

RISE SPRING 2024 CLASS SCHEDULE

| RISE - SPRING 2024 | | TERM 1: FEB 5 - MARCH 8 | | | | RISE - SPRING 2024 | | TERM 2: MARCH 11 - APRIL 19 | | | |
|--------------------|------------------------------------------------------------------|-------------------------|----------|-------|-------|--------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------|-------|-------|
| Monday | Term 1 | | | | | Monday | Term 2 | | | | |
| TIME | Course Title | Facilitator | Location | Limit | Weeks | TIME | Course Title | Facilitator | Location | Limit | Weeks |
| 8:30-9:30AM | Exercise Class - begins 1/22/24 | Joanne Merrill | MHFC | | 10 | 8:30-9:30AM | Exercise Class | Joanne Merrill | MHFC | | 10 |
| 10:00-11:30AM | 2040 Carbon Crew | Marjorie Kamp | Zoom | | 5 | 10:00-11:30AM | O'Keeffe's Provocative Approach | Sheila Kabat | HUNT | | 5 |
| 10:00-11:30AM | Humor in Music | Robert Hoffman | Zoom | | 10 | 10:00-11:30AM | Humor in Music | Robert Hoffman | Zoom | | 10 |
| 10:00-11:30AM | WWII In Europe | Tom Barry | Zoom | | 10 | 10:00-11:30AM | WWII in Europe | Tom Barry | Zoom | | 10 |
| 1:00-2:30PM | The Importance of Guitar in Jazz | Robert Hoffman | Zoom | | 10 | 1:00-2:30PM | The Importance of Guitar in Jazz | Robert Hoffman | Zoom | | 10 |
| 3:00-4:30PM | Zentangle 101 | Martha Brooks | Zoom | 10 | 5 | 3:00-4:30PM | TranslucenZ Zendalas | Martha Brooks | Zoom | 10 | 5 |
| Tuesday | Term 1 | | | | | Tuesday | Term 2 | | | | |
| TIME | Course Title | Facilitator | Location | Limit | Weeks | TIME | Course Title | Facilitator | Location | Limit | Weeks |
| 1:00-2:30PM | Shakespeare's Wonderful Characters | Barbara Beierl | Zoom | | 5 | 1:00-2:30pm | Senior Sneakers Exercise Class you will receive a Youtube link weekly via email and can do this class at any time | Gretchen Nadeau | YouTube | | 5 |
| 1:00-2:30PM | Tidy iPhones/iPads | Judy Brophy | Zoom | | 5 | 1:00-2:30PM | Flight of Remembrance: A WWII Family Odyssey | Marina Kirsch | HUNT | | 1 |
| | | | | | | 1:00-2:30PM | Past as Prologue: Events that Preceded JFK's Assassination | Clayton Ogilvie | HUNT | | 1 |
| | | | | | | | | | | | |
| 3:00-4:30PM | Zentangle Spinner, Version 8 | Martha Brooks | Zoom | 10 | 10 | 3:00-4:30PM | Zentangle Spinner, Version 8 | Martha Brooks | Zoom | 10 | 10 |
| 4:00-5:30PM | James Joyce: A Portrait of the Artist as a Young Man | Michael Conley | Zoom | | 5 | 4:00-5:30PM | The Romantics and the Hippies: from Wordsworth to Dylan | Michael Conley | Zoom | | 5 |
| Wednesday | Term 1 | | | | | Wednesday | Term 2 | | | | |
| TIME | Course Title | Facilitator | Location | Limit | Weeks | TIME | Course Title | Facilitator | Location | Limit | Weeks |
| 8:30-9:30AM | Exercise Class - begins 1/24/24 | Joanne Merrill | MHFC | | 10 | 8:30-9:30AM | Exercise Class | Joanne Merrill | MHFC | | 10 |
| 10:00-11:30AM | Knowledge/Wisdom/Humor | James Collins | Zoom | 25 | 10 | 10:00-11:30am | Knowledge/Wisdom/Humor | James Collins | Zoom | 25 | 10 |
| 10:00-11:30AM | The Gems of Composers | Robert Hoffman | Zoom | | 10 | 10:00-11:30AM | The Gems of Composers | Robert Hoffman | Zoom | | 10 |
| 1:00-2:30PM | Frederick Law Olmstead and the Transformation of Urban Landscape | Robert Hoffman | Zoom | | 10 | 1:00-2:30PM | Frederick Law Olmstead and the Transformation of Urban Landscape | Robert Hoffman | Zoom | | 10 |
| 1:00-2:30PM | Chair/Mat Yoga | Amy Cielinski | Zoom | | 10 | 1:00-2:30PM | Chair/Mat Yoga | Amy Cielinski | Zoom | | 10 |
| 3:00-4:30PM | Latin American Short Stories | Barry Jackson | Zoom | | 5 | | | | | | |
| Thursday | Term 1 | | | | | Thursday | Term 2 | | | | |

