



# LIFETIME LEARNING CENTER

*Courses for Older Adults*

## **Winter Quarter 2012**

**January 9-March 5**

*A Resource for Learning, Teaching, Friendship*

**520 Northeast Ravenna Blvd.**

**Seattle, WA 98115**

**(206) 524-3778**

Website: [www.lifetimelearningseattle.org](http://www.lifetimelearningseattle.org)

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**Roger Neale**  
Director

**Edla Deppman**  
Office Manager

# Lifetime Learning Center

*Open to the Public ∪ Bring a Friend*

“Sharpen your mind and make new friends”

## Winter 2012 Event Calendar

<b>Saturday Dec. 3</b>	<b>10:00-2:00</b>	<b>Holiday Faire</b>
<b>Thu. Jan. 5</b>	<b>10:00-12:00</b>	<b>Open House</b>
<b>Mon. Jan. 9</b>	<b>9:00 am</b>	<b>Classes Begin</b>
<b>Mon. March 5</b>	<b>3:00 pm</b>	<b>Classes End</b>

## REGISTRATION

Lifetime Learning Center, a nonprofit, educational institution, offers classes and social events for older adults. Our courses provide the joy of learning and challenging the mind without the problem of exams or grades. Classes meet weekly.

**Fees:** To enroll, students pay a \$15 registration fee each quarter plus a course fee of \$30 per class. Some classes require additional lab, book or materials fees.

**Enrollment:** Classes fill on a first-come, first-served basis. Registrations are valid only when accompanied by payment. No class confirmations are sent. Students are notified by phone if a class is filled.

## Two Ways To Enroll:

1. Complete the registration form at the back of this brochure, or print a copy of the registration form from our website, enclose fees, and mail to:  
Lifetime Learning Center  
520 Northeast Ravenna Blvd.  
Seattle, WA 98115
2. Call (206) 524-3778 to be sure we are in, drop by and register in person.

**Scholarships:** Inquire at the LLC office for scholarship applications. Scholarships are granted on the basis of need and are limited to classes not already filled with enrolled students

## FACULTY

Bruce Bigley, Ph.D., Literature  
Jeanne Bryan, B.A., Music Education  
Rebecca Crichton, Serious Foodie  
Theodore Deacon, DMA, Music  
Michael Falangus, MA, Anthropology  
Marty Falsberg  
Nancy Ferrell, MS, Computing Coach  
Vel Gerth, B.A., Writing Instructor  
Vilma Illanes, Spanish Instructor  
Marianne LoGerfo, MA, Teaching  
John P. “Pete” Mazza, CLU  
Barbara Miller, Music Instructor  
Jim Mohundro, Film Aficionado  
Stacy Schulze, Yarn Artist  
Michael Shurgot, Ph.D., Literature  
Bobbie Simone, Ph.D., Literature  
LeeAnn Starovasnik, S.A., Feldenkrais  
Lisa Stuebing, Certified Personal Coach  
Beckey Sukovaty, MPA, MA  
Ted Szatrowski, Bridge Instructor  
Bill Taylor, MA, Political Science  
Wendy Winkler, Art Instructor

Many thanks to these talented people who donate their time and expertise.

They make Lifetime Learning Center a fantastic experience for our students!



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# MONDAY

# January 9-March 5

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## A Note on Monday Classes

**The John Marshall School Building will be closed for the winter holidays: Monday, January 16, Martin Luther King's Birthday; and Monday, February 20, President's Day. We will extend the quarter to Monday, March 5. The Winter Quarter at LLC will be a seven-week quarter for Monday classes.**

**A Layman's Introduction to Economics for Voters** **9:30-10:45**  
Bill Taylor Room 106

This course will focus on what the informed voter needs to know about how our economic system operates. Some classes will take the form of lectures; others will focus on discussion. Please be forewarned that I have never even taken a course in economics – so please sign up if *you* have and can help me out!

**Shakespeare's *Macbeth*** **9:30-10:30**  
Michael Shurgot Room 107

Macbeth is the last of Shakespeare's "four great tragedies," and centers on a demented killer and his murderous, ambitious wife. It is also filled with some of Shakespeare's most astonishing and complex poetry, especially Macbeth's famed soliloquies. We will examine the psychology of Macbeth's murderous rampage through Scotland and the web of recurring images that sustain the play's focus on one of the least happy couples in western theater history.

***The Magic Mountain*** **11:00-12:15**  
Bruce Bigley Room 107

We will read and discuss Thomas Mann's *Magic Mountain*, his novel about the state of Europe just before World War 1, as seen

through the eyes of an average young man who is visiting a tuberculosis sanatorium with an international clientele located in Davos, Switzerland. It is regarded by many as his most important novel, and with *Ulysses* and the *Remembrance of Things Past*, both published in the same decade, as among the most important novels of the Modern period.

