

RISE SPRING 2024 COURSES

MONDAY, FEBRUARY 5 – FRIDAY, APRIL 19

TERM 1: FEB 5 – MARCH 8

TERM 2: MARCH 11 – APRIL 19

There are no classes during the week of Spring Break, March 25 - March 29

MONDAY COURSES

Exercise Class

10 Weeks (BOTH TERMS: 2/5 – 4/15) Mondays 8:30 - 9:30AM

ON CAMPUS - Muldoon Health & Fitness Center

Exercise to music - Class will include cardio, light weights, resistance bands, and balance. All are welcome to come and move at their own level. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class. Note that this class will begin on 1/22/2024 and may extend beyond the end of the RISE term.

Facilitator: Joanne Merrill

2040 Carbon Crew

5 Weeks (TERM 1: 2/5 – 3/4) Mondays 10:00 – 11:30AM ONLINE ZOOM

Join fellow RISE members in discussing ways to reduce our carbon footprints. Using books, discussion, and videos, we will learn that by taking simple, small steps we can all help with climate change.

Facilitator: Marjorie Kamp

O'Keefe's Provocative and Personal Approach

5 Weeks (TERM 2: 3/11 – 4/15) Mondays 10:00 - 11:30AM at the Hunt Community, 10 Allds St., Nashua, NH

Georgia O'Keefe has remained one of the most admired Modern painters in the US and one of its most celebrated icons. Through her consistently provocative and distinctly personal approach to image making, she created a body of work that conveys the integrity of her vision, her independent spirit, and above all, her profound sensitivity to the vitality of natural forces. We will include the influence of Alfred Stieglitz, her artistic colleague and husband.

Facilitator: Sheila Kabat and co-facilitator David Hansen

Humor in Music

10 Weeks (BOTH TERMS: 2/5 – 4/15) Mondays 10:00 – 11:30AM ONLINE ZOOM

Many otherwise serious composers may have found it hard to resist the occasional temptation to put their sense of humor on display. Some may have written only one or two humorous works, but others took delight in creating many such pieces. The humor could be directed at the subjects of the music (as, for example, a comic opera) or it could make fun of musical ideas, ranging from the obvious to the subtle. There are pieces which are entirely humorous and others which display only short bursts of humor.

Facilitator: Robert Hoffman

World War II in Europe

10 Weeks (BOTH TERMS: 2/5 – 4/15) Mondays 10:00 – 11:30AM ONLINE ZOOM

We will learn about the causes of the war, the rise of Nazism, Genocide, D-Day, the Battle of the Bulge, the invasion of Russia, the battle of Berlin, and the Nuremberg trials. We will view documentary films and discuss these topics.

Facilitator: Tom Barry

The Importance of Guitar in Jazz

10 Weeks (BOTH TERMS: 2/5 – 4/15) Mondays 1:00 – 2:30PM ONLINE ZOOM

Strummed instruments have been used since the earliest days of jazz. Though early players were usually relegated to the background by the louder volume of other instruments, banjos and guitars evolved to become more prominent in ensembles and as solo instruments, especially since the introduction of electric amplification. Many guitarists have joined the ranks of the greatest jazz players.

Facilitator: Robert Hoffman

Zentangle 101

5 Weeks (TERM1: 2/5 – 3/4) Mondays 3:00 – 4:30PM ONLINE ZOOM (Limit 10)

An introduction to the basics of the Zentangle method of art - a fun, relaxing, and easy to do pen and ink drawing method that has therapeutic effects as well! Fundamental pen strokes, design components, ideas for embellishment, and simple shading techniques are covered. A beginner materials kit will be available for pickup at the RISE office. Kits are \$15 plus shared postage; payment is made directly to the facilitator via VENMO or a check mailed to the facilitator.

Facilitator: Martha Brooks

TranslucentZ Zendalas

5 Weeks (TERM2: 3/11 – 4/15) Mondays 3:00 – 4 :30PM ONLINE ZOOM (Limit 10)

Pre-requisite: previous Zentangle classes and/or familiarity with Zentangle basics.

