A LETTER FROM SARA

What happens in a virtual classroom?

Students see each other through computer screens, smart phones, and tablets! Teachers share their knowledge through lectures, and facilitating conversations so that participants are heard and seen.

Haven’t registered yet? What are you waiting for? See familiar faces from the comforts of their homes. Remember, no tests, no grades, a little homework, and a lot of fun! Oh yeah, the best part...no circling the senior center looking for parking!

We are using Zoom to host our classes. Are you new to Zoom? We can help! Please visit our resource page here, or call the Senior Planet National Tech 920.666.1959 Hotline.

Here’s to seeing you in class!

Sara Thiessen, Education Coordinator

FALL COURSES

- Mindfulness in the Pandemic
- Travel Writing as Memoir and Essay
- Mass Psychology in the 20th Century
- Visual Algebra for Everyone
- Nutrition for Life
- Election 2020 Political Roundtable
- Become a Community Oral Historian
- Finding Your Balance During Rocky Times
- Women’s Herstory USA
- New Yorker Discussion
MINDFULNESS IN THE PANDEMIC - MARGO BENEDETTO
Mon, 10:00 - 11:30 am  9/14 - 11/2  Zoom

We're all advised to be “mindful” now, and everyone from NBA stars to corporate gurus is claiming mindfulness improves their game. Let’s cut through the talk and trendiness and study what mindfulness is, why it works and how it can be used in everyday life to improve physical, mental and emotional health -- especially during a global pandemic! With a little bit of science and a lot of inspiration and practice, we’ll extract the help from the hype for anyone wishing to explore the benefits of mindfulness, including better stress and pain management, improved relationships, sharper mental focus and healthier eating and sleeping habits. Each session will include samples of various mindfulness activities, guided practices and time for sharing in the Zoom world.
General Public/Members: $88/$82   Eight Sessions

Your Teacher: Margo Benedetto is a certified mindfulness instructor and has been a public educator for over 25 years. She teaches a year-long mindfulness class called “Strength and Conditioning for the Mind” to high school students and provides personal and professional development sessions on mindfulness for individuals and groups. Margo holds an M.A. in Teaching the Humanities and is a licensed teacher in the state of Washington.

TRAVEL WRITING - LESLEY KLENK
Mon, 1:00 - 3:30 pm (with a break)  9/14 - 10/26  Zoom
Wed, 1:00 - 1:45 pm (Group 1)  
Wed, 2:00 - 2:45 pm (Group 2)

Good travel writing is a seamless connection between the writer and the place. This travel writing class is split in two parts: one, the study and discussion of travel writers Freya Stark, Bill Bryson, Frances Mayes, Susan Orlean, Jonathan Raban and others, and two, the writing and development of our own travel memoir through the integration of theme, dialogue, humor, sensory description, digression, and voice. We are all teachers and learners in this class, and activities include free writes, class discussions, guided practice, and writer workshop. At the end of the course participants may submit one or more pieces of travel writing for inclusion in a class anthology. The Monday class involves analysis of the readings and discussion of writing devices, and the Wednesday classes are small writing workshops. Members will choose one of the Wednesday groups to attend.
General Public/Members: $86/$80   Seven Sessions   *Limited to 8 students.

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.

BRAINWASHING, PROPAGANDA, AND RHETORIC II: SINISTER MASS PSYCHOLOGY IN THE 20TH CENTURY - BRUCE LERRO
Mon, 1:00 - 3:00 pm  9/14 - 11/2  Zoom

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.

In order to understand what is going on 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. 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. For Questions: goethe48@pacbell.net
**VISUAL ALGEBRA FOR EVERYONE - STEVEN KANT**

Tues, 10:00 - Noon  
9/15 - 11/3  
Zoom  

Most of us have taken years of arithmetic and algebra classes yet we were not very successful and we remember very little. If you always wished you could learn algebra, here is a fun method using simple tiles and a written curriculum co-written by the teacher. All lessons are taught by arranging tiles; no memorization is required. The goal is to give the class the tools to understand all of the symbols and obscure processes that have long been forgotten. The curriculum has been used successfully from Kindergarten through college-level. Class members will need to purchase an inexpensive set of algebra tiles. **General Public/Members: $88/$82  Eight Sessions**

**Your Teacher:** Steven Kant is a former math teacher at the secondary and college level, the retired co-owner of a software development company, and the parent of grown children who love mathematics. He is a long-time volunteer in the public schools where he teaches visual algebra from Kindergarten on up and leads math games and geometric building activities.

