



LIFETIME LEARNING CENTER

Daytime Courses for Adults

Spring Quarter 2010

April 5-May 20

A Resource for Learning, Teaching, Friendship

520 Northeast Ravenna Blvd.

Seattle, WA 98115

(206)-524-3778

Website: www.lifetimelearningseattle.org

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Roger Neale
Director

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Office Manager

**The Lifetime Learning Center
520 Northeast Ravenna Boulevard
Seattle, WA 98115**

Open to the Public—Bring a Friend

“Sharpen your mind and make friends with shared interests.”

Open House Thursday, April 1, 11:00-2:00

Classes Begin: Monday, April 5

Classes End: Thursday, May 20

Teacher Appreciation Lunch: Friday, May 21

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. There is no registration fee for Queen Anne classes.

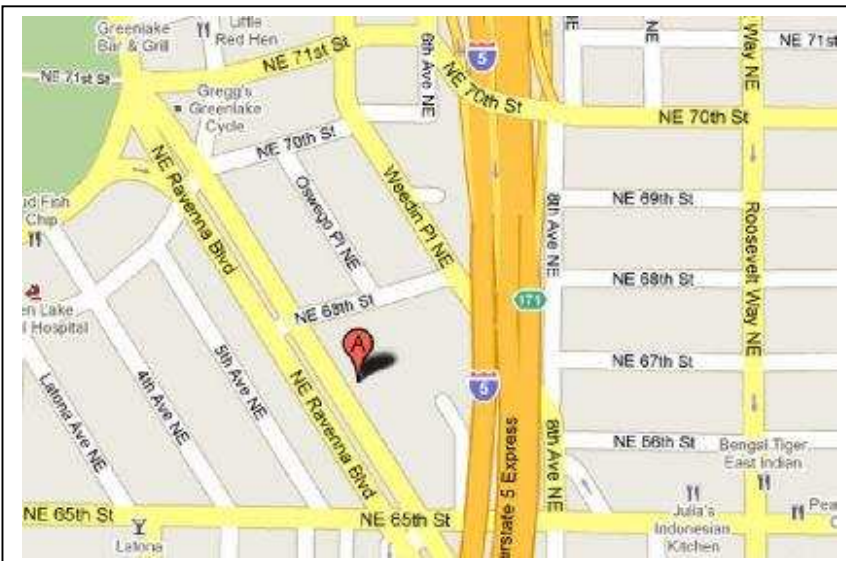
Enrollment: Classes fill on a first-come, first-served basis. Registrations are valid only when accompanied by payment. No class confirmations are sent. Students are notified by phone if a class is filled or cancelled.

Three Ways To Enroll:

1. Complete the registration form at the back of this brochure, or print a copy of the registration form from our website, enclose fees, and mail to: Lifetime Learning Center
520 NE Ravenna Blvd.
Seattle, WA 98115
2. Register at www.lifetimelearning.org and pay online via Paypal.
3. Call (206) 524-3778 to be sure we are in, drop by and register in person.

FACULTY

Maid Adams, M.Ed., Educational Psych.
Ellen Andersen, Fine Arts
Bruce Bigley, Ph.D., Literature
Jeanne Bryan, B.A., Music Education
Theodore Deacon, DMA, Music
Marty Falsberg
Nancy Ferrell, MS, Computer Coach
Tom Flener, Tai Chi Instructor
Vel Gerth, B.A., Writing Instructor
Sanford Leffler, Ph.D.
Craig Lutz, Cribbage Enthusiast
Marianne LoGerfo, MA, Teaching
John A. “Pete” Mazza, CLU
Les McKim, Ph.D., Literature
Barbara Miller, Music Instructor
Austin O’Regan, English Instructor
Betty Puckett, B.Ed. M.A
Otto Reinert, Ph.D., Literature
Stacy Schulze, Yarn Artist
Michael Shurgot, Ph.D., Literature
Bobbie Simone, Ph.D., Literature
LeeAnn Starovasnik, S.A., Feldenkrais
Ted Sztatowski, Bridge Instructor
Bill Taylor, MA, 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!