Explore the marvels of the TranslucenZ tiles in a circular form! Create 2-sided designs that can capture the light in different ways depending on the side you choose to display. Two prestrung Zendala templates will be included in the Material Kit for you to trace onto your Zendala tiles. These templates will spark your creativity to create your own!

A materials kit will be available for pickup at the RISE office. Kits are \$28 plus shared postage; payment is made directly to the Facilitator via VENMO or a check mailed to the facilitator.

Facilitator: Martha Brooks

TUESDAY COURSES

Shakespeare's Wonderful Characters

5 Weeks (TERM1: 2/6 – 3/5) Tuesdays 1:00 – 2:30PM ONLINE ZOOM

We will analyze Shakespeare's tragedies from the viewpoint of their characters: Hamlet, Macbeth, Othello, Romeo, and Juliet.

Facilitator: Barbara Beierl

Tidy iPhones/iPads

5 Weeks (TERM1: 2/6 – 3/5) Tuesdays 1:00 – 2:30PM ONLINE ZOOM

Organize your iPhone or iPad with folders, widgets and photo albums. Minimize storage. Turn off what you don't want bugging you. Take control of your device and make it work for you. The final week will be topics by request of the participants. This class will be recorded.

Facilitator: Judy Brophy

Flight of Remembrance: A WWII Family Odyssey

1-Time Presentation, Tuesday, April 9, 1 – 2:30PM at the Hunt Community, 10 Allds St., Nashua, NH

This course is the presenter's family story from the other side of WWII in Latvia, occupied Poland, and Germany with many parallels drawn to the current war in Ukraine. It's a story that includes two German veterans, providing a perspective seldom heard in the U.S.

Ms. Kirsch's father, a young Latvian aeronautical engineering student, was forced to flee his homeland in 1939, before the first Soviet takeover, but the only nation offering refuge was Nazi Germany. This presentation is his story of being drafted into the Luftwaffe, meeting Ms. Kirsch's mother in 1940 Berlin, and forging a new beginning in America after the war, including a key role in the U.S. space program.

While it presents the plight of people displaced by war and forced to live through war waged on home soil, it's also an uplifting message that encourages audiences to adopt a dream, a goal, and a vision powered by love and supported by faith to sustain them through disastrous times.

Ms. Kirsch wears or displays an embroidered heirloom dress hand-tailored by her grandmother in 1930s Latvia. She also shows many photos from the family archives, encouraging continued preservation of WWII and Holocaust memories as well as family memoirs. Attendees are encouraged to come prepared to ask questions and share WWII stories. A follow-up class about the family's immigration to the United States can be arranged if there is interest.

Facilitator: Marina Kirsch

Past as Prologue: Historic Events that Preceded the Assassination of John F. Kennedy

1-Time Presentation, Tuesday, April 16, 1 – 2:30PM at the Hunt Community, 10 Allds St., Nashua, NH

This presentation examines historical events from the end of World War II to the formation of the Warren Commission. These historical events contributed to the questioning of the results of the Report of the President's Commission on the Assassination of President John F. Kennedy (Warren Commission Report.)

Facilitator: Clayton Ogilvie

Senior Sneakers Exercise

5 Weeks, (Term 2: 3/12-4/16) Tuesdays 1:00-2:30PM ONLINE Links to YouTube Private Channel

Join experienced instructor, Gretchen Nadeau, for well-rounded exercise classes designed specifically for the older population. You will get a mix of prerecorded classes that are 30 to 40 minutes long. Three classes will be strength and balance and two classes will be cardio only. You will need a set of 2- or 3-pound weights, a small 10" Pilates ball and a sturdy chair (preferably without arms). There is no need to purchase any equipment if you'd prefer improvising with soup cans for weights and a small pillow instead of the Pilates ball. Half of the class will be standing work and half in the chair. Gretchen strives to bring fun, safe and effective classes to all participants.

You will receive a YouTube Link weekly via email and can do this class at any time.

Disclaimer: Participants should consult their physician before beginning any exercise, fitness, diet or nutrition routine, especially those who have pre-existing health conditions. Nothing contained on the Boom Zoom Fitness YouTube channel should be considered medical advice or diagnosis. Use BoomZoom at your own risk. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class.

