

Classes - 11:20 a.m. - 12:20 p.m.

Please indicate your first and second choice on the registration form - page 7

Crafts/Recreation/Exercise/Health

Ikebana (or the Art of Japanese Flower Arranging) - Japanese flower arrangement is based on the line of twigs and/or leaves, filled in with a small number of blooms. **Instructor Dora Lee Brown** received her certificate to teach in the Ikenobo School while living in Japan. She will demonstrate the Moribana style in a low, flat container and the Nageire style in a tall, cylindrical container. In addition, in this "hands on" workshop, each student will create one arrangement during each class. Students are asked to bring a flat container, such as a pie pan, and flower clippers. For purchase of the flowers that you will work with, \$5.00 should be included with the registration form (in addition to the regular tuition).

Line Dancing - This is a fun, lively way to spend an hour and get your juices flowing. Barbara Kennedy is back with us and welcomes newcomers and students who have previously taken the course. Dress comfortably and enjoy two-stepping with no partner required. **Please note that this class will run from 11:20 to 12:10.** **Instructor: Barbara Kennedy, Former performer with the Amity Line Dancers**

Yoga for Every Body - Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. 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 use as a prop when needed. No perfume, please. **Register early! Limit -24 students.**

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

Creative Writing/Literature

Poetry - With the focus on several poets who have received special recognition for their poems, including Lucille Clifton, Mona Van Duyn, Claudia Emerson, Philip Larkin (English), and Kay Ryan, our new poet Laureate. **Instructor: Dr. Julian Mason, Ph.D., UNC Chapel Hill (now in his 10th year teaching at Adventures in Learning).**

Fine Arts/Humanities

Arts & Ideas: The Renaissance - The course of western civilization has been shaped and nurtured by the art, literature, music, science, and politics of the Renaissance. This period of cultural and scientific exploration included the great works of art by Leonardo da Vinci and Michelangelo, the literature of Machiavelli, enduring architecture, and the growth of both sacred and secular music. All will be explored in detail with visual, written and musical examples.

Instructor: Peter Browne, B.A./Fine Arts concentration, Syracuse University

Bad Boys and Bad Girls of the Bible - This course will offer a careful look at some of the characters in the Bible whose records were not all shiny, but whose lives need to be examined in their own times, based on study books by Barbara J. Essex. You will have the opportunity to examine yourself in the light of your own journey of faith.

Instructor: Jocelyn Hill, Retired Christian Educator, Presbyterian Church USA (PCUSA)

Music Appreciation - Paula Wise, BA Music Education, UNC Chapel Hill, returns to present Brahms' "A German Requiem," sung in English and featuring the Mormon Tabernacle Choir. Brahms himself chose verses from the Old and New Testaments for his text. Composed at the time of the Civil War, this work has become a concert masterpiece. Its glowing music and expressions of faith give comfort and inspiration to the listener.

History/Social Sciences/Travel

Travel Talks - Let adventure come to you. No flight delays! No strange food! Our speakers bring their travel experiences to you with first-hand knowledge. This session you'll be visiting New Zealand and Australia; Italy, including Rome; Venice and Lake Como; Croatia, Montenegro and Slovenia; the Lake District of Italy; and the Adirondack wilderness.

Coordinator: Cliff Shelkofsky