The Lifetime Learning Center Has Moved!!

We are now located in the John Marshall School

520 Northeast Ravenna Boulevard

(just north of 65th and south of Green Lake)

The Lifetime Learning Center was founded at the Sacred Heart Church on lower Queen Anne in 1976. In 2000, the Center relocated to the Sand Point Education Center, formerly the Sand Point Elementary School. Rent increases at Queen Anne and parking issues led to the move.

In 2009, the Seattle School District decided to reopen the Sand Point Elementary School to meet the increasing demand for schools in north Seattle.

We considered several locations. Our requirements were easy parking, level access, and at least three classrooms. John Marshall, an old middle school, was last used as an alternative school and has been vacant for a couple of years. The school district, partly based on their experience with Sand Point, has decided that renting its surplus schools to community non-profit organizations is a good way to “store” unused buildings.

It’s an old building, and frankly is somewhat scruffier than Sand Point. The school district is willing to do some painting, but not all at once. We will be spending the first six months there making the place bright and comfortable. We have a five-year lease, which means we won’t have to face any big rent increases. Our partners in the Sand Point building—the Northwest Girlchoir, the Soccer Association, and the MMSC Day School—will be joining us at John Marshall.

Change is not easy. Our main concern is that you will all be comfortable there. We do think LLC will gain geographically from the location. Many of you have told us the location is more convenient for you. We are much more accessible to folks in areas like Ballard, Magnolia and Queen Anne. Bus service is better than at Sand Point.

The Spring Quarter will be an adventure, and we hope you will be a part of it!

Greek and Roman Myths 9:30-10:45

Marianne LoGerfo

Sometimes mad, often bad and always dangerous to know, the Classical Gods and Heroes were powerful, passionate, and fascinating. We'll feast on a selection of their stories from *The Metamorphoses* by the renowned Roman poet Ovid, with tasty nibbles from other tellers of their tales. While developing a grasp of the major characters and events, we'll explore the social, historical and psychological meaning of the myths that have shaped western culture for two thousand years.

The Short Stories of Frank O'Connor—Part Two

Michael Shurgot

11:00-12:30

Second of two parts. Join us for a second cruise through the wonderful short stories of the Irish writer Frank O'Connor, one of the true masters of the modern short story.

Cribbage

Craig Lutz

10:00-11:00

Have you ever wondered how cribbage is played? Here's your chance to learn and play. Cribbage is a unique card game that uses a scoring system of points that are constantly generated during the game. Using a normal deck of cards, the scoring is done on a cribbage board and involves earning points both by playing your own hand and also off of your opponents.

Come take this opportunity to learn a challenging and unique card game.

Shakespeare in Opera

Theodore Deacon

1:00-2:20

Musical delights and desecrations—come explore the fusion of two of dramatic art's supreme achievements!

This series studies the creative paths opera composers followed in adapting Shakespeare's plays. Operas include works by Rossini, Verdi, Gounod, and Britten!

A class that novice, aficionado and literature lover will enjoy.

Romanticism

Austin O'Regan

1:00-2:00

As Romanticism represents a revolution, an overthrow of the rigors of new-classicism, we will spend some time on the contrast between the Eighteenth and Nineteenth Centuries. Then we can proceed to the Big Five: Wordsworth, "Green to the very door;" Coleridge, "Blue, glossy green, and velvet black, they coiled and swam...no tongue their beauty might declare;" and Keats, Shelley, and Byron.

The Romantic mood is free, emotional, and heavily devoted to untamed nature. Some observers claim that our own sixties hint at what the romantics were like. We will rummage around for texts as needed.

Crochet

Stacy Schulze

1:30-3:00

For beginners or refreshers. All you need is a hook and some yarn, and you can learn the 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. You are also invited to bring any patterns or crochet books that interest you.