Facilitator: Gretchen Nadeau

Zentangle Spinner, Version 8

10 Weeks (BOTH TERMS: 2/6 – 4/16) Tuesdays 3:00 – 4:30PM ONLINE ZOOM (Limit 10)

Pre-requisite: previous Zentangle classes and/or familiarity with Zentangle basics.

Create a wonderful NEW VERSION Zentangle resource for yourself using a fun delivery system! You will use a large Zentangle Template that contains at least 64 spaces to be filled with a variety of original Zentangle patterns. When you finish filling in your template, you clip on the plastic game board Spinner, and give it a spin! Delight yourself and stay out of that rut of doing the same tangles again and again!

The classes will cover step by step instructions that will be emailed to you before each class. You will be introduced to the use of color as well as discussions regarding sizing, dimensionality, shading techniques, and a review of the basic tangle styles. You will find that ‘anything is possible, one stroke at a time.’ (Credit Zentangle founder Maria Thomas.)

A materials kit will be available for pickup at the RISE Office. The kits include two Spinner tiles, watercolor pencils, assorted pens, and shading tools. Kits are \$30.00 plus shared postage; payment is made directly to the facilitator via VENMO or a check mailed to the facilitator

Facilitator: Martha Brooks

James Joyce: *A Portrait of the Artist as a Young Man*

5 Weeks (TERM 1: 2/6 – 3/5) Tuesdays 4:00 - 5:30PM ONLINE ZOOM

We will read Joyce's brilliant fictionalized autobiography as well as learn about the historical period in which it was written. Special attention will be devoted to Joyce's aesthetic theory which is described at the end of the novel. Students will need a copy of *A Portrait of the Artist as a Young Man*. This class will be recorded.

Facilitator: Michael Conley

The Romantics and the Hippies - from Wordsworth to Dylan

5 Weeks (TERM 2: 3/12 – 4/16) Tuesdays 4:00 - 5:30PM ONLINE ZOOM

The great Romantic poets of the early 1800s shared a great deal with the artists and revolutionaries of the 1960s and 1970s. We'll explore some of their poems and songs, their shared characteristics, and the messages they communicated to their audiences, intended and otherwise. This class will be recorded.

Facilitator: Michael Conley

WEDNESDAY COURSES

Exercise Class

10 Weeks (BOTH TERMS: 2/7 – 4/17) Wednesdays 8:30 – 9:30AM

ON CAMPUS Muldoon Health & Fitness Center

Exercise to music - Class will include cardio, light weights, resistance bands, and balance. All are welcome to come and move at their own level. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class. Note that this class will begin on 1/24/2024 and may extend beyond the end of the RISE term.

Facilitator: Joanne Merrill

In Search of Knowledge, Wisdom, and Humor

10 Weeks (BOTH TERMS: 2/7 – 4/17) Wednesdays 10:00 - 11:30AM ONLINE ZOOM (Limit 25)

Visual compilations of History, Science, Marine life, TED talks, and Skits of Humor worldwide.

Facilitator: James Collins

The Gems of Composers

10 Weeks (BOTH TERMS: 2/7 - 4/17)) Wednesdays 10:00 – 11:30AM ONLINE ZOOM

Among composers, even great ones, a small subset of their musical output may stand out as special gems. We will listen to these and discuss why they are worthy of that description. Though primarily focused on classical music, we will also consider several other musical genres.

Facilitator: Robert Hoffman

Frederick Law Olmsted and the Transformation of Urban Landscape

10 Weeks (BOTH TERMS: 2/7 – 4/17) Wednesdays 1:00 – 2:30PM ONLINE ZOOM

Olmsted's many talents included business acumen, project management, the ability to observe in person the state of antebellum society in the southern United States and to write persuasively about it. His most impressive talent was designing landscapes, using his insights on how landscapes change as plants establish themselves. Boston's Emerald Necklace and New York City's Central Park are both outstanding and long-lived gifts from Olmsted to their cities.

