

Virtual Fall Course Catalog 2020

A Virtual Tour of The Holy Land – 3 classes

Classes will be on three Fridays: **Oct. 2 Oct. 30 Nov. 27**

Narrated by Sallie Latkovich, CSJ

All About Wine - 8 weeks 9/16-11/4

This course has returned from the summer session but is now for 8 weeks. Topics will include types and styles of wine, how to pair with foods, how to read a label and much more valuable and fun information.

Brushless Painting

Learn several techniques to make unique art without a brush – paint can be dripped, splattered, thrown, sprayed or poured.

Craft Workshop

Project 1 Polymer Clay 101 - Marbleizing

Learn the basics of working with polymer clay, from taking it out of the package to baking your project. All levels invited.

Project 2 Jute / Yarn Wrapped Anything (Almost)

Wrap any bottle, jar, container, etc., to create a new usable item(s). Upcycling something you already have is encouraged.

Current Events

Each week there will be a discussion of what's happening the week before in the news (local theatre productions, major events, etc.) Politics may be discussed but only in a general news way. There will be no endorsing of candidates or specific political parties.

Dance Movement

Dance warmup, stretch, and dance movement.

Delving Into *A Man Called Ove* by Fredrik Backman

Book is required and available in the library as print, e-book or audiobook and through Amazon.

Dreamwork Basics and the “God” Connection:

We will combine the basics of (Jungian) dreamwork using a dream template from Dreams: Discovering your Inner Teacher for tracking one’s dreams while simultaneously making the connection between our dream life and the voice of God in our minds/hearts/unconscious.

Scripture is rife with examples of major life directions communicated through dreams, and so it can be with us when we know how to approach our dreams as vehicle of hearing God’s voice....

While having the actual book, Dreams: Discovering Your Inner Teacher by Clyde Reid would be a plus, it is more important to have the second text: Dreams: God’s Forgotten Language by John A Sandford. Both will be used in our discussion.

Enneagram – A tool for Transformation

Using the Enneagram we will journey through a discovery of the person God created. Using this tool as a map each of us will discover new structures enabling and/or hindering healthy living in mind, body, and spirit. This is a beginner’s course in finding and understanding your Enneagram type.

Environmental Science

Environmental science will study the structure of ecosystems and then the human impact on the water, nitrogen, carbon and phosphorus cycles.

Global warming, the ozone layer, agricultural practices, recycling, mineral use and sustainable practices will also be covered.

Family History Detective – Inspiration from Real-Life Journeys

Are you a beginner or advanced genealogist? Or perhaps you’re hesitant to jump into your gene pool? This class will entertain and encourage you to find those hidden family gems. Real-life stories take you on a journey of family discoveries through practical applications that will inspire you to become your family’s detective and hero. Discover the power and joys of connection!

Genealogy Using Computers: Interm. (no beginners)

Must have had Genealogy Basics or have been building a family tree using Ancestry.com or equivalent. Continue your searches, share information and learn new things with Phyllis !!

Google Play

Explore free Google resources. Must have a gmail Google account.

Happiness Is The Best Revenge

Awaken Your Inner Healer

Learn to manage pain, eliminate fears and phobias, change unwanted behaviors and heal relationships.

Healthy At Home

Subjects covered will be the pandemic, heart attack and stroke, mindfulness, foot care, blood pressure, medications, exercise and healthy eating during the holidays.

Intermediate Genealogy/DNA (no beginners)

Must have had Genealogy Basics and have done your DNA profile.

Introduction to the New Orleans Theater Scene

Come learn about all the fabulous New Orleans theaters so you can be ready to go when theater is back in action. Each week, we will explore a different New Orleans theater company — the plays they do, the people who run them, how they are dealing with theater during the pandemic, and what they have in store for the future. Theaters will include well-known larger theaters such as Le Petit Theatre du Vieux Carre, and smaller, adventurous companies that produce new plays such as Junebug Productions. Some weeks we will be joined by a company member of the theater we are discussing. This class is a wonderful way to learn about the many different kinds of theater in New Orleans, and about the talented artists who make it.

Jin Shin Jyutsu

Harmonizing the body to feel better anytime.

Let's Take "Photos"

This course is for both phones and cameras. All photos are uploaded to you tablet, computer or forwarded by email from your device to a gmail account.

Mah Jong

Have fun playing online at myjong.net. You will be contacted by instructors with details on how to connect and get your card.

An exciting game played with tiles. It is likened to an "oriental Rummy". The ideal setup is 4 handed but 2 or as many as 5 participants may compete.

The People Program teaches the rules of the National Mahjongg League. It is always played without partners. The skill and luck of the individual makes a winner.

Mindfulness Meditation

The purpose of this course is to introduce the participants to mindfulness meditation as a practice for living a happier and less stressful day by addressing mental habits that increase our propensity to anger, hate and general dissatisfaction in life. Measurable results can be a quieter mind, more tolerance, less judgement, better sleep, lower stress, higher attention and chronic pain reduction among many others.

Old Testament Cont'd: Exodus and Beyond.

Having completed 90% of Genesis, the course will move on to the book of Exodus. Students will be oriented to necessary skills and awareness's in reading the Hebrew Scripture. The focal point is always what do we learn about God (attributes of God)? About humankind? And the relationship between the two (salvation history). Reading assignments are to be expected. We will continue subsequent OT books through the Pentateuch.

Regain Your Brain

DVD series exploring scientific discoveries that give you back a youthful mind.

Short Fiction – Book Req'd

Norton Anthology Of Fiction 6th Edition

Abe Books has it for about \$5 plus tax.

Web site is <http://www.abebooks.com/servlet/BookDetails>

Studying The Rabbit Effect

Find out how to live longer, happier and healthier with the groundbreaking science of kindness.

The Art of Quilling

Also known as paper filigree, this art involves using strips of paper that are rolled, shaped and glued together to create decorative designs. Your creations can be used to decorate greeting cards, pictures, boxes, eggs etc.

The Unsettling Of America by Wendell Berry

This book is an account of the tragedy of how American ecosystems and rural people were and still are exploited – and then often abandoned. It's not what the schoolbooks say.

Theater Dance

Beginner level movement set to age appropriate music.

Ukrainian Easter Egg Design

Pysanky means “to write” the design on a blown egg. The eggs are decorated by a complicated process akin to Batik. Melted bees wax is applied with a stylus to the blown egg. The egg is dipped into a succession of dye baths. Between each dipping, wax is applied over areas where previous color is to remain. After the final color has set, wax is rubbed off and a glaze is applied. Make beautiful, one of a kind Easter eggs !!!

Walk With Weights

Exercise with weights to a fun DVD with great music to motivate you !!

Why Is New Orleans Different?

Join Greg McKnight for a presentation/discussion about all the things that make The Big Easy so unlike any other place. There are wonderful stories to be shared.

Wisdom Ways of Knowing (book discussion)

Students will be introduced to or reminded of the tradition which predates our Judeo-Christian tradition, known as the “wisdom tradition”. Though not necessary, it would be helpful if students have been introduced to this tradition

prior to this course. The text is Cynthia Bourgeault's book by the same title. Students will discuss one chapter at a time...

Please investigate purchasing a used book at a used book seller or a kindle edition...