Keeping up with Technology Trends: A 3 week course

Introducing a New Technology Series – no computer needed! We've designed a new format for technology issues just for Lifetime Learning Center participants AND both PC and Apple users are included in every session! All sessions are for intermediate to advanced computer users.

Week 1: What is online backup and why should I use it?

Monday, April 26, 1:00-3:00

Instructor: Nancy Ferrell

Online services can keep your data safe no matter what sort of disaster strikes your local computing system. Local backup can't always protect your data. (Thieves stole both the computers AND backup devices of director Frances Ford Coppola. He lost 15 years of computer records, writings and family photographs.) If there's a fire, flood or earthquake where you keep your computers, backup devices and media, you too can say good-bye to all your data. If you want near-real time off-site backup, an online backup service is the way to go.

Using a whole-room screen, (you won't be using a computer in this demo-style class) Nancy will review how these services work, time and cost involved, security and encryption issues, and will demo at least one of the top-rated sites with time for questions and discussion included. You'll get a handout summarizing what we've covered with a list of the top 5 rated sites.

Week 2: What is voice recognition software and how can it make using a computer easier for me?

Monday, May 3, 1:00-3:00

Instructor: Nancy Ferrell

Do you have difficulty with typing and using a mouse or touchpad? Why type it when you can say it? Voice recognition software has reached the point where you can actually navigate your computer, search the web and write email and documents faster than you could with a keyboard and a mouse. Voice recognition software is a huge benefit to those with limited mobility or some other kind of disability that makes it difficult to use a keyboard and mouse (hand injury, arthritis, tremor). Perhaps you are tired of slowing pecking out your messages with two fingers?

Using a whole-room screen, (you won't be using a computer in this demo-style class) Nancy will give an introduction to voice recognition technology and demo the top-rated software for PC and Apple computers. Depending on class size, at least some and possibly all participants will have a chance to give it a try. You'll get a handout summarizing what we've covered.

Week 3: Using free video and voice calling software to stay in touch with distant family and friends.

Monday, May 17, 1:00-3:00

Instructor: Nancy Ferrell

Tired of long distance calling bills? Miss seeing the faces of those you love? Learn about Skype, the free Internet video and voice calling software. See how to download and install it, set up your free account, and use it to have free video and voice calls.

Using a whole-room screen, (you won't be using a computer in this demo-style class) Nancy will give an introduction to no-cost video and voice calling software and demo the top-rated software for PC and Apple computers. Depending on class size, at least some and possibly all participants will have a chance to give it a try. You'll get a handout summarizing what we've covered.

Short Stories of William Trevor 9:30-10:45
Michael Shurgot

Join us for a reading of the imaginative and memorable short stories of one of contemporary Ireland's most provocative and insightful writers. Trevor is the heir to James Joyce and Frank O'Connor, and has been called by the Washington Post Book World "One of the very best writers of our era."

Feldenkrais: Awareness Through Movement
LeeAnn Starovasnik **11:00-12:00**

Whether you want to improve your walking, your recovery time, or your quality of life now and years from now, come and discover this fun and easy movement method that improves your physical movements, your sense of balance, and overall well-being. Engaging your brain and your body in new ways each week, you will learn to move a little easier, more comfortably, and maybe even more playfully like when you were younger. Lessons are customized to your needs and curiosity and seek to improve comfort in any work, play or hobby activities. The teacher is a Guild Certified Feldenkrais Practitioner CM and has been teaching Senior classes and private lessons for more than ten years. Wear WARM, comfortable clothing and bring a thick blanket or mat to lie on.

Writing Your Life Story 10:00-12:00
Class Facilitators

Listening to each other helps us get those stories written! In-depth written critique is offered. Short in-class writing assignments are given as time allows. Facilitated by several class members.

William Faulkner and the South
Otto Reinert **11:00-12:00**

William Faulkner is among the small handful of "America's greatest novelists." With another, Henry James, he shares also the reputation for being "difficult"—not because of the content of their novels or their ideas, but because of their prose style, marked by non-stop, dense, and syntactically complex sentences, sometimes elliptical, sometimes (seemingly) wordy. We'll read one of the best of Faulkner's novels about his myth of the South, *The Sound and the Fury*, and a small selection of his short stories (two, "The Bear" and *Spotted Horses*, of novella-length). If reading Faulkner is a challenge, all the better.

