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Learning Institute
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Upcoming Courses 2025



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April/May 2025

MONDAY

Vivo Online Strength & Balance Classes

Instructor: Vivo

Date: 4/7/2025 - 5/27/2025 **DOW:** Monday

Time: 9:00 AM - 11:00 AM **Method:** Online

Maintaining muscle strength and balance is essential for preserving health and independence as we age.

Without strength training, older adults often experience a decline in muscle tone, which can affect mobility and balance. Vivo is an interactive, live online strength-building course tailored to your individual fitness level, designed to help you improve physical fitness through a focus on strength, balance, and cognitive exercises.

Chair Yoga Monday

Instructor: Nutan Ahuja

Date: 4/7/2025 - 5/19/2025 **DOW:** Monday

Time: 10:00 AM - 11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace. These classes are a GREAT entry point for students OF ALL AGES AND ALL LEVELS.

Dissecting the Novel: Hamnet by Maggie O'Farrell

Instructor: June Converse

Date: 4/7/2025 - 5/12/2025 **DOW:** Monday

Time: 10:00 AM - 12:00 PM **Method:** Classroom

What makes a bestseller a bestseller? Is it the plot or the characters or some mystical combination? Is there some subliminal expectation readers have that bestsellers exploit? Does it have to do with progressive escalation or our desire to escape from reality. Maybe it's schadenfreude? In this class, we read a bestselling novel and try to find that mystical power. We look at plot and arcs and marketing. We put on the hat of author, character, reader, and publisher. It's a book club on steroids. And, like magic, what you learn applies to all stories (TV, movies, books) and makes every experience much deeper. Readers, writers, and anyone who loves stories will enjoy this class. We take SIX weeks to study a master. We peel off the layers one by one to see the depth behind the completed work.

Shakespeare in Music Pt 1

Instructor: Judith Costello

Date: 4/7/2025 - 5/19/2025 **DOW:** Monday

Time: 1:30 PM - 3:00 PM **Method:** Online

In the 460+ years since William Shakespeare's birth, hundreds if not thousands of composers in every imaginable musical genre have been inspired by his words, his characters, his plots, and his deep understanding of the human experience. In this first of two suggested seven-week OLLI courses (Part Two is proposed for October and November 2025), we'll explore a wide variety of music with a Shakespearean component: operas, chamber music, symphonic and choral works, ballets, incidental music to the plays, film scores, song settings, jazz interpretations, and Broadway musicals.

Understanding Your Investments

Instructor: Timothy Gelinias

Date: 4/7/2025 - 5/19/2025 **DOW:** Monday

Time: 10:00 AM - 11:00 AM **Method:** Classroom

Unlock the doors to understanding and take control of your retirement. Tim will help you have the proper tools so that you can be confident in your decisions on key matters that affect your retirement. Topics will include Investments - Mutual Funds & Annuities, Estate Planning & Taxes, Making your money last, Long-Term Care, Asset Management, Proper Diversification and Inflation.

Navigating Dementia: Understanding, Supporting, and Caregiving

Instructor: Kassie Roth; Roy Kerfoot

Date: 4/7/2025 - 4/28/2025 **DOW:** Monday

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

Caring for someone with dementia can be overwhelming, and for many, it becomes the “Disease That Must Not Be Named.” This course is designed for those who have a loved one or friend diagnosed with—or suspected to have—one of the 100+ types of dementia, including Alzheimer’s. Dementia caregiving presents unexpected challenges. Caregivers and supporters often find themselves navigating unfamiliar responsibilities, making difficult decisions, and adapting to life-changing circumstances—all without prior training. Feelings of denial, fear, or guilt can further complicate the journey. This course provides a foundational guide to understanding and supporting someone with dementia. We will explore what dementia is, how it differs from normal aging, and the most common types. We’ll discuss the steps to take if you suspect dementia, the importance of diagnosis, and how to move forward once a diagnosis is confirmed. Additionally, we’ll cover caregiver priorities, strategies for handling various scenarios, and the range of available in-home and long-term care options.