Facilitator: Robert Hoffman

Chair/Mat Yoga

10 Weeks (BOTH TERMS: 2/7 – 4/17) Wednesdays 1:00 – 2:30PM ONLINE ZOOM

Experience Yoga while both sitting in and standing next to an armless chair that is placed on a rubber yoga mat so it won't slide. Class begins with centering and guided breath work. The benefits of Yoga can be obtained using the chair as a prop without going to the floor. We end with meditation. **Please have a folding armless chair or something comparable. A yoga strap is helpful; a man's tie is a good substitute.**

Facilitator: Amy Cielinski

Latin American Short Stories

5 Weeks: (TERM 1: 2/7 – 3/6) Wednesdays 3:00 – 4:30 ONLINE ZOOM

The short story format helped to propel Latin American literature onto the world stage in the latter half of the twentieth century. We will read representative examples of this rich literary tradition and discuss them in the context of social and cultural realities. You will need a copy of *The Oxford Book of Latin American Short Stories*, edited by Roberto Gonzalez Echevarria, which can be purchased from Amazon.

Facilitator: Barry Jackson

THURSDAY COURSES

RISE Speakers Forum

5 Weeks (TERM 1: 2/8 – 3/7) Thursdays 10:00 – 11:30AM ONLINE ZOOM

The RISE Speakers Forum presents experts who engage RISE members on a wide variety of topics. Sponsored by the Curriculum Committee, the Speakers Forum brings the outside world to RISE. Here is the schedule:

- 2/8/2024 - Gate City Bike Co-Op - with Don Pare
- 2/15/2024 - United Way of Greater Nashua - with Mike Apfelberg, President
- 2/22/2024 – Police Athletic League – with Shaun Nelson, Executive Director
- 2/29/2024 – Harris Center for Conservation Education – with Susie Spikol, Community Programs Director
- 3/7/2024 - Nashua Transit System – with Camille Correa

Facilitator: Nancy Nordstrom

RISE Facilitators Showcase

5 Weeks (TERM 2: 3/14 – 4/18) Thursdays 10:00 – 11:30AM ONLINE ZOOM

Join these RISE facilitators to learn about the following topics.:

- 3/14/2024 - My Trip to Cuba – with Val Raudonis
- 3/21/2024 - It Didn't Begin with Me – with Colleen Hogan-Mazzola
- 4/4/2024 - Little Known Amazing Women - with Nancy Nordstrom
- 4/11/2024 - Selections of New Non-Fiction Books and Discussion – with Dr. Ann McGreevy
- 4/18/2024 - An Introduction to Goodreads – with Susan Deschenes

Facilitator: Nancy Nordstrom

Shared Writing Experiences

10 Weeks (BOTH TERMS: 2/8 – 4/18) Thursdays 1:00 – 2:30PM ONLINE ZOOM (Limit 10)

An opportunity for writers of any literary form, prose or poetry, to create and share their work and receive gentle feedback from the group.

Facilitators: Joan Gibson and Charlie Pogue

Clarity Coaching with a Side of Cooking

5 Weeks (TERM1: 2/8 – 3/7) Thursdays 1:00 – 2:30PM ONLINE ZOOM

Enjoy the experience as you learn practical tools and techniques that ignite self-discovery, awaken personal insight and empower you to step fully into life!

- You will identify and awaken your authentic creative passions.
- You will discover how to silence the inner critic and get out of your own way.
- You will increase self-confidence and cultivate intuition.
- You will create a new relationship with time to eliminates stress.
- You will develop powerful listening and communication skills.
- You will bring newfound peace, balance, and clarity to your life.
- And, each week, you receive a recipe for life.

This class will be recorded.

Facilitator: Lorraine Ludwicki

Learning About Your Brain – Discovering Ways to Enhance Your Life

5 Weeks: (TERM 1: 2/8 – 3/7) Thursdays 3:00 - 4:30PM ONLINE ZOOM (Limit 12)

This course is based on the paperback book *Brain-Based Strategies to Reach Every Learner* (2005) written by the course Instructor. This book is available for purchase at the Rivier University Bookstore in the Dion Center.

Using current brain-based research and questionnaires in the textbook, you will first determine what "type" of learner you are (e.g., are you a left, right, or middle brain learner; what are your strongest Multiple Intelligences; etc.) You will be able to use your brain-based strengths to create an individual goal designed to improve your life during the next two years.