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**NUTRITION FOR LIFE - MARY ELLEN PSALTIS**

Tues, 10:30 - 11:45 am  
9/29 - 10/27  
Zoom  

We are living through extraordinary times. You’ll be eating for the rest of your life, so why not eat for power, pleasure and physical well-being. Use up-to-date nutrition information to create strategies for you and your life in order to add quality to your quantity. We will cover a range of topics from sugar education to vegetable savvy. Initially we will understand our current health markers and decide which ones to track. Care will be taken to personalize plans for each participant’s unique concerns. We will talk about ways to eat and live for maximum brain power. **General Public/Members: $68/$62  Five Sessions**

**Your Teacher:** Mary Ellen Psaltis, BPh, is a Certified Nutrition & Wellness Consultant and a Senior Nutrition Specialist. She is a thoughtful omnivore with concerns about the quality of her brain, body and the planet. Mary Ellen teaches nutrition and lifestyle choices to dental professionals in the U.S. and Canada, and other parts of the world. She is a long-time writer for Thurston Talk and loves her daily yoga practice. Hopefully, Mary Ellen will be returning to Mexico several weeks a year to treat the dental needs of children through two volunteer projects. She is inspired by her 94-year-old mother whose husband recently turned 100.

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**ELECTION 2020 POLITICAL ROUNDTABLE - GEORGE ROTHER**

Tues, 1:00 - 2:30 pm  
9/29 - 11/10  
*No class on Election Day 11/3  
Zoom  

The 2020 general election is shaping up to be one of the most critical and divisive elections in the last 60 years. We can expect heavy doses of hyperbole and a flood of news-stories, both real and contrived in the media. The Round Table Group (RTG) will meet weekly in an open discussion on Zoom to review news and share opinions as the election unfolds. The purpose of the RTG will be to allow active participation in the election as it happens by permitting members to bring and share news articles of interest with the group. Special attention will be given to practicing and developing respectful and effective discussion skills. The moderator will also teach the use of Media Literacy techniques so participants can evaluate news articles for accuracy and bias. Each week a specific topic of interest will be briefly presented to the group by the moderator on an aspect of the election such as the electoral college, polling, voting rights, etc. followed by the introduction of media articles and stories to be shared by class members. Come prepared for some exciting but civil political discussion! **General Public/Members: $68/$62  Six sessions  *Limited to 15 students**

**Your Teacher:** George Rother taught Civics and American Government for over 25 years. He has worked on numerous political campaigns and has a Masters in Teaching from The Evergreen State College. He is passionate about democracy, informed voters, and fact based analysis.
BECOME A COMMUNITY ORAL HISTORIAN - ELAINE VRADENBURGH
Thurs, 10:00 – Noon 9/10 – 10/29 Zoom

Window Seat Media (WSM) and Senior Services are collaborating on an oral history project, called The Third Thirty, that gathers and shares stories from South Sound elders. Participants learn the art and practice of oral history, build their listening and interviewing skills, and consider the ethical issues of gathering and sharing other peoples’ stories. Each participant interviews a community member, transcribes the interview in full, and then edits the transcript into a short, cohesive story to be added to the collection.

In 2020, we have been collecting stories from South Sound elders who have contributed to the creative, socially engaged spirit of Olympia - from the arts to agriculture to public policy and community organizing. More specifically, we’re curious about those elders who were either living here or were drawn here between the late 1960s through the 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 creativity and social engagement that Olympia continues to celebrate as a central part of its identity today. 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. The project will culminate in a conversation series, in partnership with the City of Olympia, and an exhibit. The stories live on in the WSM archive. The project is funded by the Thurston County Heritage Grant Program and the City of Olympia. No Cost. Grant Funded.

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 the Curator of Community-Based Storytelling at Window Seat Media and is an adjunct faculty at The Evergreen State College. Contact Elaine: elaine@windowseatmedia.org or visit www.windowseatmedia.org.

FINDING YOUR BALANCE DURING ROCKY TIMES - LOU ELLYN JONES
Thurs, 10:30 – Noon 11/5, 11/19, 12/3, 12/17 Zoom

Whatever the results of the election, or whether we are still in the pandemic or not, this fall is likely to be a season of uncertainty and heightened emotions. This series of four workshops will help participants connect with each other, relieve stress, heighten awareness, and feel more grounded, no matter what is happening in the outside world. We are sure to find some laughter and some “ah hahs.”