Guilty Pleasures: Films to Watch Over and Over

Instructor: Robin Bernat

Date: 4/7/2025 - 5/19/2025 **DOW:** Monday

Time: 3:00 PM - 4:00 PM **Method:** Online

This is a light-hearted look at some favorite films -- ones meant to distract in turbulent times. Each week, class participants will view two films available on Amazon or another streaming service. We'll get together on Zoom on Mondays to discuss the two films. Films not available for free on Kanopy.com will have to be rented for small fee on Amazon or other streaming service. Full description and movies available online.

TUESDAY

Controversies and Progress in Healthcare

Instructor: Karen Steinberg

Date: 4/8/2025 - 5/20/2025 **DOW:** Tuesday

Time: 9:30 AM - 11:00 AM **Method:** Hyflex

What are we to make of constantly changing healthcare messages, messages that directly impact us? Should I get a PSA or a mammogram? Should herd immunity be attempted without the use of vaccines during a pandemic? *When do doctors predict a cure for cancer? To begin, we’ll explain the different types of studies that provide doctors with the necessary information to make screening and treatment recommendations as well as to prevent disease. We’ll then examine three examples of studies that led to important advances in preventing the biggest killers: infectious diseases, heart disease, and cancer. Next, we’ll explore examples of recommendations that continue to change and the reasons behind these changes, including PSA testing and mammography, as well as the evolving messages for prescribing medications to healthy people for disease prevention including statin therapy. We’ll delve into the idea of personalized medicine and separate realistic expectations from exaggerated claims. We’ll discuss pandemics, including Covid-19, which epidemiologists say was not “the big one.” Lastly, we’ll discuss the problem of the politicization of healthcare now and in the past.

Intermediate Italian Conversation

Instructor: Antonella Giannasca

Date: 4/8/2025 - 5/20/2025 **DOW:** Tuesday

Time: 10:00 AM - 11:00 AM **Method:** Online

Benvenuti. In a very comfortable environment, you will practice the Italian conversation using your knowledge of communicating with other students. By speaking, reading and listening you will improve your Italian language. Don't be shy and come to class so we can have fun speaking the beautiful language.

Intro to Italian 3

Instructor: Antonella Giannasca

Date: 4/8/2025 - 5/20/2025 **DOW:** Tuesday

Time: 11:30 AM - 1:00 PM **Method:** Online

This class is open to all those students who have taken the first 2 courses of Italian or that have been exposed to the language already and are familiar with the basic rules. If you are capable to have a basic conversation using present tense of the verbs, please join this fun class!

Improvisation 1

Instructor: Robert Drake

Date: 4/8/2025 - 5/20/2025 **DOW:** Tuesday

Time: 11:30 AM - 1:00 PM **Method:** Classroom

Learn the skills and techniques of improv comedy to be able both to laugh more and negotiate the world more easily! This session will teach you the fundamentals of improv and how to use them both to create stories, humor, and to communicate more easily.

History of Russian Literature

Instructor: Serge Khangulian

Date: 4/8/2025 - 5/20/2025 **DOW:** Tuesday

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

History of Russian literature from the first literary monuments to the present. This period covers almost 10 centuries. One of the most interesting monuments of Old Russian literature is the chronicle called The Tale of Bygone Years ("Primary Chronicle", also known as the "Tale of Nestor the Chronicler"). This is a story associated with the beginning of Ukrainian and Russian history, with the calling of the Vikings to rule and many disputes about this in Scandinavian,

Ukrainian and Russian historiography. A special stage of Russian literature is associated with the adoption of Christianity according to the Byzantine rite and the formation and development of the Russian Orthodox Church. The next major stage in the development of Russian literature is classicism, which in many features repeated the stages of development of European, especially French, classicism. The most well-known period in the history of Russian literature in Europe and America is the entire 19th century (romanticism and realism), since this period is associated with such names as Pushkin, Dostoevsky, Leo Tolstoy. The next stage is the end of the 19th and beginning of the 20th centuries. This is the development of the so-called decadence, various types of modernist movements that already existed in Western Europe. such a movement, for example, was symbolism. The emergence of the next stage - futurism, is directly related to tectonic changes in the political system of Russia, with the establishment of the Bolshevik dictatorship and the creation of a new state - the USSR - in place of the Russian Empire. During the existence of the Soviet regime, a politically motivated movement called socialist realism emerged. During this period, there was official and underground, dissident literature. The modern, current stage of Russian literature has not yet received its specific name, but it is customary to call it very abstractly Russian post-modernism.