Facilitator: Diane Connell

Israel/Palestine: Can Knowing More History Help Us Understand the Conflict Today?

5 Weeks: (TERM 1: 2/8 – 3/7) Thursdays 3:00 - 4:30PM ONLINE ZOOM

How did the conflict between Israelis and Palestinian arise, and why does it continue? What have been its important historical milestones or turning points? What is the story of the two peoples whose histories are tied to the land? What do terms like "Zionism" and "Nakba" mean? Does knowing any of the history help us with an ethical assessment of current events and historical responsibility? Learn more about these questions and explore them, with an instructor who is Jewish, is a leader in local interfaith activities, has lived in Israel, and has worked there and in the U.S. with parts of the Israeli peace movement. This class will be recorded.

Facilitator: Rabbi Jon Spira-Savett

Seeing Red: The History of Color in Art

5 Weeks (TERM 1: 2/8 – 3/7) Thursdays 3:00 – 4:30PM ONLINE ZOOM

Color is that element of art that catches our eye and lets us look at a painting with both objectivity and emotion. Its history begins with our time on this planet, and it has grown and evolved as we have. This course will explore five colors: red, yellow, blue, green, and black, showing you how their pigments developed, how hues and tones expanded over time, and how artists have used color to add depth and drama to their works. It's a history of Western art, focusing on one color each week as you see famous paintings that feature that color. This class will be recorded.

Facilitator: Nancy Baker

Drama and Detail: Five Artists Who Defined the Baroque

5 Weeks (TERM 2: 3/14 – 4/18) Thursdays 3:00 – 4:30PM ONLINE ZOOM

The Baroque was the dominant style of the 17th century in art, architecture and music. It's defined by illusion, movement in space, drama, rich color and materials, contrast, exuberant detail, and grandeur. It's full of allegory and it brought the diagonal onto the canvas. We'll look at five painters who defined the Baroque: Caravaggio, Artemisia Gentileschi, Peter Paul Rubens, Rembrandt and Vermeer. While the ideas of the Baroque offered them an artistic umbrella, each artist was a brilliant innovator whose work has a dominant place in art history. This class will be recorded.

Facilitator: Nancy Baker

FRIDAY COURSES

Stretch, Balance, and Cardio

10 Weeks (BOTH TERMS: 2/9 – 4/19) Fridays 8:45 – 9:45AM (limit 12)

ON CAMPUS Muldoon Health & Fitness Center

Prerequisites: You must be able to get down to the floor, stand, and walk unaided.

This class is divided into three segments of approximately fifteen minutes, followed by a fifteen-minute yoga restorative pose. Please bring a yoga mat to class. Chairs are available to use during the balance portion. Please note that this class will not meet on Friday, February 23rd. Rivier University is not liable for any injuries sustained in a RISE sponsored exercise class.

Facilitator: Susan Lavoice

Put on a Mind of Peace, Joy and Love with help from Jesus, Buddha, Tolle and Others

10 Weeks (BOTH TERMS: 2/9 – 4/19) Fridays 10 - 11:30AM ONLINE ZOOM

Participants will learn how to reduce emotional suffering and put on the attitudes of Gratitude, Compassion, Acceptance, Trust and Love. This class will be recorded.

Facilitator: William Sawyer

Estate Planning

5 Weeks (TERM1: 2/9 – 3/8) Fridays 10:00 – 11:30AM

ON CAMPUS, Learning Commons (limit 18)

Where there's a will, there's a way to a smoother settlement of an estate. We will walk through the relevant documents and procedures regarding an estate plan including wills, trusts, powers of attorney, health care proxies, guardianships, and the NH probate process. The purpose of this course is to assist an individual when considering their particular needs or the needs of a loved one.

Facilitator: Valerie Raudonis

CRISPR: Gene Editing to the Rescue

5 Weeks (TERM2: 3/15 – 4/19) Fridays 10 – 11:30AM

ON CAMPUS, Memorial Hall 121

CRISPR can be used to create a simple test to detect viral infections quickly, at home or in the hospital. It is also used to make vaccines and to provide analytical analysis for early diagnosis of various diseases, such as cancer.

