Why I Teach
By: Don Foran

For decades now, I have known the joy of teaching. I’ll try to explore that wonderful experience. It starts with the students. Each is unique: chatty or reflective, silent or eager to contribute. Each enters the classroom quiet or relatively excited, usually because the text at hand evoked in her or in him some happy or sad moment, some emotion I try to tap.

The most exciting moment for me is when a learner’s eyes light up, when the desire to communicate suddenly dominates the interaction. I frequently learn from my students at such moments, and we learn from one another. I treasure these epiphanies. It’s as though the outer world has stopped and a Flannery O’Connor or a Melville or a Toni Morrison or a James Baldwin or one of the great poets (Kunitz, Oliver, Heaney . . . ) has triggered in the classroom some truth which has surfaced just for us, just for a moment. At such times we know who we are, we know we’re safe, and we know our lives have, for all our flaws and missteps, been worth living. And we know that in some ineffable way we are one.

Why I continue to enjoy learning
By: Lynne Geller

We live in an extraordinary and complex world. Beautiful and ugly. Simple and complicated. Positive and negative. And everything in between. As a proud dilettante, I am interested in (pretty much) everything. I am a perpetual student; I don’t think there is any logical endpoint to learning. A new perspective, a new angle, can keep me up for nights. Deepening my understanding of a familiar subject makes me want to celebrate. Exploring a subject or activity that is new to me sends me over the moon, and beyond. When I started taking Don Foran’s Guided Conversations, for example, I felt like a mineral or vitamin missing in me was restored.

Among the many pluses of being part of a lifelong learning community are keeping the little grey cells active, meeting fellow explorers, connecting with new groups. People tend to expand or contract as they age. I choose expansion, and appreciate being with others on that same trajectory. I like ambiguity, I like change, I like that opposites can co-exist. Learning is one of my greatest joys.
BRAINWASHING, PROPAGANDA AND RHETORIC II: SINISTER MASS PSYCHOLOGY IN THE 20TH CENTURY
BRUCE LERRO
Mon, 1:00 - 3:00 pm 4/6 - 6/1 No Class on Memorial Day Olympia Senior Center

One part of the field of psychology works on improving people’s lives through therapy. But there is another side of psychology, a mass psychology which has been used on people to control or distract us. I call this “sinister psychology” and this will be the focus of this class. We will discuss the differences between six forms of information control. Then we’ll discuss ten forms of language trickery. Lastly, I will present seven theoretical schools of propaganda. In the second half of the class, we will apply these schools of propaganda to five topics: economics, advertising, nationalism, sports and religion. Like it or not, indoctrination, pharmaceutical ads, political campaigns, loyalty and fanatic devotion to groups, a volatile capitalist economy, and political theater were all a big part of the 20th century and they show no signs of letting up so far in the 21st century.

General Public/Members: $88/$82 Eight Sessions

Your Teacher: Bruce has been a night-school college teacher for 27 years and most of his teaching has been with working adults. He has taught in alternative college settings, in prisons, in the Air Force, in the Navy, and has taught in community colleges in the San Francisco Bay Area. He has written three books on the application of Russian Lev Vygotsky’s work to world history. He is also a pen-and-ink artist.
Good travel writing is a seamless connection between the writer and the place. In this class we will read excerpts from travel writers Paul Theroux, Freya Stark, Bill Bryson, Frances Mayes, Susan Orleans, Jonathan Raban and others in order to examine the delightfully colliding genres that make up travel writing: the diary, the essay, the memoir, and the narrative. We will study, practice, and hone the integration of theme, dialogue, humor, sensory description, digression, and voice, and, if we do our job well, the reader will hunger to be transported to the world we have created. We are all teachers and learners in this course, and activities include free writes, class discussions, guided practice, one-on-one conferences, partner reviews, and critique groups. At the end of the course participants may submit a final piece of travel writing for inclusion in a class anthology. **Enrollment is limited to 15 students. General Public/Members: $86/$80 Seven Sessions**

**Your Teacher:** Lesley Klenk, PhD, lives in Olympia, Washington. After completing a thirty-one-year career in education, Klenk’s writing meanders through the genres of literary fiction, memoir, and travel writing. You can read her work on her travel blog, Travels with Paul, the social media platforms Thurston Talk, Grays Harbor Talk, and the online magazine, Living Better After 50. Klenk realized her calling as a travel writer after escaping a locked bathroom stall in Mexico, surviving a close encounter with a shrieking hyena in South Africa, and stumbling into an illicit speakeasy in Paris. Her mission is to laugh her way around the world even if she does have to fly economy class.