**A Matter of Taste—Getting to Know Ingredients** **11:00-12:15**  
Rebecca Crichton Room 108

This semester we will continue to explore the fascinations of food and the gifts of our Seattle food scene. We will have guest speakers, discussions, tastings, and begin to construct and deconstruct our own 'flavor profile.' We will surf the internet to use the vast resources available to us. As we did in the fall, class participants will help determine the direction and focus of some of the sessions. .

Rebecca Crichton was a caterer, recipe developer and food writer. She blogs about food (among other things) and qualifies as a serious "Foodie." She really does think about food "all the time!"

**Film: Identities; Howard Hawks, Master of Genre** **1:00-3:00**  
Jim Mohundro Room 108

A seven-week class in two parts.

Part I, Identities: *The Prisoner of Zenda* (Ronald Colman; Madeleine Carroll; Douglas Fairbanks, Jr, 1937), *Vertigo* (Kim Novak, James Stewart, 1958) and *Zelig* (Woody Allen, Mia Farrow, 1983)

Part II, Howard Hawks, Master of Genre: *Scarface* (Paul Muni, Ann Dvorak, George Raft, 1932), *Bringing Up Baby* (Cary Grant,

Katharine Hepburn, 1938), *The Big Sleep* (Humphrey Bogart, Lauren Bacall, 1946) and *Red River* (John Wayne, Montgomery Clift, Walter Brennan, 1948)

**Illuminations: The Song Cycles of Benjamin Britten** Room 106 **1:00-2:30**  
Theodore Deacon and Barbara Miller

Benjamin Britten was arguably the greatest opera composer of the 20<sup>th</sup> century (as those of you who took Prof. Deacon's Britten opera classes in 2005 no doubt discovered). But did you know he was also the finest writer of dramatic song cycles as well? These beautiful and emotionally complex works were inspired by the grandest of poets: Shakespeare, Blake, Wordsworth, Coleridge, Keats, Tennyson, Rimbaud, even poems by the illustrious sculptor and painter Michelangelo. Not merely for voice and piano, Britten's cycles employ a creative array of instrumental accompaniment that matches the timbre and atmosphere of each text's unique imagery. Every cycle is an opera in itself, a journey reflecting Britten's own turbulent life and times. All of them are brilliant and unforgettable. A class both music novice and aficionado will enjoy.

**Crochet** **1:30-3:00**  
Stacy Schulze Lounge

For beginners or refreshers. All you need is a hook and some yarn, and you can learn the skills to make clothes, household items and decorations. For learning and practice, bring some yarn and at least one hook of the right size for the yarn. You are invited to bring any patterns or crochet books that interest you. Class limited to ten participants.

### **Recognizing our Supporters**

These businesses and organizations have made contributions to the Learning Center. We appreciate their generosity.

Exxon-Mobil Foundation

Boeing Matching Gift Program

The Hearthstone Retirement Community

The Foundation House at Northgate

PCC

**Holiday Faire**  
**Saturday, December 3**  
**10:00-2:00**

Join us for LLC's signature December celebration! The Faire has become one of the biggest and best book sales around. We also have swags, sandwiches, readings and musical entertainment, and a silent auction of intriguing gift items. If you've been to the event in the past you know it's a great way to visit with LLC friends between quarters.

**Spanish 101** 9:30-10:45  
Vilma Illanes Room 108

A fun, no-stress introduction to Spanish. A great way to keep the mind exercised without being overwhelmed. Text: *Learn Spanish the Fast and Fun Way* (Barrow, 3<sup>rd</sup> Edition.)

**Shakespeare's The Winter's Tale** 11:00-12:00  
Michael Shurgot Room 108

"A sad tale's best for winter." Journey with us through Shakespeare's vast, mythic romance, his second to last play that moves from gaiety to tragedy and finally to forgiveness. Like Othello, Leontes becomes convinced, on flimsy, equally self-created evidence that is no evidence at all—"I have drunk, and seen the spider"—that his wife Hermione has slept with his best friend Polixenes, and sends her to prison where she bears Perdita. Believing her a bastard, Leontes condemns Perdita to a wilderness where she is rescued by shepherds and grows to become the fairytale princess who returns to her father's court and enables the play's turn from tragedy to forgiveness, and perhaps to miracle.  
\$3.00 copy fee. Bring any edition.