Facilitator: Irving Lipschitz

Nashua, NH – Safest City in America

5 Weeks (Term 1: 2/9 – 3/8) Fridays 1:00 – 2:00PM

ON CAMPUS, Memorial Hall 104

Personal financial company Wallethub recently named Nashua as the “#1 Safest City in America.” This course will examine Nashua’s efforts which led to this ranking with five one-hour sessions, each focusing on an aspect of how the city and local agencies work to promote citizen safety.

1. The 41 categories used by Wallethub and how Nashua ranked in each.
2. Nashua Mayor Donchess, giving his perspective on city government’s efforts to promote safety.
3. The police department suggestions as to how Senior Citizens can improve their own safety.
4. A police department IT expert on how to avoid cybercrime and being scammed online.
5. United Way of Greater Nashua president, Mike Apfelberg, covering Nashua’s service agencies which help maintain economic safety, especially for those near the bottom of the economic ladder.

Facilitator: Calvin Knickerbocker

Fooling with Poetry

5 Weeks: (TERM 1: 2/9 – 3/8) Fridays 1:00 - 2:30PM ON CAMPUS (limit 15)

Participants will write poems outside of class time, guided by suggested readings. We’ll read and discuss our poems in class, influenced by our shared and respectful perspectives. We have had so much fun that in the past this class has been called "laughing with poetry." Participants have a wide range of poetry writing interests, including first timers. All are welcome.

Facilitator: Val Raudonis

Fabulous All Occasion Handmade Cards

5 Weeks (TERM 2: 3/15 – 4/19) Fridays 1:00 – 2:30 PM

OFF SITE The Huntington, 55 Kent Lane, Nashua (Limit 15)

We will create all-occasion cards for your family, friends, and neighbors. Wow your loved ones with these incredible handmade cards! Each class will be like a party while creating these fabulous cards, using innovative techniques and tools for paper crafting. All supplies except adhesives are provided for a \$30 fee payable to the facilitator. Please bring your own double-sided tape. You may also want double sided thick foam tape to "pop" up items on your cards.

Facilitator: Lynn Thieret

Modern Medicine, Questionable Ethics, and Quackery

5 Weeks (TERM2: 3/15 – 4/19) Fridays 1:00 – 2:30PM

ON CAMPUS Memorial Hall 102

We will learn about medical advances beginning in the mid-1800's, We’ll also discuss the frequent examples of ethical lapses and outright quackery that have occurred along the way.

Facilitator: David McNeil

Films from the American Film Institute 100 Years...100 Laughs List

10 Weeks (BOTH TERMS: 2/9 – 4/19) Fridays 2:45 - 5PM

ON CAMPUS – Memorial Hall 104

We'll watch 10 of the best comedies ever made. Please join us to laugh as hard as you can. As we know "Laughter is the best medicine."

Facilitator: Susan Deschenes

The Catch: Whales, Turbines and Fishing in the North Atlantic Ocean

1-Time Presentation, Friday, March 15, 2024, 3:00 – 4:30PM

ON CAMPUS Memorial Hall 102

Fishing is noted for being hazardous. On the East Coast between 2010 and 2014, fatalities in the lobster and scallop industries accounted for 26.6% of the sixty East Coast fishing fatalities.

The *Large Whale Take Reduction Act of 2021*, designed to protect whales, has changed lobster gear requirements and has restricted areas open to lobstering. Some of these changes have increased the hazards of lobstering.

Wind turbines and windfarms introduce new hazards to the North Atlantic scallop dragging industry and fishing fleets. Windfarm planning and siting teams are discussing fishing safety topics. This session features a balanced view of the importance of wildlife protection and the need to deploy alternatives to fossil fuels.

Facilitator: Ann Backus

Online Zoom Courses: 26

In Person/On Campus Courses: 10

In Person/Off Site Courses: 2

In Person/Off-Site 1-time Courses: 2

In Person 1-time/On Campus Courses: 1

Total Spring 2024 Courses: 41

Total Facilitators: 34