		RISE SF	PRING	G 2	2024	CLASS	SCHEDULE				
RISE - SPRING 2024		TERM 1: FEB 5 - MARCH 8				RISE - S	PRING 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
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	2040 Carbon Crew	Marjorie Kamp	Zoom		5		O'Keeffe's Provocative Approach	Sheila Kabat	HUNT		5
	Humor in Music	Robert Hoffman	Zoom		10		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	IVIAITIIA DI OOKS	200111	10	5	Tuesday	Term 2	Martia Brooks	200111	10	3
TIME	Course Title	Facilitator	Location	Limit	Wooks	TIME	Course Title	Facilitator	Location	Limit	Weeks
	Shakespeare's Wonderful	Barbara Beierl	Zoom	Liiiiii	5	1:00-2:30pm	Senior Sneakers Exercise Class	Gretchen Nadeau	YouTube	Lillin	5
1.00-2:30PW	Characters	barbara belefi	200111		3	1.00-2.30pm	you will receive a Youtube link	weekly via email	TouTube		5
1:00-2:30PM	Tidy iPhones/iPads	Judy Brophy	Zoom		5		and can do this class at any time	Wookly via cilian			
1.00-2.001 101	Tray ii Horice/ii das	Judy Brophy	200111			1:00-2:30PM	Flight of Remembrance: A WWII	Marina Kirsch	HUNT		1
						1.00 2.001 W	Family Odyssey	Tues 4/9/24	110111		· ·
						1:00-2:30PM	Past as Prologue: Events that	Clayton Ogilvie	HUNT		1
						1-time class	Preceded JFK's Assassination	Tues 4/16/24			
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	Michael Conley	Zoom		5	4:00-5:30PM	The Romantics and the Hippies:	Michael Conley	Zoom		5
	Artist as a Young Man	,					from Wordsworth to Dylan				
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	Robert Hoffman	Zoom		10	1:00-2:30PM	Frederick Law Olmsted and the	Robert Hoffman	Zoom		10
	and the Transformation of Urban	Landscape					Transformation of Urban Lands	cape			
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	zan j cackoon	230111		J	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	Lorraine Ludwicki	Zoom		5				Zoom		
	Cooking										
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 His-	•			5						
	tory/Understand Current Conflict	'									
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
	Gueteri, Bararres arra Garare	Cucuii Euvoico				0.10 0.10/11/1	Groton, Balance and Cardio	Cacan Eavoice			
10-11:30AM	Estate Planning	Valerie Raudonis	LC	18	5	10:00-11:30AM	CRISPR Gene Editing to the	Irving Lipschitz	MEM121		5
	Lotato i raming	Valorio (Vadaoriio			l	10.00 11.00/11/1	Rescue	II VIII EI	IVILIVITZI		, i
10:00-11:30AM	A Mind of Peace, Joy and Love	William Sawyer	Zoom		10	10:00-11:30AM	A Mind of Peace, Joy and Love	William Sawyer	Zoom		10
	Jesus, Buddha, Tolle and others	William Cawyor	200111		10	10.00 11.007 (W)	Jesus, Buddha, Tolle and others	William Cawyor	200111		10
	Coods, Badana, Tone and others						bedde, Badana, Telle and enters				
1:00-2:00PM	Nashua, NH Safest City in	Cal Knickerbocker	MEM104		5	1:00-2:30PM	Modern Medicine and Ethics	David McNeil	MEM102		5
	America		-			1:00-2:30PM	All Occasion Homemade Cards	Lynn Thieret	HNGTN	15	5
1:00-2:30PM	Fooling With Poetry	Val Raudonis	LC	15	5	1.00 2.001 W	7 th Cooddion Fromerinade Cardo	Lynn mioret	TINOTIN	-10	
1.00 2.001 W	r coming triain cour	Varradadiid									
2:45 - 5:00PM	Films from American Film Institute	Susan Deschenes	MEM104		10	2:45 - 5:00PM	Films from American Film Institute	Susan Deschenes	MEM104		10
	100 Years100 Laughs List				.,		100 Years100 Laughs List				
	100 Toure 100 Edugito Elet					3:00-4:30PM	The Catch: Whales, Turbines and	Ann Backus	Mem 102		1
						1-time class	Fishing in N. Atlantic Ocean	3/15/24	WICHT TOZ		<u>'</u>
	LOCATION KEY:					I amino diado	l lerming in the thanks of dealing	5, 15, 21			
	LC = Learning Commons 2 R	obinson Rd (nex	t to Hayw	vards	Ice Cre	am)					
	MEM 102 and 104 = Memorial Hall MHFC = Muldoon Health & Fitness Center						Online ZOOM Courses - 26				
							On Campus Courses - 10				
	HNTGN = The Huntington, 55 Kent Lane, Nashua						Off Site Courses - 2				
	HUNT = The Hunt Community	y 10 Alds Street,	Nashua				Off Site 1-time courses - 2				
							In Person 1-time	Total Spring 2024 Courses - 41			
							On Campus Courses - 1	Total Facilitators 34			