

Lifetime Learning Center
Summer Program 2010
July 6-28

The summer program begins Tuesday, July 6, and meets Tuesdays and Wednesdays for four weeks. Students pay a flat registration fee of \$50, and can take any or all classes. There is no registration needed for individual classes.

Tuesday

8:30-9:00 Meditation Instructor: Janet Parr

This will be a simple Meditation class. Mostly what we will do is Sit. Meditation is a very old method of learning to control your mind and how to break habitual patterns of reaction - how not to "lean into the future" but to appreciate Now.

9:30-10:30 Spanish Instructor: Vilma Illanes

Basic Spanish language, and introduction to the culture of Bolivia

9:00-10:00 Feldenkrais Instructor: LeeAnn Starovasnik,GCFP

Awareness Through Movement. An introduction to a movement method that engages the brain and improves your physical movements, your sense of balance, and your overall well-being. Improve comfort in any work, play, or hobby activities.

11:00-12:00 T.S. Eliot's Four Quartets Instructor: Bruce Bigley

Eliot's late meditations on time and redemption through time. Eliot regarded his last collection of poems, the Four Quartets, as his masterpiece. Though he lived and wrote for 23 years after their publication, he refrained from adding to his poetic corpus. We will do a careful reading of one poem each of the four weeks. Texts will be available from Edla.

1:00-2:20 Beethoven Preview Instructor: Ed Schramko Concert Preview for Seattle Chamber Music Society Festival, Monday, August 9. Beethoven String Quartet in C Major, Op. 59, No. 3. The composer is no longer reaching out to the listener but rather demanding that the listener invest some effort to discover what he offers. The investment of a little effort will allow us to appreciate the real genius of Beethoven. To this end, this session will analyze the formal structure of this work, illustrating passages of unique interest and subtlety innovations that have redefined the string quartet forever after.

Note: Scholarship assistance for summer session available for those in need. See Edla in the office.

Wednesdays

8:30-9:00

Meditation: Same as Tuesday

9:00-10:30 What Makes Us Tick... and Why? Instructor: Doug Bowden

How is the competition between brain circuits manifested in the competition between desires and beliefs as we struggle to decide the right course of action in ambiguous situations? We'll look at common experiences of sex, politics and religion to see why competing brain circuits and psychological conflicts lead us in parallel to act as we do.

11:00-12:00 French Short Stories (in English translation) Instructor: Les McKim

Usually one author and one story a week, including: Alphonse Daudet, "The Pope's Mule"; Guy de Maupassant, "The Necklace"; Emile Zola, "The Attack on the Mill"; André Gide, "The Return of the Prodigal Son". BOOK: Great French Stories, Translated and edited by Paul Négri
Cost: Under \$4.00. Available in the LLC Office. Class activities are designed to help participants enjoy and gain an understanding of each of the stories.

1:00-3:00 Summer Shakespeare Instructor: Bobbie Simone

Greenstage presents "Romeo and Juliet" and "As You Like It." Greenstage is a local group that performs the bard's plays in various Seattle parks during the summer months. All free and all good. I am a long-time fan. To get ready to really appreciate these productions, we will read and discuss them in class. We'll see how the stuff of comedy becomes tragedy (Romeo and Juliet) and the stuff of tragedy becomes comedy ("As you Like it"). Bring your own copies of the plays. Any copy will do.

Bobbie is organizing doubles tennis Wed. A.M. If interested, email: bobbie.simone@gmail.com

Summer 2010 Registration Lifetime Learning Center

Name _____ Phone _____ E-Mail _____

Address _____ City, Zip _____

Fee: \$50 _____ Classes begin Tuesday, July 6

Register Online at www.LifetimeLearningSeattle.org or mail payment to:

The Lifetime Learning Center 520 Northeast Ravenna Blvd. Seattle 98115 (206) 524-3778