

WINTER 2024 CLASS SCHEDULE

Time	Course	Instructor
10:00-11:00	Introduction to Tai Chi and Qigong – Class Limit 18	HARRIS
	Through the Eyes of the Artist	STADELMAN
	Influential Americans You've Never Heard of or Know Little About	FROMET
11:10-12:10	Art Journaling Jumpstart – Class Limit 25	HANSON
	“Women Who Run with Wolves” – Class Limit 18	MCINTYRE
	Four Easy Scans: Medical Imaging Devices We Cannot Live Without	SOLEM
12:25-1:10	LUNCH in Parish Hall	
1:20-2:20	Nature of Fear – Part 1	SMITH
	A Mindful Playshop	KERNEN
	News and Views	MCINTYRE
	Treatments of Behavioral Disorders Without Prescriptions	TOREM
2:30-3:30	Parallel Teachings of Jesus, Lao Tzu, Buddha and Krishna	SMITH
	Moments in Music	WILES
	TV Game Show Fun	NEMETH