

# Spring 2021 Virtual Classes

**Mondays thru Thursdays - April 5 - May 27 (8 weeks)**

**Most classes are 1 hour (two are 1 1/2 hours & one 2 hour) via Zoom**

**Classes begin on time please join the class 5-10 minutes prior**

**You may take as many classes as you'd like for the \$50.00 registration**

## **MONDAY CLASS TIMES 9:30 am - 2:30 pm**

### **MON – 1**

**9:30 - 10:30 am**

#### **The World of Ebay**

**Marvin Dudek, Instructor (Class size - 20)**

“Ebay, the World of Buying and Selling Online.”

This course will cover all aspects of the Ebay platform with emphasis on selling your items in the most efficient manner possible. Geared to the person new to Ebay selling, we will cover setting up your account, all items in the listing questionnaire, and best practices to optimize your sale. Students who have used Ebay and want to learn more in specific areas will benefit as I will answer all questions during class or via email. Buying will also be discussed as to dealing with “Buy it Now”, “Auction”, and “Make an Offer” situations. I will share my “Best Practices” with the class and we will go online to analyze specific listings. If you want to be confident buying or selling online, this informative class is for you.

### **MON – 2**

**10:45 - 11:45 am**

#### **From Rumi's Love Poetry to the Hidden Words**

**Iraj (Roger) Doost, Instructor (Class size - 20)**

Rumi was the 13<sup>th</sup> century Persian poet/philosopher/mystic who revealed some 70,000 verses of poetry on divine love and the process of worshipping God and healing among religions. Baha'u'llah, the 19<sup>th</sup> century Persian Prophet and the Founder of the Baha'i Faith revealed some one hundred books. The Hidden Words is among the shortest of those books in which He explains the essential and eternal message of all religions in some 160 passages. We will lovingly explore those themes in this course. Are you ready for this mystical adventure?

# Spring 2021 Virtual Classes

## MON - 3

1:00 - 2:30 pm **\*\*90 Minute class\*\***

### **Rock & Roll in the 1970's Part 1**

**Rod Daugherty, Instructor (Class size - 50)**

The sub-categories of rock & roll and popular music in general exploded in the 1970's compared to previous decades resulting in significantly more and varied styles. In this 8 week class we will explore the proliferation of rock & roll genre's in the 1970's. You will learn about bands and artists that were important to the evolution of popular music in the 70's (and beyond), perhaps many of which you have never heard. Topics include the artists and their music, the evolution of the music and music technology compared to the 60's, recording industry people and how society both played a part and was in turn impacted by rock & roll. **Note:** there were so many new styles and artists we will split this class on the 70's into two parts with part 2 of the 70's continuing in a subsequent ELM session.

## MON - 4

1:00 - 2:00 pm

### **The Unseen Israel Expanded, Part 3: Central Israel**

**Tim Gelinias, Instructor (Class size - 40)**

Continue EVEN DEEPER in this expanded journey through central Israel. This course is Part 3 of a 4-part series designed to capture your imagination & open your eyes to the spiritual relevance of these physical locations. Learn the difference between real places and traditional sites. Allow yourself to be moved by the history & Heart of God as our incredible journey continues.

Places to be visited include Shiloh, Temple Mount site, Jerusalem, Solomon's Quarry (Zedekiah's Cave), Solomon's Pools, the pool of Siloam, the crucifixion site, Sodom's Cave and the Dead Sea.

# Spring 2021 Virtual Classes

## TUESDAY CLASS TIMES 9:30 am - 3:30 pm

### TUE - 1

9:30 - 10:30 am

#### Current Events

**Howard Fields, PhD, Instructor (Class size - 25)**

Do you have an opinion concerning what is going on in the world around you? Would you be willing to share with other people who may agree or disagree with you in a collegial environment? Then you would enjoy the session on "Current Events". You can bring virtually any issue to the session and the folks there will listen and share their opinions. This is a place where **controversial issues are discussed in a civil manner**. Come and join.

### TUE – 2

9:30 - 11:00 am **\*\*90 Minute class\*\***

#### Art of Literature

**Jeff Plowman, Instructor (Class size - 25)**

This class session we will cover four shorter novels from lesser-known, but high quality Southern authors. Fred Chappell's *I Am One of You Forever*, Josephine Humphries's *Rich in Love*, Larry Brown's *Dirty Work*, and Terry Kay's *To Dance with the White Dog* are easy reads and cover a wide range of human experience, from growing up to dealing with loss and death. While it may be that none of these works reach or aspire to the level of the (mythical) Great American Novel, each helps us not only see but also feel life from a different perspective, which is the essence of good literature. Our time together will allow for spirited and fun discussions on storytelling, humor, and poignancy, among other topics. Come join! Come see!