Texts: *The Sound and the Fury*. Ed. David Minter. A Norton Critical Ed., \$13.75
The Portable Faulkner. Ed. Malcolm Cowley. Penguin Classics, \$18.00

Quilt Making Basics 12:30 – 2:00
Betty Puckett

Quilters can learn and share the creative skill of crafting beautiful quilts. Class members select their own projects. Students should have basic knowledge of basic hand/machine sewing.

Two Plays by Molière 1:00-2:30
Les McKim

This course will provide background information on the great era of Louis XIV and of the classical theater in France. Participants will assume roles and read orally much of the two plays. We shall also see a film of "Le Tartuffe".

TEXT: *Le Tartuffe And Le Bourgeois Gentilhomme*, by Molière a Dual Language Book. About \$14.00.

English Poetry and Art Song of the Early 20th Century
1:00-2:30

Barb Miller, Bruce Bigley

Nearly a century after the first great art song cycles appeared in the German-speaking world, British composers were inspired by their own poets to create cycles that expressed the sensibility of their own time. We will look at several song cycles, first as collections of poems by particular poets, and then as musical works. We expect to have time at least for poets such as Thomas Hardy, A. E. Housman, Robert Louis Stevenson and William Butler Yeats, possibly more, and such composers as Gerald Finzi, George Butterworth, Peter Warlock, Ralph Vaughan Williams, and others.

Bus Routes to the John Marshall School

#48 comes from Ballard/Loyal Heights east on 85th to Ravenna Blvd. It continues south through the U-District, across the Montlake Bridge, down 23rd to the Mt. Baker neighborhood. The 48 will drop you off at LLC's doorstep.

#64 comes from downtown and First Hill to the Park and Ride at Ravenna and 65th, a short walk from the school. Continues east on 65th St. to 35th and turns north to 125th through Wedgewood to 125th and the Lake City area.

#66 travels from downtown to the U-district via 12th Ave. Transfer at 65th St. to one of several buses travelling a short distance west to Ravenna Blvd.

Also check #242 and #316 if these are good connections for you.

Tracing Tristan and Illuminating Isolde through the Arthurian Legends 1:00 – 2:00
Sanford Leffler

The star-crossed lovers return to Seattle Opera this summer. They are part of the Legend of Arthur and his Fellowship of the Round Table. What do you know of the true story? Is any of the story true? We shall explore the legends in their context in 5th and 6th Century Britain, illustrated with Richard Wagner's music and some other musical and video surprises.

Euripides 9:30-11:30
Bobbie Simone

Selected plays of the third of the great ancient Greek writers of tragedies, the one who "has the most to say to modern readers...whose principal themes—the oppression of women, the folly of war, and the tensions between freedom and order...are as relevant today as they were millennia ago...the plays continue to shock, inspire and remind us of what it means to be human."—from the back cover of our text: *Euripides: Ten Plays*, translated by Paul Roche, a Signet Classic, \$7.95, available from instructor or your favorite bookstore. We plan to read *Medea*, *Electra*, *The Trojan Women*, and one other.

Bridge 10:00-11:30
Ted Szatrowski

This class is for bridge players who have some bridge knowledge and wish to polish their skills by learning new bidding conventions as well as learning to play defense. We play bridge for fun, and downplay the competitive aspects. You will make new friends, improve your memory, and have a wonderful time.

Current Events 10:45-12:15
Marty Falsberg

A wide-ranging discussion group, touching on such diverse topics as headlines from the world at large, national topics such as the capabilities and accomplishments of our intellectually challenged leaders in Washington DC, Olympia, and Seattle. We also touch on topics suggested by the group members.