| TIME | Course Title | Facilitator | Location | Limit | Weeks | TIME | Course Title | Facilitator | Location | Limit | Weeks |
|---------------|-------------------------------------------------------------------------|--------------------|----------|-------|-------|---------------|------------------------------------------------------------------------------|---------------------------------------|----------|-------|-------|
| 10:00-11:30AM | RISE Speakers Forum | Nancy Nordstrom | Zoom | | 5 | 10:00-11:30AM | RISE Facilitator's Showcase | Nancy Nordstrom | Zoom | | 5 |
| 1:00-2:30PM | Shared Writing Experiences | Joan Gibson | Zoom | 10 | 10 | 1:00-2:30PM | Shared Writing Experiences | Joan Gibson | Zoom | 10 | 10 |
| 1:00-2:30PM | Clarity Coaching with a Side of Cooking | Lorraine Ludwicki | Zoom | | 5 | | | | Zoom | | |
| 3:00-4:30PM | Learning About your Brain | Diane Connell | Zoom | 12 | 5 | | | | | | |
| 3:00-4:30PM | Seeing Red: History of Color in Art | Nancy Baker | Zoom | | 5 | 3:00-4:30PM | Five Artists of the Baroque | Nancy Baker | Zoom | | 5 |
| 3:00-4:30PM | Israel & Palestine: Know More History/Understand Current Conflict | Rabbi Spira-Savett | Zoom | | 5 | | | | | | |
| Friday | Term 1 | | | | | Friday | Term 2 | | | | |
| TIME | Course Title | Facilitator | Location | Limit | Weeks | TIME | Course Title | Facilitator | Location | Limit | Weeks |
| 8:45-9:45AM | Stretch, Balance and Cardio | Susan Lavoice | MHFC | 12 | 10 | 8:45-9:45AM | Stretch, Balance and Cardio | Susan Lavoice | MHFC | 12 | 10 |
| 10-11:30AM | Estate Planning | Valerie Raudonis | LC | 18 | 5 | 10:00-11:30AM | CRISPR Gene Editing to the Rescue | Irving Lipschitz | MEM121 | | 5 |
| 10:00-11:30AM | A Mind of Peace, Joy and Love Jesus, Buddha, Tolle and others | William Sawyer | Zoom | | 10 | 10:00-11:30AM | A Mind of Peace, Joy and Love Jesus, Buddha, Tolle and others | William Sawyer | Zoom | | 10 |
| 1:00-2:00PM | Nashua, NH -- Safest City in America | Cal Knickerbocker | MEM104 | | 5 | 1:00-2:30PM | Modern Medicine and Ethics | David McNeil | MEM102 | | 5 |
| 1:00-2:30PM | fooling With Poetry | Val Raudonis | LC | 15 | 5 | 1:00-2:30PM | All Occasion Homemade Cards | Lynn Thieret | HNGTN | 15 | 5 |
| 2:45 - 5:00PM | Films from American Film Institute 100 Years...100 Laughs List | Susan Deschenes | MEM104 | | 10 | 2:45 - 5:00PM | Films from American Film Institute 100 Years...100 Laughs List | Susan Deschenes | MEM104 | | 10 |
| | | | | | | 3:00-4:30PM | The Catch: Whales, Turbines and 1-time class Fishing in N. Atlantic Ocean | Ann Backus | Mem 102 | | 1 |
| | LOCATION KEY: | | | | | | | | | | |
| | LC = Learning Commons 2 Robinson Rd (next to Haywards Ice Cream) | | | | | | | | | | |
| | MEM 102 and 104 = Memorial Hall | | | | | | | | | | |
| | MHFC = Muldoon Health & Fitness Center | | | | | | | | | | |
| | HNTGN = The Huntington, 55 Kent Lane, Nashua | | | | | | | | | | |
| | HUNT = The Hunt Community 10 Alds Street, Nashua | | | | | | | | | | |
| | | | | | | | In Person 1-time | Total Spring 2024 Courses - 41 | | | |
| | | | | | | | On Campus Courses - 1 | Total Facilitators 34 | | | |