**Ancient Near East** 11:00-12:30  
Marianne LoGerfo Room 106

Why did hunters and gatherers become farmers and shepherds? How was writing invented? And the wheel? When did settled urban life begin? And what effect did this new way of living have on our world view? To find out, we'll travel to central Turkey, down the Tigris-Euphrates Valley and along the eastern Mediterranean, spending time in Sumer, Babylon, and Assyria, meeting the Hittites and Mitanni and their friends and foes. Our exploration of this fascinating and visually rich culture and history starts in 11,000 BC and ends with the fall of the

Bronze Age in 1100 BC. Along with discussions, lectures and lots of images, a reading packet will be available at the office.

**Balance in Action** 11:00-12:00  
LeeAnn Starovasnik Gym

What if you could improve your sense of balance in walking, standing, and climbing stairs? What if you could right yourself more easily once you sense you are off-balance? We offer an introduction to methods drawn from Bones for Life™, Awareness Through Movement™, and the Feldenkrais Method™. Students will be guided through a series of gentle movements designed to increase their ability to balance in daily activity. Wear warm, comfortable clothing and bring a thick blanket or mat.

**Writing Your Life Story** 11:00-1:00  
Staff Room 107

Short in-class writing exercises, lots of sharing plus weekly focused assignments help students get that story written! Gentle, in-depth critique of student work is offered. Limited to 18 students.

**Quilting** Room 106 12:30 – 2:00

Quilters can share the creative skill of crafting beautiful quilts. Class members select their own projects. This is a support group sharing quilting and views of life.

**Stretch and Strengthen** 1:00-2:00  
Lisa Stuebing Gym

Build strength and stamina. Improve balance, flexibility and your sense of well-being with Coach Lisa. Treat yourself to an hour of simple, effective movement using basic equipment. You must be medically cleared to exercise.

**Meditation**

Janet Parr

**8:45-9:15**

Room 107

We will sit together and explore what it feels like to be quiet together. Sitting and breathing is what we'll do. There is no registration fee for this class.

**Timeless Wisdom from the Ancient Greeks**Michael Falangus Room 108 **9:30-10:45**

Ancient Greek culture is the foundation of our modern western society, and it asks some of the same questions we ask today. How should I live my life and know myself? Is life a journey or destination? See how some of the greatest Greek writers and thinkers tackled these questions with rationality, observation and human experience.

**Current Events**

Marty Falsberg

**10:45- 12:15**

Room 107

A wide-ranging discussion group, touching on such diverse topics as headlines from the world at large, national topics such as the capabilities and accomplishments of our intellectually challenged leaders in Washington DC, Olympia, and Seattle. We also touch on topics suggested by group members.

**20th Century History – From the Franco-Prussian War to Korea & Beyond**

Pete Mazza

**11:00-12:15****This course is presented at Aljoia Thornton Place**

This course will navigate through the inter-relationships of the political, economic, social and military events of the 20th Century, beginning with the late 19th Century enmity between France and Prussia that ultimately led to WW's I and II. In addition to examining the effects these conflicts produced in changing the dynamics of international relations, we will look at the evolving landscape of a changing world

affecting both the traditional and emerging nations. In the wake of WWI we will visit the Roaring 20's, the economics of the Great Depression, FDR's New Deal and examine the conditions that gave rise to Hitler, Mussolini, Stalin and the Japanese Empire. We will review the major military campaigns of the WW's and how they affected the results of the peace that followed with the resulting schism of the Cold War. In the post war era the course examines the rise of Communist China, the rebuilding of Japan, establishment of Israel as a nation state and the ongoing crises of the Middle East, the Korean War and Vietnam. Lastly, we will review the economic history of the U.S., the administrations of our Presidents, and their accomplishments and legacies for future generations.

**The *Odyssey* of Homer**

Bobbie Simone

**11:00-12:15**

Room 108

The *Odyssey*, Part 2 (Books 9-16)  
Wednesday, 11:00-12:15

We continue the story of this hero and war vet's attempt to get home. As a marooned guest of the King and Queen (and Princess) of Phaeacia, Odysseus tells the story of his wanderings up to that point: his adventures with the Sirens, the Cyclops, and the Lotos Eaters, etc. and, like the archetypal hero, he has to descend to the underworld:

Wandering Odysseus

While returning to his Mrs.

Stops off at Hades

And sees a hell of a lot of other ladies.

When he does get home, he has to sneak in, and he has to figure out whom he can trust. His wife?

We use the Robert Fagles translation. We all take part in a close reading and enjoying of this exciting story.

**Beginning Bridge****9:00-10:30**

Ted Szatrowski

Room 106

This class is for individuals who may or may not have played bridge before but would like to learn. We will start by learning point count, basic bidding, and learning some basic bridge conventions. Students learn the game by playing. We play bridge for fun—and down-play the competitive aspects. You will make new friends, improve your memory, and have a wonderful time.