WEDNESDAY

Intermediate Italian 2

Instructor: Alessandra Brisotto

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 9:30 AM - 11:00 AM **Method:** Classroom

In this class, students will start learning how to use verbs. They will learn to create sentences to communicate with people. They will learn the present tense of regular verbs and some irregular verbs of common use. After this class, students can understand and use familiar everyday expressions and basic phrases aimed at the satisfaction of needs of a concrete type. Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.

Folk Music Revival in the 1960s

Instructor: Tom Dell

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:00 AM **Method:** Classroom

This course looks at and listens to the renewed interest in folk music in the 1950s and 1960. Many songs from earlier in the 20th century are brought back to life by either the original artists or the new breed of folk- and folk-rock performers. Bob Dylan, Fred Neil, Joan Baez, Pete Seeger, Bob Gibson, Cisco Houston, Ed McCurdy, The Highwaymen, The Journeymen, Phil Ochs, Burl Ives and many others will sing their songs hoping to bring peace and love to the planet. The course offers many MP4 videos of the performers in their heyday and the presenter will fill in biographical and social information as needed.

The Surprising Economics of Immigrants

Instructor: Shai Robkin

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:00 AM **Method:** Hyflex

Immigration is a fraught and misunderstood topic in America's social discourse, with much of what we believe based largely on myth. How different were the experiences of immigrants from the nineteenth and early twentieth centuries to those of immigrants today? How different are the children of immigrants from countries like El Salvador, Mexico and Guatemala coming to the US today from those who arrived on our shores from Great Britain, Norway and Eastern Europe a 100-150 years ago? How do immigrants and their children compare educationally, professionally and economically with US born residents? We'll dig into these questions along with many others and discuss the policy implications of what we find.

Italian Language for Beginners

Instructor: Antonella Giannasca

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:00 AM **Method:** Online

Let's start our journey! Do you want to learn the beautiful language La Bella Lingua? This is the class for you. You will start learning the basic of the Italian Language, how to connect with other Italians. You will

learn how to introduce yourself, how to say where you are from and where you go. You will be able to tell time, talk about the weather, the days of the week and the seasons. We will learn fun facts about the regions of Italy and how to talk about our families. Join this class if you want to start your journey to the Italian Language. See you in class!

Four Pillars of Retirement

Instructor: Angela Rehkop

Date: 4/2/2025 - 4/10/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:30 AM **Method:** Classroom

In the past, retirement often meant switching from a paycheck to a pension check, contacting Social Security to get benefits in motion, and maybe supplementing that income with the proceeds from downsizing a home or renting a property. But times have changed. Retirement can now mean piecing together a big puzzle, composed of a variety of different resources, to ensure you have enough to live on- and maybe have something left to pass on to heirs if that's one of your goals.

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes wellbeing through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands, help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a great entry point for students of all ages and all levels.

Let's Travel to Italy

Instructor: Antonella Giannasca

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 11:30 AM - 12:30 PM **Method:** Online

Are you finally planning a trip to Italy? Do you want to learn the expressions and the words that will help you interact with locals? Do you want to learn how to order food, ask for directions, etc.? This is the class for you! Let's travel together to this beautiful country and discover the traditions and the culture of Italy. No grammar, no rules just practical sentences and suggestions. Get ready for your trip! Buon Viaggio.

From Market to Table: A Creative Cooking Journey

Instructor: Alfred Schwartz

Date: 4/2/2025 - 4/30/2025 **DOW:** Wednesday

Time: 2:00 PM - 3:30 PM **Method:** Classroom

As the instructor, I look forward to freeing your mind to the possibilities of cooking. That means giving you the tools to walk into a market, recognize products that excite you, and create amazing food that's totally of your own making. Meals will never be defined by words like "has to be" or "should be." Rather, I want to give you the gift of "gets to be"! This five-week class will be divided into two parts: Shopping and Making. Our journey begins with the first session, a lecture outlining what to expect, setting the stage for the weeks ahead. Then, every other week, we will meet at markets around the metro area to "go shopping," learning to let the market guide us—from what we want to make to what other dishes could complement the meal. The following week, having purchased our amazing finds, we will cook in the classroom and taste our creations together. A meal is the result of what went into it, and to create high-energy, fearless dinners full of free conversation and exchange, we must use those same qualities when shopping and cooking. Please join me in what I hope will be the start of a lifetime of joyous meals!