Film: Celebrating Director Billy Wilder
Bobbie Simone 1:00-3:00

Audience favorites with many Oscars. *Double Indemnity*, with Fred MacMurray and Barbara Stanwyck (1944); *The Lost Weekend*, with Ray Milland (1945); *Sunset Boulevard*, with William Holden and Gloria Swanson (1950); *Stalag 17*, with William Holden and Robert Strauss (1953); *Sabrina*, with Humphrey Bogart and Audrey Hepburn (1954); *Witness for the Prosecution*, with Marlene Dietrich, Tyrone Power, Charles Laughton, and Elsa Lanchester (1957); *Some Like It Hot*, with Marilyn Monroe, Tony Curtis, and Jack Lemmon (1959); and *The Apartment*, with Jack Lemmon, Shirley MacLaine, and Fred MacMurray (1960). Discussion follows the film.

The LLC Memorial Scholarship Fund

There is a scholarship fund to help pay the class fees for students unable to enroll in courses due to financial hardship. Our goal is to allow anyone desiring to take LLC classes to do so, whatever their financial condition. Those interested will be able to discuss scholarship applications with Edla at the LLC office.

Do you know someone who would like to take classes but can't afford the fees? Or someone who would like to take more classes than they do? Encourage these learners to talk to us.

Piano-Keyboarding 10:00-12:00
Jeanne Bryan

For students with basic knowledge of names and locations of those ivories and some note-reading. By term end, students can play familiar tunes. Piano book \$16. New students must contact instructor before joining the class. Class limited to 5.

Creative Writing 9:30-11:30
Vel Gerth

Enjoy spontaneous writing. Exercises spark the morning to increase the use of your unique language.

Note: class is limited to the first fifteen students who register. This class fills quickly.

The Civil War—Beyond the Battles
Pete Mazza 9:30-10:45

Students will gain an insight into the origins of the conflict that date back to the time of Washington and Jefferson. Instructor Pete Mazza brings his 40-year-plus avocation with the history of the Civil War to provide a narrative both lively and colorful. He will lead the class through the ante-bellum years and events, and the roles they played in either adding to or diminishing the potential for secession and war. During the war years he weaves together the effects of the military and political decisions of both sides had on the economic and social fabric of Union and Confederacy. The course will also explore the personalities and motivations of military and political leaders and how their decisions and policies affected the outcome of the war, and most importantly, the legacy it created for the 20th Century.

John Adams, Thomas Jefferson and Founding Brothers 11:0-12:30
Les McKim

Each class session will begin with introductory comments relative to the period, followed by a 30-minute film from the 6-part mini-series dramatization of the life of John Adams and from the documentary of Thomas Jefferson. The last 30 minutes will be a general discussion by the class.

Course is based on material from two books by David McCullough: *John Adams* and *1776*. The time span will be from Adams' boyhood to the death of the two on July 4, 1826.

Watercolor: Beginner and Beyond
Ellen Andersen 12:30-2:50

Ellen teaches and demonstrates in transparent watercolor, but students can use other liquid media, such as sumi ink, gouache or acrylics in a watercolor manner. Some drawing is taught as it pertains to painting. Short demonstrations that do not take too much class time.

Tai Chi 12:00-1:00
Tom Flener

Tai Chi Chuan is a Chinese martial art based on the principles of softness and relaxation overcoming hardness and tension. In these sessions we will study the Chan Ssu Gong or "Silk Reeling Exercise," using the principles of softness and relaxation, to build a foundation for our forms and to bring these principles into our daily lives.

Book Discussion Group 1:00-2:20
Staff

The group meets weekly, or sometimes every other week when a “big” book is up for discussion. We read contemporary fiction, and sometimes nonfiction and classics. When possible, we choose books from the Seattle Public Library’s book group list, so we don’t have to purchase all the books we read. First book for Spring Quarter hasn’t been determined—call the office to learn what we decide to begin with!