**Intermediate Bridge****10:45-12:15**

Ted Szatrowski

Room 106

This class is for bridge players who have some bridge knowledge

**Film: Great Films from the Seventies**

Bobbie Simone

Room 106

**1:00-3:00**

Some foreign and some American films, starting off with the Italian, "A Special Day," in which Marcello Mastroianni and Sophia Loren play untypical roles: he a gay man and she a matron with 6 children. Each is avoiding Hitler 's visit with Mussolini--and they get to have a special relationship. Two more Italian films: Fellini's "Amarcord," about growing up in a small coastal town; and Bertolucci's "The Conformist," set in 1938 Rome. Also on the list is Nicholas Roeg's "Walkabout," an Australian film about two youngsters abandoned in the outback, who find a young Aborigine on a ritual separation from his tribe. A Spanish film: "Spirit of the Beehive," about two little girls, who are determined to find Frankenstein. Two American films: Terrence Malik's "Days of Heaven," about a young married couple, who pretend to be brother and sister, so that she can make an advantageous marriage; and Peter Bogdanovich's "The Last Picture Show," about growing up in the 50s in a small Texas town. The Class gets to vote on the 8th (and maybe

9th) film: "Taxidriver," "Chinatown," "Alice in the Cities," "Breaking Away," or "Seven Beauties." All films are rated at least 7.9 by the International Movies Data Base (IMDB) and will have subtitles. Optional discussion follows the films.

**Winter 2012 Technology Workshop****Nancy Ferrell, MS Home Computing Coach****Intermediate Windows 7****Feb. 1****12:15--3:15**

This course picks up where our "Intro to Windows 7" left off last quarter. There will be demonstrations of Internet Explorer, working with photos, music and other media, adding/removing desktop items and working with files (creating, saving, finding files in Windows Explorer).

Also: parental controls, using multiple monitors, alternatives to Microsoft Office.

No computer needed - this is a demonstration style class and you'll be watching the demos on the big screen.

You'll receive a handout of the main points to use during class and a digital file of the handouts will be emailed to you after class so you'll have a document with live links to follow up and practice on your own pc.

This class best for those who completed Intro to Windows 7 or have a good comfort level with the basics and are ready to move beyond.

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# THURSDAY

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# January 12-March 1

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**Is Change Possible: An Introduction to the American Political Process** 9:30-10:45  
Bill Taylor Room 106

President Obama is being criticized for failing to deliver on his promise of change. This course will look at the political system created by the framers of the Constitution and how it has evolved over time to make change difficult. This course will repeat materials I've used in previous courses, but important parts will be new. This course is foundational for other courses I hope to offer leading up to the 2012 election.

A text (@\$13) will be available at the time of registration. Please register early and come prepared having read the materials for the first week.

**The Epic of Gilgamesh** 11:00-12:00  
Marianne LoGerfo Room 108

More than a thousand years before Homer or the Bible, the Mesopotamian poets sang of the hero-king Gilgamesh, of his love for his friend and their adventures together, of grief and loss, and a journey to the ends of the earth to find the Babylonian Noah. Reading this thrilling work is one of life's great pleasures-- an all too brief excursion filled with wit, passion and strange beauty. Please buy your copy of Gilgamesh at the LLC office.

**Creative Writing** 9:30-11:30  
Vel Gerth Room 107

We create spontaneously with and through brief outlines. This is not a critique class. We encourage writing that represents your singularity. Limited to 12 students.

**Piano Keyboarding** 11:00-12:15  
Jeanne Bryan Room 106

For students with basic knowledge of names and locations of those ivories and some note-reading. By term end, students can play familiar tunes. Piano book \$16. New students must contact instructor before joining the class.

**Simone de Beauvoir, Playwright!** 11:00-12:15  
Becky Sukovaty

**Note: This class is presented at Aljoja Thornton Place**

Join us as we explore another side of Simone de Beauvoir's work through her short play, "The Useless Mouths," set in 14th century Flanders and staged in Paris right after WW II. Each week, we'll discuss a selection from her vibrant script, along with brief supplementary materials. You'll find the literary, historical, political, and ethical themes remain as relevant today as when she first wrote the scenes.

**Watercolor: Beginner and Beyond** 1:00-2:30  
Wendy Winkler Room 106

A workshop with some instruction. Participants are welcome to work on class projects on their own. Instruction will apply to transparent watercolor, but can be used with acrylic or gouache on paper. Supply list available.