Italian per Sharon

Instructor: Alessandra Brisotto

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 11:30 AM - 1:00 PM **Method:** Classroom

This is a special class in memory of our friend and former classmate Sharon Pike. It is a conversational class for intermediate/advanced Italian students with different topics every week. This is not a class for beginners.

Improvisation 2

Instructor: Robert Drake

Date: 4/9/2025 - 5/21/2025 **DOW:** Wednesday

Time: 11:30 AM - 1:00 PM **Method:** Classroom

Obtain more advanced techniques of improvisation and learn to better craft scenes, stories, and monologues in this highly interactive, performance-driven class that concludes with a performance in front your peers! The focus will now be on working more effectively with scene partners to heighten and develop what happens on stage. Limited to 15 students.

THURSDAY

ACTING-UP!

Instructor: Jane Shalhoub

Date: 5/1/2025 - 5/22/2025 **DOW:** Thursday

Time: 10:00 AM - 11:15 AM **Method:** Classroom

Reader's Theater is a great way to shine the spotlight on the hidden actors in each of us! Monologues, dialogues, 1, 2, + 3 Act plays, famous scenes, familiar and funny scripts and a wonderful way to hear our own, and each other's voices as we sit together, read our lines, mind our p's and cues, and prepare for a delightful experience in the magical world of play-acting. The only requirement . . . is an interest in becoming famous in just one month. And a willingness to pretend.~Characters Welcome.

"James" and "The Adventures of Huckleberry Finn" Only the River Never Changes

Instructor: Ross Friedman

Date: 4/10/2025 - 5/22/2025 **DOW:** Thursday

Time: 9:30 AM - 11:00 AM **Method:** Classroom

In this class, students will be able to understand the main points of a conversation about everyday life, using the basic past tenses. Students will enrich their vocabulary and improve their understanding of the language through the use of videos and audios. Percival Everett's recent best seller "James" is a retelling of the events—with several surprises—of Twain's "The Adventures of Huckleberry Finn"—a book Hemingway refers to as the genesis of American literature—through the runaway slave Jim's point of view. It is a humorous yet darker and more serious journey, revelatory in its harrowing depiction of slavery and racism and in the humor and character of Jim (James). In this class we will read the two novels concurrently and see how the authors and their times create two wonderful and different works of art while traveling the same river. The hero's journey, river journeys in literature, the beauty of nature and the Mississippi, the opinions and satire of the authors, and mankind's enduring foibles will be discussed.

Italian 4

Instructor: Alessandra Brisotto

Date: 4/10/2025 - 5/22/2025 **DOW:** Thursday

Time: 9:30 AM - 11:00 AM **Method:** Classroom

In this class, students will be able to understand the main points of a conversation about everyday life, using the basic past tenses. Students will enrich their vocabulary and improve their understanding of the language through the use of videos and audios.

1066: The tumultuous year that changed England forever

Instructor: Peter Campos

Date: 4/10/2025 - 5/1/2025 **DOW:** Thursday

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

1066 was the most significant year in English history. It was during those 12 months that what it meant to be "English" was forever changed. The best known event that year was the Battle of Hastings, when the

Normans successfully invaded and defeated the Anglo-Saxons and took control of the country. We will begin by examining what life in England was like leading up to 1066. How did people live? What was the social structure, cultural expression, and religious influence? We then consider the events from January to September, from the death of the King through the successful defeat of a Viking invasion in the north. The Battle of Hastings will occupy our third week, including considering some recent challenges to the established narrative (e.g., where was it fought?). We will end by looking at how England changed forever with the advent of Norman rule: Learn about the Bayeux Tapestry, castle building, the Domesday Book, the increasing power of the Church, and the establishment of feudalism.