### TUE - 3

10:45 - 11:45 am

#### Let's Make Stuff Up

**Josh Langston, Instructor (Class size - 25)**

Join bestselling author Josh Langston, and try your hand at writing (or simply telling) stories of your very own. Josh will provide topics from which you can choose, or you can dream up your own. Writing tips and techniques will be shared at the start of each class, and participants will be asked to keep them in mind when working on their stories.

# Spring 2021 Virtual Classes

Josh's classes are always fun, and if you've never taken one, you'll be in for a treat. His motto is: "If you're not laughing, you're not learning!"

## **TUE - 4**

**11:00 am - 12:00 pm**

### **The Predictably Irrational Consumer Shai Robkin, Instructor (Class size - 30)**

Why do we buy what we buy? How do we budget? What techniques do marketers employ to influence (some would say manipulate) our purchasing decisions? We'll explore answers to these and other questions from the perspective of groundbreaking behavioral economists.

## **TUE - 5**

**1:00 - 3:00 pm (2 hours)**

### **Quelques Conversations et Café au Lait Dixie Whitman, Instructor (Class size - 5)**

Conversations en français avec des points culturels. Note : Students should be comfortable with the conjugation of verbs, and the formation of adjectives, and adverbs. In addition, class members should have a desire to put their knowledge to work. This quarter we'll be focusing on the art of conversation and comprehension. And café au lait, whenever possible. We'll begin with directed conversations and then use those patterns to create our own dialogs, all in the shadow of the great culture that is France.

Required textbook: *French Conversation* by Eliane Kurbegov (Premium Second Edition) McGraw Hill and recommended textbook for those who are still learning verbs and conjugations: *French Verb Tenses* by Trudie Maria Booth (Premium Third Edition) McGraw Hill.

Both can be purchased online via Amazon.com or other retailers.

## **TUE - 6**

**1:00 - 2:00 pm**

### **Who Are You? Introductory Class – Part ONE Lisa Helmick, Instructor (Class size - 25)**

What do you know about yourself? Why do you have the interests, habits, skills, talents, and abilities you do? How can you best use those traits to improve your own life but to also affect your relationships with others? We will learn the strengths and weaknesses of our personality types and how to best "bring out the types needed" in various

# Spring 2021 Virtual Classes

situations. We will look at research that has to do with learning style (brain research), “birth order” influence, generational “inheritances”, and strengthening relationships in general.

## **During our eight weeks, we will work through:**

- Two (or three) different “personality inventories” – and what they reveal about your own personality.
- How knowing the personality types can help you to “play well with others” and strengthen your relationships.
- Discover what you love about your own personality, what drives you crazy, and how to deal with that.
- What is your learning style? (Will do one short inventory.) How does this knowledge help you decide what ELM classes to take, for example.
- What is the current research related to the brain and learning/teaching?
- How does “birth order” play into family relationships?
- How do we become who we truly are—our preferences, taking on “influences” of others as we age and, how do we affect others to become who they are?

## **TUE - 7**

**2:30 - 3:30 pm**

### **Who Are You? Intermediate Class -- Part TWO** **Lisa Helmick, Instructor (Class size - 25)**

This class will be a **continuation** of “Who Are You? Part One” from the winter session. **It would be to your advantage to have taken Part One.** We will dive more deeply into the “composite” you, how you “act”, and the “real” you. We will delve more deeply into current research having to do with the impacts of environment, experience on who you are. This will include an in-depth personality study and stress—how you are affected and how you can better cope. The purpose is to strengthen relationships in all facets of life.

## **WEDNESDAY CLASS TIMES 9:30 am - 2:00 pm**

## **WED - 1**

**9:30 - 10:30 am**

### **Retirement Income and Tax Success in 2021** **Randy & Nic Yeomans, Instructors (Class size - 25)**

Join us for an information-packed 2021 fun and educational experience. Learn about NEW and proposed Tax and Retirement Plan changes that may impact your income and taxes in 2021. This class will explore what you can do, legally, to keep more of your

# Spring 2021 Virtual Classes

money from going to Uncle Sam. IRA's and 401k's had many rule changes for 2020. Even more changes are being proposed now with a new Presidential Administration. Taxes on Capital Gains and Dividend Income may dramatically change. Other topics discussed include: Updating your Estate Planning documents, including Wills and Trusts; and Addressing Long Term Care Planning. Your ELM instructor has a passion for education and has been teaching Retirement, Tax and Estate Planning for over 25 years.