**Reading Poems** 1:00-2:20  
Elhri Larsen, Facilitator Room 107

We each bring one or two poems we like—to read aloud to share. Poems by American and international writers, contemporary mostly, who speak to our love of language and our human experience, with insight and often humor.

**Book Discussion Group**  
Staff

**1:00-2:20**  
Room 108

We read contemporary fiction, with some nonfiction and classics. We get several of our books from the Seattle Public Library's book group program. Some of the books we'll read this academic year:

Winter: Dean, *The Madonnas of Leningrad*;  
Flaubert, *Madame Bovary*.  
Wharton, *The Age of Innocence*.

Spring: Egan, *A Visit from the Goon Squad*;  
Jones, *The Known World*; Michaels, *Fugitive Pieces*.

## LLC Classes at Aljoya Thornton Place

For the Winter Quarter the Lifetime Learning Center is partnering with the Aljoya retirement community to offer two courses at their excellent facility. The classes are:

**20<sup>th</sup> Century History** with Pete Mazza  
Wednesdays at 11:00

**Simone de Beauvoir** with Beckey Sukovaty  
Thursdays at 11:00

See full course descriptions on the Wednesday and Thursday pages of the schedule.

Aljoya is located at 450 NE 100th Street, southeast of the Northgate Mall. All LLC students are welcome to enroll in these classes. Aljoya will provide parking for our students.

### Memorial Scholarship Fund

Our goal is to allow anyone desiring to take LLC classes to do so, whatever their financial situation. A scholarship fund is available. The funds have been donated by students and supporters who wish honor teachers and loved ones who are no longer with us.

Do you know someone who would like to take classes but can't afford the fees? Encourage these potential students to talk with Edla at the LLC office.

**LLC REGISTRATION FORM WINTER QUARTER 2012 January 9-March 5**

Name \_\_\_\_\_ New Student?  Yes  No

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Would you like to receive schedules via email instead of by regular mail? Yes \_\_\_ No \_\_\_

Monday	Fee
<input type="radio"/> Economics _____	\$30 _____
<input type="radio"/> Film _____	\$30 _____
<input type="radio"/> Magic Mountain _____	\$30 _____
<input type="radio"/> Macbeth _____	\$30 _____
<input type="radio"/> Food _____	\$30 _____
<input type="radio"/> Britten _____	\$35 _____
<input type="radio"/> Crochet _____	\$30 _____
Tuesday	
<input type="radio"/> Spanish _____	\$30 _____
<input type="radio"/> Balance _____	\$30 _____
<input type="radio"/> Life Story _____	\$30 _____
<input type="radio"/> Winter's Tale _____	\$30 _____
<input type="radio"/> Ancient Near East _____	\$30 _____
<input type="radio"/> Quilt _____	\$30 _____
<input type="radio"/> Stretch _____	\$30 _____

Wednesday	Fee
<input type="radio"/> Greek Culture _____	\$30 _____
<input type="radio"/> Odyssey _____	\$30 _____
<input type="radio"/> Bridge 1 _____	\$30 _____
<input type="radio"/> Bridge 2 _____	\$30 _____
<input type="radio"/> Current Events _____	\$30 _____
<input type="radio"/> Seventies Films _____	\$30 _____
<input type="radio"/> Technology: Windows 7 _____	\$25 _____
<input type="radio"/> 20 <sup>th</sup> Century History _____	\$30 _____
Thursday	
<input type="radio"/> Creative Writing _____	\$30 _____
<input type="radio"/> Political Change _____	\$30 _____
<input type="radio"/> Gilgamesh _____	\$30 _____
<input type="radio"/> Keyboard _____	\$30 _____
<input type="radio"/> Beauvoir _____	\$30 _____
<input type="radio"/> Watercolor _____	\$30 _____
<input type="radio"/> Poems _____	\$30 _____
<input type="radio"/> Book Group _____	\$30 _____

Class Fee Total ..... \$ \_\_\_\_\_

Quarterly Registration Fee ..... \$ 15.00

Donation (We appreciate your generosity) ..... \$ \_\_\_\_\_

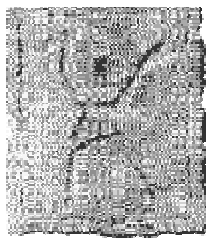
Total Fees ..... \$ \_\_\_\_\_

Mail to:

Lifetime Learning Center  
520 Northeast Ravenna Blvd.  
Seattle, WA 98115

You may also register and pay online at: [lifetimelearningseattle.org](http://lifetimelearningseattle.org). (If you pay online and want a refund, please see us rather than seeking a refund online. We are charged a fee for this.)

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# Class Schedule Winter Quarter 2012 The Lifetime Learning Center

**Visit us!**

