

1618 UNDERSTANDING OPERA - MAGIC FLUTE

Nancy Seel

Is it a fairy tale, or an allegory, or a beguiling story of lovers in jeopardy? The opera lovers in this class will attempt to investigate some of the interpretations of the symbolism of the bizarre libretto by Emanuel Schikaneder, and revel in the glory of Mozart's charming score. The composer has ingeniously combined a consistently entertaining mix of popular tunes, high-art arias, solemn drama and bel canto display (think Queen of the Night). So much to do, so little time.

Maximum enrollment: 30. Minimum age: 16.

*Week 5, July 25-27 / M-W / 3:30 - 4:45 p.m. / Hurlbut Sanctuary**Fees: 1 week (3 sessions).....\$50**1 session (first day only, at door).....\$20***1619 THE BEATLES: ACROSS OUR UNIVERSE ***

Gregory Miller, Jeff Miller and Tim Renjilian

This class will explore the universal appeal of the cultural phenomenon known as the Beatles. We'll analyze representative songs, from each phase of the Beatles' development by focusing on specific albums. Musical examples, film footage, photographs, scores, and lyric sheets will spur class discussions, debates, and ad hoc sing-alongs that increase our understanding of the Beatles' timeless influence. Maximum enrollment: 30. Minimum age: 12.

*Week 6, Aug. 1-5 / M-F / 9 - 10:30 a.m. / Hurlbut Sanctuary**Fees: 1 week (5 sessions).....\$88**1 session (at door only).....\$22***1620 MOUNTAIN DULCIMER ***

Carol Lesley

Introduction to and fundamentals of playing the Mountain Dulcimer. Students will learn the basics of playing melody and chording on the dulcimer, will be introduced to the history of the instrument, and will leave with an appreciation of our first American born instrument. Maximum enrollment: 20. Minimum age: 9.

*Week 7, Aug. 8-12 / M-F / 9:45 - 10:30 a.m. / Turner, Rm. 208**Fees: 1 week (5 sessions).....\$52**1 session (first day only, at door).....\$16***1621 UNDERSTANDING MUSIC OF THE 12th TO THE 16th CENTURY**

Toby Carlson

Come listen to musical genres seldom heard in the modern concert hall. Toby will share his love of and insight into this music composed between the 12th and 16th centuries. These lectures are tailored to the novice listener. You will listen to a number of recorded pieces and enjoy discussion on each.

Maximum enrollment: 20. Minimum age: 16.

*Week 7, Aug. 8-12 / M-F / 3 - 5 p.m. / Turner, Rm. 105**Fees: 1 week (5 sessions).....\$88**1 session (at door only).....\$22***1622 HAND DRUMMING FOR BEGINNERS ***

Lois Porter

Why participate in a hand drumming workshop? If you want the hands on experience of making music, attend! You will get in touch with your own ability to create community through drumming, a powerful form of non-verbal communication. You will learn poly-rhythms, hand care, receive some guidance on buying a drum, and have a great time. Maximum enrollment: 15. Minimum age: 10.

*Week 9, Aug. 24-26 / W-F / 9-10:15 a.m. / Turner, Rm. 203**Fees: 1 week (3 sessions).....\$45**1 session (at door only).....\$16***Personal & Professional Development****1700 YOU ARE WHAT YOU THINK ***

Julie Gurian

Looking for an attitude adjustment? This course focuses on the relationship between our thoughts, emotions, and behaviors during stressful events. You will learn to identify your negative thinking styles that impact on your mood and behavior. Once identified, you will learn how to create more positive ways of thinking and behaving. A course aimed at improving the quality of your life, at any age.

Maximum enrollment: 25. Minimum age: 15.

*Weeks 1, June 27-30 / M-Th / 9 - 10:30 a.m. / Turner Conference Rm.**Fees: 1 week (4 sessions).....\$72**1 session (first day only at door).....\$22***1701 MUTUAL MENTORING: EXCHANGE WISDOM ACROSS GENERATIONS**

Kent Ira Groff

When life expectancy was only 35, you were an elder in your twenties. If 70 is the new 50, is 50 the new 30? Or is it the other way around: is 20 the new 40—younger adults mentoring elders in a high-tech world? Together, through questions and stories, films, and poetry, we explore contemplative practices for transforming stress or depression into purpose and gratitude. Discover ways to mine gifts in transitions—the two-sided coin of loss and change.

Maximum enrollment: 20. Minimum age: 18.

*Weeks 1, June 27-30 / M-Th / 12:30 - 1:30 p.m. / Library Classroom**Fees: 1 week (4 sessions).....\$52**1 session (first two days only at door).....\$16***1702 GROWING THROUGH LOSS AND GRIEF**

Lynn Stahl

The group will examine losses such as the death of a family member, close friend, pet, a divorce or a health crisis. The phases of grief will be explored. Coping skills for each phase will be addressed. Participants will be guided in finding meaning, as well as discover gifts that can actually result from loss and grief, so that healing can be the ultimate result. Maximum enrollment: 20. Minimum age: 17.

*Weeks 2, July 4-8 / M-F / 9 - 10:30 a.m. / Turner, Rm. 103**Fees: 1 week (5 sessions).....\$88**1 session (at door only).....\$22***1703 NO BRAIN LEFT BEHIND**

Diane Frey

How does the brain learn? Recent advances in neuroscience and brain imaging have proven to be very helpful to the field of brain science. In this session you will learn about how your brain learns, how to apply brain-based knowledge to the process of learning, and how to apply these concepts to individuals from birth to age 100. Implications of this research to education will also be discussed. It is true: the brain is a terrible thing to waste. Find out how you can improve your learning and the learning of others.

Maximum enrollment: 25. Minimum age: 16.

*Weeks 2, July 4-8 / M-F / 9 - 10:30 a.m. / Turner Conference Rm.**Fees: 1 week (5 sessions).....\$88*

1704 MAXIMIZE YOUR BRAIN'S POTENTIAL
Thomas Staszewski

This session focusses on an accelerated learning approach to help you learn how to think better, create more and utilize more of a "whole brain" approach (combining left hemisphere/right hemisphere brain functions) to your daily activities. Relying on brain-based research and the application of brain-compatible strategies, this process leads to a greater level of creativity and personal effectiveness.

Maximum enrollment: 20. Minimum age: 18.

Weeks 3, July 11 & 12 / M & Tu / 8:30 - 10:30 a.m. / Hall of Ed. (Sheldon), Rm. 202

Fees: 1 week (2 sessions).....\$45

1 session (at door only).....\$25

Materials fee.....\$5

1705 APPROACHES TO MEDITATION *
Theodore Kneupper

What are the various meditation methods most widely practiced? Here you will be led in the basic practices of the scientific relaxation response method, yoga concentration, mindfulness/insight and Zen approaches from the Buddhist tradition, and contemplative methods of the Western tradition. You will thus be able to make a more informed choice of a method for you.

Maximum enrollment: 20. Minimum age: 18.

Weeks 3, July 11-15 / M-F / 1 - 3 p.m. / Turner, Rm. 105

Fees: 1 week (5 sessions).....\$88

1 session (first day only, at door).....\$22

Materials fee.....\$3

1706 RUNNING MEETINGS THAT COUNT
Gene Bierbaum

Running meetings can be fun, and this course will prove it. Learn how to prepare an agenda, process motions, keep order, deal with trouble makers, and get through your business efficiently. Highly recommended for club presidents, vice presidencies, parliamentarians, and any member who wants to become a more active participant.

Maximum enrollment: 20. Minimum age: 18.

Weeks 3, July 13-15 / W-F / 4 - 5:30 p.m. / Hall of Ed. (Sheldon), Rm. 204

Fees: 1 week (3 sessions).....\$58

1 session (at door only).....\$22

1707 101 TIPS FOR EXPLORING YOUR BUCKET LIST AND THE WORLD
Jane Haenle

Have you explored your bucket list? Are you suffering from wanderlust? Husband doesn't like to travel? Friends unavailable and you hate crowded buss tours? Don't worry...there's no need to stay home says this traveler who has visited the U.S., Europe, Asia, Africa, Middle East and the other Americas on her own and loved it. Let's explore your life's dreams, link them to planning an adventure alone or finding others to travel with and overcome fears through sharing important tips.

Maximum enrollment: 20. Minimum age: 16.

Weeks 4, July 20-22 / W-F / 9 - 10:30 a.m. / Turner, Rm. 107

Fees: 1 week (3 sessions).....\$58

1 session (first day only, at door).....\$22

1708 THE ART OF PUBLIC SPEAKING *
Trudy Bayer

Prepare to enjoy yourself as you learn and practice the methods of organization and delivery that make up the essence of the art of public speaking. Although many people believe that public speaking is inherently stressful or something one is either "naturally" good at or not, these perceptions are incorrect. This workshop sets the stage for success as a public speaker. Maximum enrollment: 12. Minimum age: 15.

Weeks 4, July 18-21 / M-Th / 12:30 - 1:45 p.m. / Turner, Rm. 103

Fees: 1 week (4 sessions).....\$62

1 session (first day only, at door).....\$20

1709 EXPLORING IMAGES WITH GROUPS: A WINDOW INTO THE SOUL
Jane Kerschner

This course is for anyone who wants to facilitate deeper, more meaningful conversations with groups, teams, organizations, or even within one's family. Discover how to use images to create a sacred space for your clients, colleagues, students, and family members to share what they care about and bring forth what they have been holding back to reach more effective solutions.

Maximum enrollment: 20. Minimum age: 18.

Weeks 4, July 20-22 / W-F / 12:30 - 1:45 p.m. / Hultquist 201A

Fees: 1 week (3 sessions).....\$50

1 session (first day only, at door).....\$20

1710 CIVIL CONVERSATIONS: UNDERSTANDING AND MANAGING DIFFERENCE IN TODAY'S WORLD
Al Templeton

While valuing different points of view, we frequently experience misunderstanding and tension with others. Why? This question will be answered by exploring how people interact and what leads to connecting or disconnecting. With emphasis on practical application we'll examine effective communication, conflict, and polarization.

Maximum enrollment: 20. Minimum age: 18.

Weeks 4, July 18-20 / M-W / 3:30 - 4:45 p.m. / Hultquist 201B

Fees: 1 week (3 sessions).....\$50

1 session (at door only).....\$20

1711 GOOD GRIEF: WHY AM I LAUGHING AT A TIME LIKE THIS?
Pat Snyder

Grief is no laughing matter. Or is it? Research shows that humor, laughter, and happiness associate strongly with positive bereavement adjustments. Let Pat, a widow and humorist, help you add laughter, the first cousin of tears, to your toolkit and take an occasional vacation from the trenches of grief.

Maximum enrollment: 20. Minimum age: 13.

Weeks 5, July 25-29 / M-F / 9 - 10:15 a.m. / Turner, Rm. 107

Fees: 1 week (5 sessions).....\$75

1 session (first day only, at door).....\$20

For your convenience, you can register 24 hours a day online at www.ciweb.org. Click on visit us tab and then tickets and choose Special Studies. Guaranteed placement in a class is not confirmed until the order is processed and you have received a confirmation receipt.



For a listing of hancicap accessible classrooms
see page 30

1712 DREAM CIRCLE
Bonnie Collins

This dream circle is designed for participants to share our dreams. We will learn how dreams can be a source of spiritual wisdom and self empowerment which we can then take into our waking life. You will not have to remember your dreams to join us because the process we use helps us gather wisdom for ourselves from other participants' dreams. Maximum enrollment: 12. Minimum age: 18.

Weeks 5, July 25-29 / M-F / 9 - 10:30 a.m. / Pier Bldg. Lounge
Fees: 1 week (5 sessions).....\$88
1 session (at door only).....\$22

1713 ADULT ADHD AND YOUR MARRIAGE
Melissa Orlov

Do you or your spouse have ADHD (or think you might)? If so, come learn about the unexpected ways that ADHD can impact your marriage. Feel like a parent to your spouse? Do you sometimes feel lonely? Does your spouse nag you all the time? You'll learn what's related to ADHD and why. Better yet, we'll talk about specific things you can do to improve your partnership. Classes are for one or both spouses and take a strengths-based approach to ADHD. We'll split time between lecture and group discussion based upon class interests and composition. Maximum enrollment: 20. Minimum age: 25.

Weeks 5, July 25-27 / M-W / 3:30 - 5:15 p.m. / Turner, Rm. 103
Fees: 1 week (3 sessions).....\$58
1 session (first day only, at door).....\$22

1714 FROM AGE-ING TO SAGE-ING ®: HARVESTING THE WISDOM OF YOUR LIFE
Rosemary Zuck

Sage-ing is a philosophy of aging that draws its teaching from many wisdom and religious traditions, academic disciplines and cultures. Major themes will be highlighted, including developing a vision of oneself as an older adult, doing a life review, healing past hurts, facing one's mortality, and leaving a legacy for future generations. Program format includes presentation, reflection, and sharing. Maximum enrollment: 20. Minimum age: 18.

Weeks 6, Aug 1-4 / M-Th / 1 - 3 p.m. / Turner, Rm. 103
Fees: 1 week (4 sessions).....\$72
1 session (first day only, at door).....\$22

1715 IMPROVING RELATIONSHIPS WITH CONSTRUCTIVE CONVERSATIONS
Karen Travis

George Bernard Shaw said "the problem with communication...is the illusion that it has been accomplished." Clear communication, at home and work, is key to reducing stress, improving relationships and building trust. You'll walk away with a conversation process used world-wide for more than twenty years in technology, healthcare, and government agencies. Maximum enrollment: 20. Minimum age: 16.

Weeks 6, Aug 1-5 / M-F / 4 - 5:15 p.m. / Turner, Rm. 103
Fees: 1 week (5 sessions).....\$75
1 session (first day only at door).....\$20

1716 IN BEAUTY MAY YOU WALK *
Chris Drosdick

Come, walk in beauty. You will be inspired by Navajo music and prayers to create original pieces of art utilizing natural materials such as pinecones, pebbles and more. This unique blend of mindfulness, spirituality, and creativity is sure to nourish your soul. Maximum enrollment: 20. Minimum age: 15.

Weeks 7, Aug. 8-12 / M-F / 8 - 10:30 a.m. / Pier Bldg. Classroom
Fees: 1 week (5 sessions).....\$88
1 session (at door only).....\$22
Materials fee.....\$25

1717 ABOUT HAPPINESS
Dureen Hughes

What if it were possible to be unconditionally happy, anytime, anywhere, no matter what? We will explore the role of thoughts in emotional states and the unconditional nature of happiness. You will learn new tools, techniques and ways of thinking that you can use to gain more control over your own mental states and renew your enthusiasm for living. Maximum enrollment: 20. Minimum age: 18.

Weeks 7, Aug. 8-12 / M-F / 1 - 2:30 p.m. / Turner, Rm. 105
Fees: 1 week (5 sessions).....\$88

1718 UNDERSTANDING YOUR MEMORY
LaDonna Bates

Concerned about forgetting names? Can't remember where you put things? Do words stick on your tongue? Differentiate these normal memory lapses from symptoms of dementia. Discover how attention affects memory and explore your particular style of each. Learn how regular physical exercise bolsters brain structures and neurochemicals to enhance your memory. Discover the healthfulness of forgetting. Practice what you learn.

Maximum enrollment: 20. Minimum age: 16.
Weeks 7, Aug. 8-12 / M-F / 4 - 5:15 p.m. / Hall of Ed. (Sheldon), Rm. 202
Fees: 1 week (5 sessions).....\$75
1 session (at door only).....\$20

1719 PERSONAL GROUNDING THROUGH THE NATIVE AMERICAN MEDICINE WHEEL
Diane Clark

Did you ever feel yourself becoming unsteady because of the many modern pressures and opportunities? Do you ever question what to choose and what to let go, and what is really helpful to you? These are questions we will explore from the perspective of the Native American Medicine Wheel. We will come to develop a personal empathy with the philosophies of "the first peoples" of our country. This course is a quest into the self, guided by teaching that have stood the test of time. Maximum enrollment: 15. Minimum age: 18.

Weeks 8, Aug. 15-19 / M-F / 3:30 - 4:45 p.m. / Pier Bldg. Lounge
Fees: 1 week (5 sessions).....\$75

1720 TOO YOUNG TO RETIRE: RECHARGE AND REBALANCE YOUR BONUS YEARS
Susan Larson

This workshop will unlock "101 Ways to Start the Rest of Your Life." Working individually and in small groups, we will address 3 components for mid-later life planning meaningful activity - work, health, and wealth. This powerful, interactive learning experience will equip participants by clarifying intentions, exploring new options and beginning to design the next chapter of life.

Maximum enrollment: 20. Minimum age: 40.
Weeks 8, Aug. 15-18 / M-Th / 3:30 - 5:30 p.m. / Turner, Rm. 103
Fees: 1 week (4 sessions).....\$72
1 session (first day only, at door).....\$22

Courses are designed to be intergenerational.
 Consult individual course descriptions and age guidelines
 to find the right choice for you.

1721 SEVEN STEPS TO A HAPPY FACE
George Ross

Counseling that ultimately works is self counseling. But is your counsel worth listening to? Join me in this five-day workshop as we explore how to use the seven steps to identify, critique, and if necessary, change how we talk to ourselves. Learn how to maintain your emotional balance, eliminate excuse making and procrastination, and reduce worry, anger, and depression.

Maximum enrollment: 20. Minimum age: 16.
Weeks 9, Aug. 22-26 / M-F / 8:30 - 10 a.m. / Hall of Ed. (Sheldon), Rm. 202
Fees: 1 week (5 sessions).....\$88
1 session (at door only).....\$22

1722 MINDFULNESS IN EVERYDAY LIFE
Edith Todd

The practice of mindfulness is being fully open to the present. Discover how to use mindfulness to appreciate and meet the challenges of everyday living and to improve tolerance of painful feelings and circumstances. In this course, students will be introduced to mindfulness skills that can enhance the quality of their lives.

Maximum enrollment: 20. Minimum age: 16.
Weeks 9, Aug. 22-26 / M-F / 12:30 - 1:45 p.m. / Octagon
Fees: 1 week (5 sessions).....\$75
1 session (first day only, at door).....\$22

1723 UTILIZING CONFLICT AND RESOLUTION TECHNIQUES TO CREATE A MORE MORAL WORLD
Kay Johnson-Gentile

Participants will learn strategies for resolving conflict and have opportunities to create win/win scenarios. Come learn to understand that conflict can have many positive outcomes including individual understanding and personal growth.

Maximum enrollment: 15. Minimum age: 17.
Weeks 9, Aug. 24 & 25 / W & Th / 1 - 3 p.m. / Turner, Rm. 105
Fees: 1 week (2 sessions).....\$45
Materials fee.....\$5

1800 THE QUESTIONS AND MYTHS OF CHRISTIAN AMERICA
William Saum

Is America a Christian country? A Judaeo-Christian country? A secular country? What difference does it make? This course will examine the role of religion in the founding and development of America from the very beginning to the present day arguments. We will discuss founding documents, religious freedom, separation of church and state, and issues including slavery, prayer in public schools, religion and politics, the role of religion in the public square, "civil religion" and recent disputes that question the extent of religious freedom in our country. Maximum enrollment: 20. Minimum age: 16.

Week 1, June 27-July 1 / M-F / 3:30 - 5 p.m. / Hultquist 201A
Fees: 1 week (5 sessions).....\$88

1801 BUDDHISM
Jeannette Ludwig

We will examine the life and teachings of the man Siddhartha Gautama, who became enlightened (the Buddha). After reflecting on his key teachings, we will look at the expansion of the religion into its three principle schools. Finally, we will take up issues in American Buddhisms today. A Portion of each session will be devoted to meditation. Maximum enrollment: 20. Minimum age: 16.

Week 2, July 4-8 / M-F / 9 - 10:30 a.m. / Hultquist 201A
Fees: 1 week (5 sessions).....\$88
1 session (at door only)\$22

1802 SPIRITUALITY FOR ACTIVE THINKING PEOPLE: AN INTRO TO IGNATIAN PRACTICES
Kent Ira Groff

Are you looking for ways to connect spirituality with active life in work, relationships and decision-making? To integrate intelligent reflection, active imagination and contemplative practices? This explains the burgeoning ecumenical interest in The Spiritual Exercises of Ignatius of Loyola with their four life-affirming themes (one each day plus a summary). The instructor will draw on his newest book *Facing East, Praying West*, from his intensive Ignatian training in India. Maximum enrollment: 20. Minimum age: 18.

Week 2, July 4-8 / M-F / 3 - 4:15 p.m. / Hultquist 201B
Fees: 1 week (5 sessions).....\$75
1 session (first two days only, at door)\$20

1803 CHRISTIANITY: THE BASICS
Jeannette Ludwig

This overview examines five distinct aspects of the Church, beginning with the Jewish context of Jesus. We'll follow with the church's formative stages, including codifying the Bible, major doctrinal disputes like the doctrine of the Trinity. Next we will consider schisms Rome vs. Byzantium, the Reformation that divided Christianity. After comparing various denominations and groups like the Amish, we turn to the modern challenges the Church faces here and abroad.

Maximum enrollment: 30. Minimum age: 16.
Week 4, July 18-22 / M-F / 9 - 10:30 a.m. / Hultquist 101
Fees: 1 week (5 sessions).....\$88
1 session (at door only)\$22

1804 THE POWER OF KEEPING A PRAYER JOURNAL
Maggie Oman Shannon

Keeping a prayer journal has been practiced by people from every era, culture, and faith. We'll explore why it's such a powerful spiritual practice, read excerpts from a variety of published prayer journals, then experiment with different forms of prayer journaling. At the end of the class, you'll create your own personal prayer journal to continue your practice at home.

Maximum enrollment: 15. Minimum age: 18.
Week 4, July 18-20 / M-W / 3:30 - 5 p.m. / Hall of Ed. (Sheldon), Rm. 204
Fees: 1 week (3 sessions).....\$58
1 session (first day only, at door)\$22

Religion & Philosophy

Many of these courses reach capacity enrollment.
Pre-registration is encouraged.