

Partnership between the Jewish Federation and the Forever Learning Institute

The classes held at the Jewish Federation this spring are listed below. Please register at the Forever Learning Institute on 54191 Ironwood Road, South Bend, IN 46635, (574) 282-1901, www.foreverlearninginstitute.org. If you have any questions, you can contact Monika Wayne at the Federation by calling 574-233-1164 ext. 119 or by email at mwayne@thejewishfed.org. Classes are \$45 a session unless otherwise stated. Please write the check to the Forever Learning Institute. Deadline for registration is February 27.

Big Bug Movies of the 1950s and '60s:

Thursdays, 2:00-4:00 PM,

Taught By: Ronald Hellenthal, Ph.D.

Insects and other arthropods have been the subject of movies and animated short features for more than 100 years, but giant insects, spiders and scorpions reached their zenith in the 1950s and '60s, beginning with the release of "Them!" in 1954. Each week we will view and discuss one of these classic films with a particular focus on how they reflected public sentiment at the time as well as which aspects of each film have a factual basis and which are fantasy. The final class meeting will include a tour of the arthropod collection at Notre Dame's Museum of Biodiversity, where we will examine preserved specimens of the subjects of these films. In addition to movies, we will view examples of animated short subjects and cartoons that feature insects. The course instructor received a Ph.D. in Entomology from the University of Minnesota and was on the Notre Dame Biological Sciences faculty from 1977 until his retirement in 2012. He still teaches entomology courses at Notre Dame and serves as chair of the gubernatorial-appointed Indiana Pesticide Review Board that regulates the manufacture, sale and use of pesticides in the state.

March 5 – April 30, **(no class on April 2)**

Min. 6, max. 15

8 sessions

Brain Health Through Games:

Tuesdays 2:00-3:00 PM

Taught by Marlene Hollenkamp, long-time instructor

Keep your brain active with fun, easy to learn games. Each week we will introduce a new game while giving you opportunity to review and play the old ones. 5 minutes instruction. Up to 15 minutes game time. Multiple challenge levels. The goal is to keep your brain flexible while having fun!

March 3 – April 7.

Min. 4

6 sessions

International Folk Dance: Israeli Dances,

Tuesdays, 1:00-2:00PM

Taught By: Kate Shoupe, a founder of the South Bend Folk Dancers, has taught recreational dance for over 40 years.

Recreational folk dancing is based on dances from cultures around the world. Israeli dances, some of which have roots in European and Middle Eastern cultures (hora, debka), and others that have been developed in the modern state of Israel, are very popular. Typical steps that show cultural connections are the "grapevine", the "Yemenite," and the "Tcherkassia". Most of these dances emphasize a communal experience with people dancing in a circle or in a long, curving line. They vary from slow and stately to lively and energetic, with beautiful and infectious rhythms.

March 3 – April 21.

Min. 4

8 sessions

Graphic Novels- Modern Literature:
Wednesdays, 11:00 AM-11:50 AM

Taught By: Ben Davis, Executive Director of the Jewish Federation

"Graphic Novel" is a format, not a genre. Graphic novels can be fiction, non-fiction, history, fantasy, or anything in-between. Graphic novels are similar to comic books because they use sequential art to tell a story. Unlike comic books, graphic novels are generally stand-alone stories with more complex plots, but can also be anthology collections of a series. We will explore many different genres in this class including crime noir; romantic comedy, whimsical fantasy, science fiction and history just to name a few. Open yourself up to a whole new world of literature. March 11 – April 29.

Participants should have available the following books for the first two sessions (subsequent selection of novels will be made by the class):

Week 1: Strangers in Paradise, the collected edition, volume 1 by Terry Moore. Eisner Award for Best Serialized Story in 1996.

Week 2: Bone: Out from Boneville, volume 1 by Jeff Smith. Winner of the 1993 Eisner Award for Best Humor Publication, *TIME* critic Andrew Arnold called *Bone* "the best all-ages graphic novel yet published."

Min. 4, max. 12 8 sessions

Hatha Yoga: Tuesdays 10:00-11:00 AM,
Taught by Sherry Cummings, certified instructor

Hatha Yoga has participants moving full range: from standing to sitting, to kneeling and lying down. This class works on physical mobility and flexibility as well as on a healthy mind-set. Poses range from easy to intermediate. Essential oils will also be introduced to enhance relaxation, breathing and overall enjoyment of the class. Participants should wear comfortable clothing, bring their own mat, and if possible bring a yoga strap and a yoga block. March 10 - April 28.

Min. 4, max. 12 8 sessions

Hebrew 101, Wednesdays 2:00-3:00PM,
Taught by Monika Wayne, instructor of beginning Hebrew at Temple Beth-El

Learn a very different way of writing and reading! This course introduces the participant to the Alef-Bet (the Hebrew alphabet), the Hebrew vowels and basic reading skills in Hebrew. No textbook is needed. The fee for photocopies is \$5.00, payable at the first class. March 4 – April 29 (**no class on April 8**).

Min. 2 8 sessions

Hebrew 102: Tuesdays 4:00–5:00PM,
Taught by Sandy Hall

This class is for students who took Hebrew 101 and would like an intensified review before moving on to Hebrew 103. No textbook is needed. The fee for photocopies is \$5.00, payable at the first class. March 10 – April 28. **No class on April 7 – make-up date to be determined by participants and instructor.**

Min. 2 8 sessions

Hebrew 103: Tuesdays 1:15-2:15,
Taught by Raz Revah, Young Emissary from Israel

This course is for those students who have taken Hebrew 101 in the fall, and Hebrew 102 in the winter. You will continue the study of Modern Hebrew with Raz Revah using the book *HA-YESOD: Fundamentals of Hebrew (English-Hebrew Edition)*. March 3 – April 21.

Min. 2, max. 12 8 sessions

Israel and its Challenges

Schedule: **Wednesdays at 1:30 or 2:30 PM**
March 11, 18, 25, April 1

Part 1: Alan Dowty: The Conflict in the Middle East
Part 2: Bob Feferman: UANI – Iran – A Threat to Peace and Human Rights
Part 3: Raz Revah: My Israel or Israel through the Eyes of one woman and one family. A remarkable personal story.
Part 4: **"Inside Israel"**: film, and discussion led by Monika Wayne and Bob Feferman

Who Are The Jews?: Wednesdays, 3:00-4:00PM
Taught by Rabbi Robert Weber

An overview from then to now: How are the Jews from thousands of years ago different from the Jews of today? Copies of reading materials will be provided. March 4 - April 8. Min. 4 6 sessions

Learn to Play Euchre: Fridays 10:30-11:30 AM,
Taught by Marlene Spiegel, long-time instructor

Euchre is a trick-taking card game most commonly played with four in two partnerships with a deck of 24, standard playing cards. It is a lot of fun and can be easily learned in a few sessions. Cards, pencils and paper provided by the Jewish Federation. March 6 – March 27. A regular playing group might be formed after the 4 instructional classes.

Min. 4 4 sessions for instruction

Mahjong: Mondays and Fridays 12:00-2:00PM
Taught by Anita Fishman, long-time instructor

Mahjong is a game that originated in China. It is commonly played by 4 players around a square table using numbered tiles. Similar to the card game rummy, mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It can be learned in 6-8 sessions. Mahjong tiles and instruction folder provided.

ed by the Jewish Federation. March 2, 6, 9, 13, 16, 20, 23, 27.

Min. 4 twice a week, 8 sessions

Take Your Health Back by Upgrading Your Nutrition: May 3, 2:00-4:00PM

Taught by Dr. Candace Corson, M.D.

This mini-course focuses on the power of increasing the whole-food dietary intake of PLANTS, for saving & repairing human health - and the well documented science behind that. Including the Tower Garden option for urban dwellers, and Juice Plus.

Dr. Carson is a Yale-trained physician who has retired from office-based practice in order to focus on health-education nationally, including the growing field of toxicity and environmental illness, and what can be done to protect the coming generation, starting with the knowledge and choices we have right now. May 3. Pay a fee of \$5. – at the door.

Min. 4 1 two-hour session.

Healing with Plants From Your Backyard: March 22, 2:00-4:00PM

Taught by Dr. Candace Corson, M.D.

This mini-course focuses on making an ointment with plants that are growing in your own backyard. This antibacterial salve is an exceptionally good ointment for cuts, burns, and abrasions. The instructor shows exactly how to make it, and each student will be able to go home taking their own small jar of this great ointment to keep! Kept in the refrigerator, this ointment lasts for years.

If possible please bring a small glass jar, such as a jelly jar, baby food jar etc. A fee of \$5.-- for the ingredients used in this ointment is payable at the door.

Dr. Carson is a Yale-trained physician who has retired from office-based practice in order to focus on health-education nationally, including the growing field of toxicity and environmental illness, and what can be done to protect the coming generation, starting with the knowledge and choices we have right now.

Min. 4 1 two-hour session

Sit and Be Fit: Mondays 1:00-2:00PM

Taught by Jim Fischhoff, instructor at Tanglewood Retirement Home and Center for the Homeless

Sit and Be Fit is an exercise class in which the work out is done sitting in a chair using weights, tubes, bands and balls. The exercises can also be done standing up, according to the fitness level of the individual participant. This class works on muscle conditioning and strength as well as on flexibility, which are important for fall prevention, stamina and improvement of life quality. Equipment is provided by the Jewish Federation. Please wear comfortable clothing.

March 2 - April 27. Min. 4 8 sessions

Sit and Be Fit: Wednesdays, 10:30-11:30 AM

Taught by Jim Fischhoff, instructor at Tanglewood Retirement Home and Center for the Homeless

Sit and Be Fit is an exercise class in which the work out is done sitting in a chair using weights, tubes, bands and balls. The exercises can also be done standing up, according to the fitness level of the individual participant. This class works on muscle conditioning and strength as well as on flexibility, which are important for fall prevention, stamina and improvement of life quality. Equipment is provided by the Jewish Federation. Please wear comfortable clothing.

March 4 -April 22. Min. 4 8 sessions

Traditional Jewish Baking: Thursdays 10:00-11:30

Taught By: Samara Gold, kosher supervisor/mashgiach at the Jewish Federation, a nurse by profession, mother of 6 and cooking and baking enthusiast. We will explore traditional Jewish baking from breads to desserts and even some in between.

March 12, 19, April 23, 30

Min. 4, max. 8 4 sessions

Nature in 19th-20th Century Russian and American Literature: Wednesdays, 4:30-5:30

Taught By: Karla Cruise

This six-week course explores the various ways in which nature is reflected in 19th-20th century American and Russian literary traditions. Short stories, poems and essays by American authors Emerson, Thoreau, and Frost will be discussed alongside the works of Russian writers, Turgenev, Tolstoy and Pasternak. The landscape paintings of such artists as Homer, Church, Levitan and Shishkin will provide a visual, cultural context. The fee for photocopies is \$5. – payable at the first class. April 1 – May 6.

Readings:

Ralph Waldo Emerson, essay "Nature"; poem "Waldeinsamkeit"

Henry David Thoreau, excerpt from Walden

Turgenev, excerpt from Sportsman's Sketches

Tolstoy, excerpt from novel Childhood

Pasternak, selected poems

Robert Frost, selected poems

Landscape Artists:

Winslow Homer

Frederick Edwin Church

Isaac Levitan

Mikhail Nesterov

Ivan Shishkin

4 min. 6 sessions