Poetry Mosaic 1:00-2:30
Elhri Larsen, Facilitator

We will savor a mix of poetry that moves us, emphasizing shorter contemporary pieces that we bring to read aloud and share. Poems by American and international writers—some light, some serious—who speak to our love of language and open minds. We enjoy and learn a little about the poets and a lot about life and ourselves along the way in a relaxed, non-academic atmosphere.

**Lifetime Learning Center Classes
at the Queen Anne Community
Center**

Thanks to an agreement with Seattle Parks & Recreation, we are able to offer classes at this location.

The following classes are offered at Queen Anne on **Thursday** mornings beginning April 8:

Time to Deal With Clutter 9:30-10:30
Maid Adams

People over fifty need to simplify their lives by getting rid of clutter that gets in the way. Making decisions on what to keep, throw out, recycle, or sell can become so overwhelming that procrastination and frustration set in. This class provides support during this difficult task and provides a decision-making process to make de-cluttering easier. Seven sessions.

Support Group for Women 10:45-11:45
Maid Adams

Women spend most of their lives devoted to others. Spend one hour a week devoted to you! Seven sessions.

The Queen Anne Community Center is located at 1901 First Avenue West, next to the McClure School and across from the Queen Anne Pool. LLC classes are held in the Senior Rec Room.

LLC REGISTRATION FORM Spring Quarter 2010 April 5- May 20

Name _____ New student Yes No
Address _____ **How did you learn about LLC?** ____
City _____ **Zip** _____ **Phone** _____ **E-mail** _____
Date _____

Class	Fee	Fee
MONDAY		
<input type="radio"/> Cribbage _____	\$30	_____
<input type="radio"/> O'Connor _____	\$30	_____
<input type="radio"/> Opera _____	\$35	_____
<input type="radio"/> Greek Myths _____	\$35	_____
<input type="radio"/> Crochet _____	\$30	_____
<input type="radio"/> Romantics _____	\$30	_____
<input type="radio"/> Computer _____	\$50	_____
TUESDAY		
<input type="radio"/> Trevor _____	\$30	_____
<input type="radio"/> Life Story _____	\$30	_____
<input type="radio"/> Faulkner _____	\$30	_____
<input type="radio"/> Feldenkrais _____	\$30	_____
<input type="radio"/> Quilting _____	\$30	_____
<input type="radio"/> Moliere _____	\$35	_____
<input type="radio"/> Art Song _____	\$30	_____
<i>Sub-total (column 1) \$</i> _____		

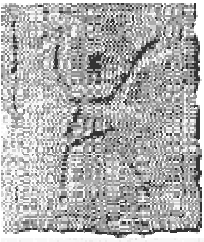
Class	Fee	Fee
WEDNESDAY		
<input type="radio"/> Tristan _____	\$35	_____
<input type="radio"/> Current Events _____	\$30	_____
<input type="radio"/> Euripides _____	\$30	_____
<input type="radio"/> Bridge _____	\$30	_____
<input type="radio"/> Films _____	\$30	_____
THURSDAY		
<input type="radio"/> Piano-Keyboarding _____	\$30	_____
<input type="radio"/> Civil War _____	\$30	_____
<input type="radio"/> Adams _____	\$30	_____
<input type="radio"/> Creative Writing _____	\$30	_____
<input type="radio"/> Watercolor _____	\$30	_____
<input type="radio"/> Reading Poems _____	\$30	_____
<input type="radio"/> Lifetime Book Group _____	\$30	_____
<input type="radio"/> Tai Chi _____	\$30	_____
<input type="radio"/> Clutter _____	\$30	_____
<input type="radio"/> Support Group _____	\$30	_____
Sub-total (column 2) \$ _____		
Total (column 1 and 2) \$ _____		

Registration Fee (not required for Queen Anne classes)\$ 15.00
 Donations (We appreciate your generosity)\$ _____
 Total\$ _____

We accept cash, checks, & money orders. You may also register and pay online using bankcards at: www.LifetimeLearningSeattle.org

Mail registration form & payment to:

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 Seattle, WA 98115



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Class Schedule Spring Quarter 2010

Visit us!

