

## Morning classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on the registration form-Page 5)

### Recreation & Leisure/Health & Exercise

**Knitting/Crocheting:** Springtime is in bloom, so we will be knitting and crocheting items for spring and maybe even some early Christmas presents. Lightweight throws, spring-colored purses, colored shawls, and many other items. Choose from patterns provided or bring your own to share with the class. You can even bring in projects you are currently working on and you just want to finish them up. You will view samples, choose your pattern, and make your supply list in the first class. Basic knitting and crocheting will also be taught to beginners.

**Instructor:** **H. Lynn Barry**, Bachelor of Creative Arts in Visual Arts, UNC Charlotte, free-lance artist

**Travel Talks:** Sit back, relax, and enjoy the photos and stories of our guest travelers, who will share their travel adventures with you. Learn about "Eternal Egypt" and "Walking 500 Miles across Spain – The Camino de Santiago." We'll "Return to Italy" and you can expect a surprise or two! **Course Coordinator:** **Cliff Shelkofsky**, Education Committee Chair

**Yoga for Every Body:** Yoga offers something for everyone! Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and to use as a prop when needed. No perfume, please. Register early as this class is limited to 24 students.

**Instructor:** **Mary Lou Buck**, B. S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth.

### History/Social Sciences

**Charlotte-Mecklenburg History (Conclusion)/American Civil War:** Dr. Sasser will conclude his series on Charlotte-Mecklenburg History and then take up the American Civil War with a focus upon the causes, key personalities, battles and North Carolina in the war. Even if you did not participate in the Winter 2010 course on Charlotte-Mecklenburg History, you are still welcome to select this course. **Dr. Jim Sasser**, retired CPCC history instructor.

### Literature/Humanities

**Arts & Ideas – The Romantic Century:** The stage was set for the Romantic Movement in the arts by the American and French Revolutions, and the subsequent reign of Napoleon. In the early 19<sup>th</sup> century, Paris was the scene of intense creative activity in music, poetry and painting as the works by Berlioz, Victor Hugo and Delacroix exemplify. This was the age of the emancipated individual, whose feats and emotions were celebrated. By the middle of the century grandiose works were being produced. Late in the century, Realism gave way to color, symbolism and sonority, as the Impressionists transformed art yet again. This course will show the painting, architecture, music and ideas of the time. **Instructor:** **Peter Browne**, B.A., Fine Arts concentration, Syracuse University

**Poetry:** Dr. Mason's topic this spring will be "Poetic Surprises, Past and Present." Come and join us! New and returning students are always welcome! **Instructor:** **Julian Mason, Ph.D.**, UNC Chapel Hill (now in his 12th year teaching at Adventures in Learning).

**Religion/Spirituality – What's So Amazing About Grace?** This class explores "grace" at street level. What does it look like in action? Can it survive in the midst of such atrocities as the Nazi Holocaust? Should it be shown to the likes of Jeffrey Dahmer who cannibalized 17 young men - and other gross offenders? This course is based on a very provocative video series based on the book *What's So Amazing About Grace?* by Christian author Phillip Yancey. The video series offers true portraits of grace's life-changing power through candid interviews with persons who have experienced grace first-hand. Their experiences will help you discover why grace is more amazing than you ever dreamed. **Instructor:** **Barbara Peacock**, B.A. and M. Ed., former Director of Christian Education, Dallas United Methodist Church, Dallas, NC



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