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This course will examine how China, Central Asia and Europe were linked through the Silk Road from the Middle Ages to the present. We'll look closely at how trade along the vast Eurasian expanse carried ideas, religions, technology, arts, and sciences that over time transformed societies and gave rise to the modern world. Today, we can trace the development of the Renaissance, universities, research centers, corporations, modern governments, and artistic traditions to their origins along the Silk Road. Finally, we'll consider the impact of the 2013 Belt and Road Initiative that links China to an ever-growing number of countries by land and sea. **General Public/Members: $68/$62 Six Sessions**

**Your Teacher:** Jane Stone recently retired from teaching art history and studio arts at South Puget Sound Community College. She studied at Reed College and the University of Iowa, and continues to work in her home studio, teach part-time, and tutor English language learners.

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For writers and would-be writers of fiction, memoir and essays! Expect to write at least seven pages a week. Goals: Improve your writing through short craft assignments, weekly "Wild Pages," in-class exercises, and by critiques of your own work and work of fellow students. You'll also be encouraged to participate in a public reading at the end of the quarter. Lots of work, lots of fun. Enrollment is limited to 10. Must register in person at the Olympia Senior Center. This class fills quickly! **General Public/Members: $96/$90 Eight Sessions**

**Your Teacher:** A local writer and actor, Keith holds an MFA in Creative Writing from Goddard College. A former spokesperson for Thurston County and The Evergreen State College, Keith likes to write while listening to baseball on the radio. He's honored to have had one of his short stories included in the 2007 O. Henry Award Stories. He's also won the 2019 Mighty River Short Story Contest held by Southeast Missouri University Press.
**GUIDED CONVERSATIONS ABOUT GREAT LITERATURE**

**DON FORAN**

Wed, 4:15 - 5:45 pm  
4/1 - 5/20  
Olympia Senior Center

Guided Conversations about Great Literature will once again unfold literary works which evoke our own experiences. These writers and poets present a rich array of works for us to ponder together. Berry, Hurston, Shaw, Perillo, Roethke, Angelou, Sexton, Hughes, Melville, Flannery O’Connor, LeGuin, Hopkins, Hemingway, Carver, and James should stimulate our own memories, dreams, and reflections, terms Carl Gustav Jung said became “the fiery magma” out of which his own life was “crystalized.” **Note:** Don’s web site is [www.donforan.webs.com](http://www.donforan.webs.com) There are literary-critical essay, poems, and favorite quotations there, many of which further illuminate works and themes in the Spring, 2020 course.

**General Public/Members: $88/$82 Eight Sessions**

**Your Teacher:** Don Foran earned his PhD in English at the University of Southern California and a postdoctoral MA in Theology from the Jesuit School of Theology at Berkeley. He recently retired from 40 years of teaching literature and creative writing.

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**THE THIRD THIRTY: A COMMUNITY ORAL HISTORY PROJECT**

**ELAINE VRADENBURGH**

Thurs, 10:00 - 12:00 pm  
4/2 - 5/21  
Meets at Window Seat Media

Do you love listening to people’s stories? Join us as we continue to interview community members between the ages of sixty and ninety as part of The Third Thirty Oral History Project. You will read, watch, and listen to many wonderful stories. Students will build their listening and interview skills, and gain the tools needed to interview and edit an oral history to share as part of a public exhibition, a podcast, and an event. This project will focus on Olympia-area residents who were either living here or were drawn to the area during the late 1960s through early 1980s. The community went through a significant transformation during this time – from a community rooted in its place as the State Capitol, a transportation hub, and its traditional waterfront industry, to an incubator for new ideas, creativity and social engagement that Olympia continues to celebrate as a central part of its identity today. Beloved institutions, such as the Olympia Film Society, Safeplace, K Records, the Olympia Farmers Market, and Evergreen all came to life during those years. We’re curious about what made this time so fertile, and how reflecting on this moment can help us understand who we are and how we want to live together in Olympia today. Expect to work and have fun! You’ll have reading and viewing homework, and you’ll need access to a computer and a recording device, such as a Smartphone or tablet. Editing and technology help is available. Learn more about the project and read past stories, at [www.windowseatmedia.org/the-third-thirty.html](http://www.windowseatmedia.org/the-third-thirty.html).

**General Public/Members: $98/$92 Eight Sessions**

**Your Teacher:** Elaine is a multimedia storyteller and educator. She loves working with the community to gather and share stories to spark conversation and deepen our understanding about ourselves and others. Elaine is adjunct faculty at The Evergreen State College and is the Curator of Community-Based Storytelling at Window Seat Media. Visit [www.windowseatmedia.org](http://www.windowseatmedia.org) to learn more.
Women’s Herstory USA: The Struggle for Equality
Gery Gerst
Thurs, 10:30 - 12:00 pm
4/2 - 5/7
Olympia Senior Center

In this centennial of USA women’s suffrage, let’s learn about and honor the pioneers and crusaders who sought to reinsert half the nation back into the Constitution. See the obstacles they had to overcome, and still do. Also celebrate their genius and talent and contributions in all spheres of our society despite those obstacles. We’ll put the HER back in HISstory.

General Public/Members: $68/$62
Six sessions

Your Teacher: Gery earned his Masters of Education from Western Washington University. He has 49 years of teaching experience from High School to University level and Senior Center. He designed and taught the region’s first Women’s Studies course and studied Women’s History at Stanford University. He was awarded four Teacher of the Year awards including the Olympia School Board, Olympia Education Association, OHS student body, and a Distinguished Educator Award from Saint Martin’s College. He was chosen as a “Distinguished Alum” by St. Martin’s University in 2016. He designed Olympia District’s Bicentennial curriculum and a Civics curriculum for the state capitol visitor’s center. His curriculum on the process and importance of voting was adopted by Washington’s Secretary of State and other states. He is passionate about teaching history that was left out of the textbooks and enjoys working with life-long learners.

The Journey of Western Classical Music
Roupen Shakarian
Thurs, 10:30 - 12:00 pm
4/23 - 5/14
Olympia Senior Center

From plainchant to Bach and beyond, Western music has provided an endless source in discovering and enjoying music from Medieval to the present generation. In the brief four weeks, we’ll venture out and look into, and perhaps rediscover, each period of music and its characteristic features, stylistic qualities and highlights. With many listening examples, this brief introduction hopefully will whet your musical appetite for further journeys.

General Public/Members: $48/$42
Four Sessions

Your Teacher: Roupen Shakarian is an active composer and conductor in the Pacific Northwest. A published composer and recipient of numerous commissions, he has written works for orchestra, concertos, choral works and chamber pieces. He taught music theory and history at Seattle University and North Seattle Community College. He and his wife recently moved to Lacey. Mr. Shakarian served for 24 years as the music director of Philharmonia Northwest in Seattle and 14 years as music director of the Skagit Symphony. He has guest-conducted the Seattle Symphony, Victoria Symphony, Pacific Northwest Ballet, the Seattle Youth Symphony, the California Youth Symphony and the Northwest Chamber Orchestra among other orchestras in the Northwest, including Pacific Northwest Opera.

New Yorker Discussion
John Aylmer
Fri, 1:00 - 3:00 pm
4/10 - 5/29
Olympia Senior Center

The New Yorker magazine includes something for everyone - commentary, reportage, profiles, criticism, essays, fiction, cartoons, and poetry. The entire class will read and discuss one or more of the articles. We may occasionally take a look at something from the rich history of the magazine. Students may subscribe to the magazine or use the Timberland Regional Library rb digital desktop-browser log in at no cost.

General Public/Members: $86/$82
eight Sessions

Your Teacher: John Aylmer is a graduate of Whitman College. John has a Masters in Public Administration and taught Political Science and Public Administration at Wenatchee Valley College, Yakima Valley College, Heritage University, Central Washington University and Oregon Coast Community College. He is the secretary of the Board of Directors of the William O. Douglas Trail Foundation.
Trips & Tours

Oysters Galore! • Wednesday, April 8, 2020
Here’s your chance to learn how to shuck oysters and then snack on these tasty mollusks. Hama Hama Co. is a 5th generation family-run oyster farm with a reputation for quality built on hard work and clean water. This 2-hour class is a hands-on experience. And after you’ve done the work, it’s time to eat – both raw and roasted oysters. If you aren’t an oyster lover, don’t worry, the meal includes charcuterie plates, baguettes and wine. Our trip starts with a stop at the Squaxin Island Museum. The lives of the Squi-Aitl people centered around the rich resources of the sea, including harvesting oysters which were also highly prized trade goods. This Oysters Galore trip is the ideal event for history and ecology fans, foodies, and those looking to enjoy a truly unique experience. $130/$140 Members/General Public. Includes transportation, admission, class & snack. Bus leaves LSC at 9:00 am; OSC at 9:30 am. Approximate return 4:30 pm. Activity Level: Difficult

Mother’s Day in Bellevue • Sunday, May 10, 2020
Celebrate this special day at the lovely Bellevue Botanical Gardens (BBG). We will start with the highly rated brunch buffet at Eques in the upscale Regency Hyatt Hotel in downtown Bellevue. Then we’re off to the botanical gardens for the main event. With so many species of flowers blooming in May, the many small gardens will delight as you meander through the 53 acres of cultivated gardens, restored woodlands and natural wetlands. In addition to the blooms, BBG will have live music, pleine-aire artists, flower arranging and other demonstrations to entertain and educate you. $88/$98 Members/General Public. Includes transportation, brunch and snack. Bus leaves OSC at 9:00/ LSC at 9:30 am. Approximate Return: 5:00 pm. Activity Level: Moderate

