foreign Films: Tales with a Twist: 1:00-3:00
Not what you might expect!
Bobbie Simone

Including "Wild Tales" from Argentina; "The Hunt" from Denmark; "The Devil's Eye" from Sweden; and surprises from Italy and the U.S.A; and three other surprise countries.

Subtitles for all, and optional discussion follows the showing.

Films are also available at Scarecrow Video, a Seattle non-profit organization.

SCENT SENSITIVITY

Please note that some scents can trigger asthma attacks or create allergic reactions. As a courtesy to others please refrain from wearing perfumes or strongly scented products when attending classes at Lifetime Learning Center.

**Buddhist Insight Meditation and
the Psychology of Spiritual Development**
Joe Pearl 1:00-3:00

What is the nature of spiritual development? What is the nature of psychological development? How are they related? We will examine these questions, with special emphasis on the Eastern psychology/philosophy of Buddhism and the Western psychologies/philosophies of Psychoanalysis, Existentialism, and Constructivism. To balance our theoretical discussion, and provide focus you will learn Buddhist Insight (also known as Mindfulness or Vipassana) Meditation, a style of meditation that is becoming increasingly influential in Western psychology and psychotherapy. Lurking in the background of everything we talk about will be the question: "What is the ultimate purpose of life, and how can one best attain it?"

**Culture of Cities: The Good,
The Bad, The Ugly**
Chuck Roxin 1:00-2:30

"Seattle in the Midst of Tech Boom Tries to Keep Its Soul," reads the newspaper headline. Seattle's dilemma is one that cities have been facing since they began with the advent of the agricultural revolution over 5,000 years ago. Cities are special, definable, and unique. We are drawn to them, and many choose to leave them. Come find out how cities start, grow, and evolve. Apply these principles to the future of this region. The first four weeks will present basic principles of City evolution and design. The second four weeks will consist of case studies. You are invited to participate in the discussion with observations and opinions.

THURSDAYS: JANUARY 7-FEBRUARY 25

Advanced Tai Chi
Ann Ross 9:30-10:45

Tai Chi is a slow moving meditation to improve health, balance, and spirit. From the gentle practice of postures, you will learn about your physical and spiritual center. This class is geared towards continuing students.

Beginning Tai Chi 1:00-2:00

This session is geared towards beginners.

**American Short Stories
of the 21st Century**
Jim Leonard 9:30- 10:45

In this class we will read short stories written by contemporary American authors. Most of these stories first appeared in print in the 21st century. The anthology for this class is the same book used in the Fall class; of course, the Winter class will be reading different stories. Each week we will discuss two stories. Our authors include Sherman Alexie, Richard Bausch, Edwidge Danticat, Mary Gaitskill, Amy Hempel, Joyce Carol Oates, Annie Proulx, Tobias Wolff, and others.

The textbook is *The Ecco Anthology of Contemporary American Short Fiction* edited by Joyce Carol Oates and Christopher R. Beha, paperback 2008.

Purchase the text on your own and bring it to the first class.

**George Eliot's, Mill on the Floss
and Silas Marner**
Bruce Bigley 11:00-12:15

Two novels by one of the greatest of Victorian novelists. The *Mill on the Floss*, loosely autobiographical, starts with one of the best fictional descriptions of childhood and continues to follow the struggles of Maggie Tulliver to overcome the patriarchal control of her father and older brother. *Silas Marner*, inflicted on many of us in high school, is a novel you shouldn't read until you are forty. It is a funny and moving moral fable about the redemptive power of love. Any editions acceptable.



Piano Keyboarding
Jeanne Bryan

11:00-12:15

A continuing class for students who have previously taken piano keyboarding and have knowledge of note reading and piano keys. New students without previous keyboarding experience should contact the LLC office to sign up for future potential beginning classes.

Creative Writing
Vel Gerth

11:00-12:45

Write spontaneously through prompts, outlines, or from lines of poetry and prose. No corrections of work, only praise for a word or line. We learn by doing and creating, and encourage each other to write in our unique voices.