The first two workshops will be based on Emotional Freedom Techniques (EFT or “tapping”). “Tapping” is a technique that calms stress biochemistry in the body and balances and restores natural energy and well-being. Everyone will not only experience the calming, grounding effects of EFT but will also learn to use this simple technique whenever they are feeling beset by life and want a better-feeling perspective.

The last two workshops will be based on Lectio Divina, a contemplative practice with ancient roots in Judeo-Christian tradition. The practice provides structure for listening, reflecting, writing, and sharing. The practice of Lectio Divina increases self-awareness, compassion, and a sense of inner strength and “rightness” within oneself. It often results in a sense of wonder and delight that lasts throughout the day. General Public/Members: $65/$60  Four Sessions

Your Teacher: Lou Ellyn Jones is an Emotional Freedom Techniques practitioner and has been in 12-step recovery for more than three decades. In addition to her work with EFT, Lou Ellyn is a student of contemplative practices and has been doing reflective writing and other expressive activities for decades. In 2018 she walked the Camino De Santiago through Portugal, a life-changing experience that taught her ways of “staying the course” when uncertain and fearful and the way forward is unclear and when you would rather just quit. She is a certified EFT Coach and holds a master’s degree in environmental studies from The Evergreen State College. She is a former fish and wildlife biologist at US Fish and Wildlife Service. Lou Ellyn’s website is www.helpofindyourvoice.com

To register for courses, call 360.586.6181
WOMEN’S HERSTORYUSA: THE STRUGGLE FOR EQUALITY - GERY GERST
Thurs, 10:30 – Noon  9/10 - 10/15  Zoom
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.

NEW YORKER DISCUSSION - JOHN AND PAM AYLMER
Thurs, 1:30 – 3:00 pm  9/10 - 10/29  Zoom
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 New Yorker or use the Timberland Regional Library rb digital desktop-browser log in at no cost.
General Public/Members: $86/$82  Eight Sessions

Your Teachers: 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.

Pam Aylmer owned a business, Working Resources, an external HR firm in Central Washington State. She has a Master of Science degree and taught HR Management at Central Washington University and Heritage University. She was active in the arts community in Newport, Oregon and served as a docent and board officer for the Visual Arts Center at Nye Beach.

VIRTUAL SPEAKER SERIES
Free talks about travel, community, special interests, food and more!

WEDNESDAYS, 10:15 - 11:30 AM  ON ZOOM

Visit www.SouthSoundSeniors.org to learn more
HOW TO REGISTER & PAY - STARTING AUGUST 10

PHONE 360.586.6181

MAIL Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501

Registration and payment can be done by calling our reception office. Leave your name, number, and message and we will get back to you within 24 hours.

Payment can also be mailed to the Olympia Senior Center.

PAYMENT OPTIONS:
At the time of registration, half the class tuition is due to Senior Services for South Sound by check or debit/credit card. You can mail your check to the above address or pay with your debit/credit card over the phone. The other half of class tuition is paid to the instructor by check via mail, and payable to the instructor on the first day of class. Please put attention: Academic Classes. Please register and pay no later than the first day of class to help prevent classes from being cancelled prematurely due to lack of enrollment.

REFUND POLICY:
If a class is canceled 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 a 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.

NEED A SCHOLARSHIP?
We understand that tuition for our Academic and Specialty Classes may be a hardship for some seniors. Why do we offer certain activities for free, and charge tuition for classes? These classes are taught by our faculty who are professional degreed teachers. Faculty develop curriculum specifically for our programs, and they spend hours doing it. This way, we can attract and retain highly qualified teachers from all over the Puget Sound. However, we want to make classes accessible for everyone, that’s why we offer two 1/2 scholarships per class. The teachers get paid and Senior Services waives our portion.

HOW DO YOU QUALIFY?

• Please call Senior Services for South Sound at our Olympia Senior Center site: 360.586.6181, M-F 10 – 3 pm. Allie Rennie or Chris Quimby can assist you.

• Applying for a scholarship is completely confidential.

• Your application will be reviewed by a Senior Services staff member.

• All scholarships are based on an applicant’s household income.

Thank you to our Agency Partner:

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Thank you to our Agency Sponsor: