

GOLD College Study Groups

February 1 – March 12, 2021

MONDAY

Staying Young & Relevant While Growing Old

9:00-10:30

This Course will illustrate, and explore, the concepts of Well-Being, Wellness, and Flourishing while challenging Elder Masters to "Use Yourself Up" with meaningful involvement within our Society.

William Nelson

Brief History of Percussion

9:00-10:30

We will discuss how percussion developed throughout the ages in different parts of the world. We will pay attention to the instruments, how they were played, the people who played them, what styles of music they were used for, and how it all intersects with significant world history.

Erich Rieppel - Principal Timpanist of the Minnesota Orchestra

Good Kind, Bad King

11:30-1:00

This is a course about what societies have expected of kings through the ages. We will look at how kingship was exemplified in the Bible, in literature such as *Beowulf*, and in Shakespeare. We'll then talk about how all of this has shaped our image of kingship and, in reality, all leadership, and how we judge whether or not someone is a good ruler.

Dr. Michael Hofstetter

TUESDAY

Lloyd's Favorite Topics

9:00-10:30

Lloyd will share some of his favorites in U.S. History; such as colonial customs from the northern colonies with the Puritans, or the Southern colonies with the very wealthy to the dirt poor. You will look at things such as how wearing a silver buckle on your shoes would get you whipped, or how they used the stocks, funeral customs, dating, frontier life, working your way to more modern times. You will look at 'Why we do things as we do' such as wearing black at funerals, eating above the salt, tales of the rich and famous or "duck and cover" of the 1950s. Something for everyone!

Dr. Lloyd Petersen

Growing up in America

11:30-1:00

This is a brief history of American childhood and American attitudes towards children from colonial America to the 21st century, from the Puritan view of human nature and the child as "totally depraved" through the 19th century development of the "angel child" to the complicated modern American views regarding children. We will look at children in families, but also children left vulnerable by circumstances and dependent on the state or the kindness of strangers for their protection.

Dr. Joan Gittens

WEDNESDAY

Zentangle

9:00-10:30

This is a form of meditative drawing. Zentangle turns drawings into artistic designs, while reducing stress, improving focus, and increasing feelings of wellbeing and enhanced feelings of relaxation. No artistic talent is needed and supplies are minimal. In this course attendees will learn an introduction into the Zentangle method as well as decorative drawing ideas. Attendees will leave with the knowledge to make designs that are fascinating to look at and relaxing and refreshing to create.

Krystl Louwagie

The Constitution in Turbulent Times

11:30-1:00

The Constitution is a venerable document that has stood the test of time, but the national political polarization has challenged basic legal truisms. The Supreme Court is postured to continue settling significant issues in relation to the institutions of government, civil liberties, and civil rights. This short course highlights those significant issues that the Court will face, or has recently faced, in settling major national disagreements. Those highlights will require a journey through the Constitution, case law, and the judicial personalities of the current Supreme Court.

Dr. Doug Simon

THURSDAY

Chair Yoga

9:00-9:45

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga increases flexibility, strength and body awareness. When standing poses are included, the chair is used to help with and improve your balance. Chair yoga may also include pranayama breathing techniques and meditation to promote focus, mental clarity and relaxation. (In the midst of COVID-19 & working from home you will likely see 2 grandchildren (3 yrs & 1yr) in the background showing off their flexibility. There may be times when I leave my chair to redirect their activity.)

Darwin Dyce

The Life & Legacy of Laura Ingalls Wilder

11:30-1:00

Laura Ingalls Wilder is one of the best known and bestselling authors of the 20th century, and her life is as fascinating as her stories. Laura witnessed firsthand the era of Westward expansion, travelling all across the midwest with her family in search of independence and prosperity. In this class you will learn about the beginnings of the pioneer movement and the development of the American frontier, Wilder's turbulent early years as she crisscrossed the country by covered wagon, and her later years with her husband Almanzo on their Rocky Ridge farm in Missouri. We will also delve into the life of her only child, Rose Wilder Lane, who lived an equally remarkable life and the collaboration between mother and daughter that resulted in the enduring series, *Little House on the Prairie*.

Meredith Tomeo