## **WED - 2**

**10:45 - 11:45 am**

### **Savvy Seniors**

**Barbara Key, Instructor (Class size - 40)**

This class has something for everyone. We have a different presenter each week covering a variety of topics and activities of interest to Seniors. In the past we have covered: History, travel, health, technology, legal issues, IRS and even had a visit from a handler and his dog from the K9 Unit. We promote lively discussion and at times have been able to offer views and experiences to broaden the knowledge of our presenters.

## **WED - 3**

**1:00 - 2:00 pm**

### **Laughter is My Best Anti-aging Remedy**

**Dr. Mark Levine, Instructor (Class size - 20)**

You Need to Laugh, and since research shows that laughter contributes to living longer, this class will help you live "forever" (or not). So, all you immortals, get away from "it all" for an hour each week and laugh at the: vintage comedians (comedy teams) we love and remember, words we use, games we play and "Crazy" situations we experience as seniors. Learn how to create humor and find out if you are still as "sharp as a tack". Join us and share the humor and laughter we need, because Laughter is My Best Anti-aging Remedy.

## **THURSDAY CLASS TIMES 9:30 am - 2:00 pm**

### **THR - 1**

**9:30 - 10:30 am**

### **The Ancient Centuries**

**Jack Le Moine, Instructor (Class size - 40)**

# Spring 2021 Virtual Classes

The Ancient Centuries course covers the history of the world from the Stone Ages to the Golden Age of Greece (to 400 BC). Great civilizations arose in Egypt, Mesopotamia, India, China and even in far-off Central America. Rome struggled to survive while Carthage thrived.

Humans went from working on sticks and stones to creating structures so magnificent that they are remembered as the wonders of the ancient world. Writing preserved thoughts so profound that they challenge our minds even today. Who was Socrates? Just 24 centuries separates us from the people of his time.

## THR - 2

10:45 - 11:45 am

### **America and the Most Great Peace**

**Joel Smith & Iraj Doost, Instructors (Class size - 40)**

For the first time in the history of religion, there are several allusions and references to the glorious destiny of America in the Baha'i Writings for initiating the framework for true reduction in armaments and weapons of mass destruction, reconciliation in terms of race, political bickering, and other divisions within the nation, and championing across the globe economic equity, cooperation among nations and the much anticipated world peace and human brotherhood. You don't want to miss this course.

## THR - 3

1:00 - 2:00 pm

### **Ancient Greek Tragedies and Generations Gone Wrong**

**Lisa Helmick, Instructor (Class size - 25)**

Consider traveling back to ancient Greece when the theatre was in its infancy with no sound systems, only daylight to light the stage, minimal set design, and a raucous audience demanding to be thrilled, intrigued, and entertained. What Greek audiences demanded were god- and- goddess-infused, "edge-of-your seat" tragedies filled with prophecies and misfortune. Sophocles wrote two which were linked by generational curse. Both *Oedipus Rex* and *Antigone* fill the bill to have excited ancient and current audiences. We will journey together to discuss mythology, generational curses, and how we are STILL talking about and these ancient plays in the 21<sup>st</sup> Century.

During our seven weeks, we will journey through...

- Review of Greek Gods and Goddesses.
- The ancient Greek theatre and components related to masks, deus ex machina, the ekkyklema, the power of the voice, and the Festival of Dionysius—The God of Revelry.
- What is the backstory related to the prophecy of "King" Oedipus?

# Spring 2021 Virtual Classes

- Read and discuss the action of *Oedipus Rex*.
- Discuss the “marriage” of Oedpius and his “queen / mother”.
- What is the set up for the tragedy of *Antigone*?
- Read and discuss *Antigone*.
- Discuss the consequences and the thinking now related to the moral dilemmas presented in both Greek tragedies?

**THR - 4**

**1:00 - 2:00 pm**

## **Examining Our “Funny” Bone – Storytelling** **Mark Levine, Instructor (Class size - 20)**

Join us as we examine the art of storytelling and classic and contemporary stories told by vintage and international storytellers (and also by classmates who want to tell their stories). Together we will “tell the tale” and “spin the yarns” of yesterday and today including nursery rhymes, fables, legends, limericks, shaggy dog stories, movies and music that meant so much to us.

Since seniors are societies consummate storytellers, we will also learn how to create humorous stories and family trees about ourselves and family members to pass on our “living legacy.” Welcome!