Packwood Flea Market • Friday, May 22, 2020
First established in the 70’s, Packwood is the most popular flea market in the Northwest! You won’t want to miss the opening of this huge 4 day event. Yes, we leave early in the morning, but it will be worth it to get to Packwood when the booths open Friday morning. With booths extending over a mile long, you’re sure to find exactly what you are looking to buy. Or just enjoy the flea market atmosphere in a beautiful mountain setting! Packwood restaurants are certain to be ready to serve the many visitors coming through town for this event, so you’ll have options for meals on your own. On the way home, we’ll stop at Spiffy’s for a delectable dessert. Spiffy’s cinnamon rolls are legendary and they feature 20 varieties of freshly baked pies. $69/$79 Members/General Public. Includes transportation and dessert. Bus leaves OSC at 7:30 am; LSC at 8:00 am. Approximate return 5:30 pm. Activity Level: Difficult

For more information about these trips and many more, please contact Trips & Tours at 360.586.6181, ext. 126 or Trips@SouthSoundSeniors.org. Current brochure available at www.SouthSoundSeniors.org.
HOW TO REGISTER & PAY - STARTING MARCH 2

PHONE: 360.586.6181

IN PERSON:
- Olympia Senior Center
  222 Columbia ST NW
  Olympia, WA 98501
- Lacey Senior Center
  6757 Pacific Ave SE
  Lacey, WA 98503

MAIL:
- Olympia Senior Center
  222 Columbia ST NW
  Olympia, WA 98501

PAYMENT OPTIONS: At time of registration, half the class tuition is due to Senior Services for South Sound by cash, check or debit/credit card. If you register by phone and pay by cash or check, please bring payment to the Olympia or Lacey Senior Center. Or, you can mail your check to the above address. The other half of class tuition is paid to the instructor by cash or check and payable to the instructor on the first day of class. Please register and pay no later than Monday, March 30, 2020 to help prevent classes from being cancelled prematurely due to lack of enrollment.

REFUND POLICY: If a class is cancelled due to low enrollment, a full refund will be issued. Senior Services will make every effort to give 48 hours advance notice of cancellations. If registrant requests a refund for any reason, we will refund your registration fee less a $5.00 processing fee. Refunds will not be issued after the second class meeting. All instructors are independent contractors or volunteers and the responsibility for the curriculum of their class rests with the instructor.

Benefits of Membership & Supporting Senior Services for South Sound
Being a member is like being part of our family! Your membership offers you access to dozens of engaging life long learning classes that include health & wellness, personal growth, the arts, hobbies, games and support services. Plus, coming to the centers promotes socialization and meeting new friends. Since we are a non-profit 501(c)3, funding our many programs is a challenge. Your membership helps us fund vital programs to improve the quality of life for people.

Membership Saves You Money
As a member, you’ll receive discounts on Academic Classes and Trips & Tours! That could save you lots of money throughout the year. Plus, there are many more savings and benefits by becoming a Gold or Lifetime member. Scholarships are also available - no one is turned away!

It’s Easy to Join
If you wish to learn more about the different membership levels or become a member, please visit www.SouthSoundSeniors.org/programs/activities. Upon completing your membership application, you will be mailed an informational packet. Or, you can visit the Olympia or Lacey Senior Center to pick up your packet.

Thank you for supporting Senior Services for South Sound and welcome to our family!
A caring place to connect and create community!
COMING SUMMER 2020!
IT’S NEVER TOO LATE TO BEGIN AGAIN: DISCOVERING CREATIVITY AND MEANING AT MIDLIFE AND BEYOND

LINDA SMITH

Tues, 10:00 - 12:00 pm  6/30 - 9/15  Olympia Senior Center

This course will use Julia Cameron’s book IT’S NEVER TOO LATE TO BEGIN AGAIN: Discovering Creativity and Meaning at Midlife and Beyond. (Julia Cameron is the bestselling author of The Artist’s Way) as its primary resource and guide. This 12-week journey is a time for self-discovery; it is also a time for defining, guiding and making transitions on your path to inspiration and creativity. Midlife and beyond brings a whole new perspective to what is important, meaningful, and fulfilling. This fun, gentle step-by-step process will help you explore your creative dreams, wishes and desires and help you quickly find that it’s never too late to begin again.

General Public/Members: $162/$150  12 Sessions

Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503
360.407.3967

Administration & Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501
360.586.6181

To register for courses, call 360.586.6181 or visit the Olympia or Lacey Senior Center.