Watercolor Basics	Session 1	11:00-1:00
Cecile Disenhouse	Session 2	1:15-3:15

No experience necessary. Beginning instruction includes description of supplies, composition, use of color, washes, wet into wet, and ink with watercolor. Artists of any level are welcome to participate in the class. The instructor demonstrates mainly landscapes, cityscapes and the odd animal. Students can visit: www.Jettes.org to see instructor's work. The two sessions from 11-1 and 1:15-3:15 are the same. Each class limited to 25

The Book of *Urizen*
Bruce Bigley

1:00-2:15

The Book of Urizen is William Blake's radical reading of Genesis 1-11. Through visionary poetry and engraved images reinterprets the traditional stories of creation and the fall. We will read and discuss *Urizen*, Genesis 1-11, related texts by Blake, and other creation stories in the Western tradition. Books will be ordered on behalf of students by instructor. An additional fee for 20 page handout is required.



Women for Poetry in Daily Living
Elhri Larsen

1:30-3:00

A peaceful oasis for sharing poetry from international writers and our own hands and hearts if we are so inclined. A safe place for women to express and let their voices be heard with love of language, insight, humor, and observation.

Detectives in Film
Jim Mohundro

1:00-3:30

Dashiell Hammett and Raymond Chandler wrote about 1930's and 1940's archetypal private detectives Sam Spade and Philip Marlowe. Chandler: "There are those who read it (detective fiction) when they are tired or sick, and from the number of mystery novels they consume, they must be tired and sick most of the time." Fictional detectives include professional police officers, private investigators, and amateurs who stumble over murders and are smarter than the professional police officers they assist with their inquiries.

We will view these classics: *The Hound of the Baskervilles* (1939); *Charlie Chan at the Opera* (1936); *Thank You, Mr. Moto* (1937) or *The Falcon's Brother* (1942); *The Thin Man* (1934); *Farewell, My Lovely* (1975); *Murder Most Foul* (1964); *Detective Story* (1951) and *Fargo* (1996).

LLC REGISTRATION FORM Winter Quarter 2016 January 4-February 25*Please note, two people can register on a single form, therefore columns 1 and 2.*

Participant 1 _____ Participant 2 _____

Address _____ City _____ Zip _____ Phone _____ New Student: Yes

Email: _____ Email: _____

Emergency Contact: Name _____ Phone Number: _____

Emergency Contact Name _____ Phone Number: _____

Fees: To enroll, students pay a \$15 registration fee each quarter plus a course fee of \$30 per class.*Some classes require an additional fee for materials.*

Monday	Fee	1	2
Arab-Israeli Conflict	\$30	___	___
Rosen Movement	\$30	___	___
The New Yorker	\$30	___	___
Beethoven's Symphonies	\$35	___	___
Knitting	\$30	___	___
Crochet	\$30	___	___

Tuesday	Fee	1	2
Arab-Israeli Conflict	\$30	___	___
Energy and the Environment	\$30	___	___
Potters and Pottery	\$30	___	___
Balance in Action	\$30	___	___
Contemporary Art	\$30	___	___
Life Story	\$30	___	___
Quilt Making Group	\$30	___	___
The Worm in the Core	\$30	___	___

Wednesday	Fee	1	2
Beginning Bridge	\$30	___	___
Intermediate Bridge	\$30	___	___
Focused Current Events	\$30	___	___
The Iliad- Part 2	\$30	___	___
Gentle Yoga	\$30	___	___
Foreign Films	\$30	___	___
Buddhist Insight Meditation	\$30	___	___
Culture of Cities	\$35	___	___

Thursday	Fee	1	2
Tai Chi-Advanced	\$30	___	___
American Short Stories	\$30	___	___
Intermediate Piano	\$30	___	___
Mill on the Floss and Silas Marner	\$30	___	___
Creative Writing	\$30	___	___
Water Color I	\$30	___	___
Beginning Tai Chi	\$30	___	___
Urizne	\$35	___	___
Detectives in Film	\$30	___	___
Water Color II	\$30	___	___
Women for Poetry	\$30	___	___

Lifetime Learning Center
3841 NE 123rd Street
Seattle, WA 98125

Class Fee Total**Quarterly Registration Fee \$15 (per person)****Donation (We appreciate your generosity)****Total Fees**

\$ _____

\$ _____

\$ _____

\$ _____

You may also register and pay online at: www.lifetimelearningseattle.org. (If you pay online and want a refund, please see us rather than seeking a refund online.)

Lifetime Learning Center
3841 NE 123rd Street
Seattle, WA 98125

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Visit us!

LLC Winter Quarter 2016 Class Schedule

LLC is a tax-exempt 501 (c)(3) organization and is supported by fees, grants, and fund-raising. All donations are tax deductible.

We are open to the public and provide classes in compliance with federal laws, and do not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, sexual orientation or disability.