Euripides' Alcestis: A Pioneering Literary Psychology

Instructor: Craig Miller

Date: 4/3/2025 - 5/8/2025 **DOW:** Thursday

Time: 11:30 AM - 1:00 PM **Method:** Online

Students will be introduced to Euripides as a craftsman of the unexpected, a "modernist" who colors outside the lines in deeply personal ways for both ancient Greeks and modern audiences. Students will realize that what was once a predictable myth has become a platform for innovative, searing commentary on human nature, ethics, and societal norms. Euripides transforms the concept of surrogacy—the trading of one life for another—into a profound exploration of familial and trans-generational intimacy, challenging students to reflect on their own value systems and consider what, for whom, and under what circumstances they would self-sacrifice. The dramatist aligns his characters along a continuum of god, demigod, and mortal, illustrating that nothing exists in isolation and that instability breeds further instability. This timeless lesson resonates strongly with contemporary issues, where fragility and interconnectedness are ever-present. Active participation in class discussion will be encouraged, as the instructor aims to engage students in deep reflection and dialogue.

ONE DAY COURSES

Understanding Long-Term Care

Instructor: Michele Perloe

Date: 4/7/2025 - 4/7/2025 **DOW:** Monday

Time: 10:00 AM - 11:30 AM **Method:** Classroom

Long-term care is often one of those areas' individuals don't fully understand until they need it. This presentation will provide clarity on what long-term care is and why planning ahead is essential. Planning for long-term care is an essential part of securing your future health and financial well-being. This presentation will guide you through the key aspects of long-term care planning, helping you make informed decisions. Topics covered include: What is Long Term Care? What are the different options currently available? What are the health qualifications to be able to purchase? How do these plans work? What are the tax advantages of having a policy? What are the specific costs involved with purchases a plan?

Ethics in Medicine: A Debate & Discussion

Instructor: Emory Medical Students

Date: 4/7/2025 - 4/7/2025 **DOW:** Monday

Time: 1:30 PM - 2:30 PM **Method:** Hyflex

Join us for an engaging and thought-provoking discussion on some of the most pressing ethical dilemmas in modern medicine. This interactive session will explore topics such as end-of-life care, organ transplantation, medical AI/data privacy, experimental treatments, and more. Attendees will have the opportunity to debate different perspectives, challenge assumptions, and refine their ethical reasoning in a respectful and open environment.

First Aid, CPR, AED (National Safety Council)

Instructor: Jim Spano

Date: 4/11/2025 - 4/11/2025 **DOW:** Friday

Time: 9:30 AM - 3:30 PM **Method:** Classroom

This hands-on practical basic life support course provides each participant receives the practical skills and knowledge using the 3 "C's" method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be

transported/evaluated by medically-qualified emergency responders. Each participant will receive a student book, 2-year certificate, and Instruction on how to use the "NSC FIRST AID" APP.

What's Up with Greenland?

Instructor: Jeff Milsteen

Date: 4/14/2025 - 4/14/2025 **DOW:** Monday

Time: 10:00 AM - 11:30 AM **Method:** Hyflex

Greenland, the largest island in the world, is a mostly uninhabited place covered by an ice sheet that is more than a mile thick. It sits atop North America and mostly lies inside the Arctic Circle. And suddenly, everyone wants a piece of it. Denmark wants to control it, Donald Trump wants to buy it, China wants to mine it and Russia would love to control the shipping routes around it. Most of the 50,000 Greenlanders who actually live there simply want their independence. Why is this frozen, mostly barren land suddenly in such demand? Join Jeff Milsteen for a look at the fascinating history and precarious future of this ice-covered island.

Lend Me Your Ears "Readers Theater" Celebrating Earth Day and Springtime

Instructor: OLLI Multiple Instructors

Date: 4/17/2025 - 4/17/2025 **DOW:** Thursday

Time: 1:30 PM - 3:00 PM **Method:** Classroom

Join Lend Me Your Ears Readers' Theater Group for a delightful celebration of Earth Day and Springtime! Through captivating skits, thought-provoking poetry, memorable scenes from one act plays, and engaging essays, we bring the beauty of the season to life. Our performance features a mix of original works and renowned classics, showcasing the joy, renewal, and inspiration that springtime and our planet evoke. Please celebrate with us creativity, community, and the wonders of Earth! Multiple Instructors: Jane Shalhoub, Jill Parks, Denise Raynor, Cynthia Martin, Sue Book, Linda Robinson, Audrey Galex

The Plot Sings: Story-Driven Songs in Annie Get Your Gun

Instructor: Bill Allen

Date: 4/23/2025 - 4/23/2025 **DOW:** Wednesday

Time: 11:30 AM - 1:00 PM **Method:** Classroom

Join us for an engaging exploration of Irving Berlin's Annie Get Your Gun and its role in the evolution of mid-1940s musical theater. We'll listen to dramatic and comedic favorites like "They Say It's Wonderful," "You Can't Get a Man with a Gun," "I Got the Sun in the Morning," and, of course, the show-stopping "There's No Business Like Show Business"—all within their plot-driven context. Discover how Berlin's lighter touch complemented the emerging storytelling style of Rodgers and Hammerstein (Oklahoma!, Carousel), shaping a new era of musical theater. We'll also examine the show's socially progressive themes and how certain songs have been adapted or omitted in later productions. Come listen, learn, and enjoy this timeless classic!

OLLI Tour Breman Museum and Cultural Center: Absence of Humanity

Date: 5/2/2025 - 5/2/2025 **DOW:** Friday

Time: 1:30 PM - 2:45 PM **Method:** OffSite

Join other **OLLI Members** for a tour of the **Breman Museum and Cultural Center** on **Friday, May 2**. The guided tour, "**Absence of Humanity: The Holocaust Years 1933-1945**," will take place from **1:30 p.m. to 2:15 p.m.** Following the tour, members are welcome to explore the museum on a self-guided visit. The building closes at **4 p.m.** **Registration is required.**

The Power of Presence

Instructor: Tameka Anderson

Date: 5/5/2025 - 5/5/2025 **DOW:** Monday

Time: 11:30 AM - 1:00 PM **Method:** Classroom

In this interactive session, we will explore the power of presence in shaping relationships and personal growth. Through reflective discussion and guided exercises, participants will examine how their presence impacts others—either as a catalyst for growth or as a barrier. We will also discuss how self-awareness strengthens lifelong learning and fosters healthy, lasting relationships.

Royalty Update 2024-25

Instructor: Michael McDavid

Date: 5/7/2025 - 5/7/2025 **DOW:** Wednesday

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

figures pass from the scene; a new generation is born; and some royals even give up their duties and retire. In this royalty update, we will survey the current scene among Europe and Asia's reigning families. There will be new monarchs to celebrate, some royal births, and a scandal or two. If you are a dedicated royalist or just curious, come join us and catch up on what's happened in the rarified world of royalty since our last class.

National Safety Council Defensive Driving

Instructor: Jim Spano

Date: 5/12/2025 - 5/12/2025 **DOW:** Monday

Time: 9:30 AM - 3:00 PM **Method:** Classroom

National Safety Council Defensive Driving Course: This course emphasizes the importance of personal responsibility in safe driving. Participants will learn the mental strategies and knowledge necessary to become defensive drivers. The class will cover the seven most common driving mistakes and strategies to avoid them, as well as the five key conditions that impact driving skills and reaction time. Completing the course may qualify participants for a discount on their auto insurance.

Penguins and Whales and Seals, Oh My! A Photographic Journey to the White Continent

Instructor: Jeff Milsteen

Date: 5/28/2025 - 5/28/2025 **DOW:** Wednesday

Time: 10:00 AM - 11:30 AM **Method:** Hyflex

Is sailing across the Drake Passage really not for the faint of heart? Do penguin colonies really smell worse than just about anything else on Earth? Is it possible to sail for three hours alongside the largest iceberg in the world and not see it? For the answer to these and many other questions about travel to the extreme south, join Jeff Milsteen for a photographic journey to Antarctica, South Georgia Island and the Falkland Islands!