

## Zoom – Fall 2022 Classes

### MONDAY

Inflammation -- Causes and Cures of Chronic Inflammation -- Monday 2:00 to 2:55 -- (Joey Caruso)	Monday
Alzheimer's: The Science of Prevention (documentary) -- Monday 1:00 to 1:55 -- (Joey Caruso)	Monday
Bible -- Mary Magdalene -- Monday 12:00 to 12:55 -- (Anne Sayas)	Monday
What's New and True in Healthy Aging -- Monday 11:00 to 11:55 -- (Marlene Friis, PhD Student at Tulane)	Monday
Current Events -- Monday 11:00 to 11:55 -- (Lee Crean)	Monday
Applied Yoga -- Monday 10:00 to 10:55 -- (Virginia Pluta)	Monday
Bible -- Beyond the Pentateuch (Joshua, Judges & Ruth) -- Monday 10:00 to 10:55 -- (Janine Beniger, CSJ)	Monday
Photography (Basic) -- Monday 10:00 to 10:55 -- (Milton Hanauer)	Monday

### TUESDAY

Meditation -- Tuesday 1:00 to 2:30 -- (Elaine Roark)	Tuesday
Yoga -- Tuesday 1:00 to 1:55 -- (LaVerne Kappel)	Tuesday
Mind, Body & Spirit (Part 2) -- Tuesday 12:00 to 12:55 -- (Kathy Anzelmo)	Tuesday
Tone & Strength w/ Weights -- Tuesday 12:00 to 12:55 -- (Anna Arshad)	Tuesday
Spanish (Beginner) -- Tuesday 11:00 to 11:55 -- (Jill Stone)	Tuesday
Mind, Body & Spirit (Part 1) -- Tuesday 11:00 to 11:55 -- (Kathy Anzelmo)	Tuesday
Jazz Dance -- Tuesday 11:00 to 11:55 -- (Laura Guerin-Hebert)	Tuesday
Genealogy DNA -- Tuesday 10:00 to 11:55 -- (Phyllis Cosentino)	Tuesday
Plants Natural History -- Tuesday 10:00 to 10:55 -- (Kathy Anzelmo)	Tuesday
Stretch -- Tuesday 10:00 to 10:55 -- (Laura Guerin-Hebert)	Tuesday
Dance Movement -- Tuesday 10:00 to 10:55 -- (Brant Broom)	Tuesday
Ukrainian Egg Design -- Tuesday 9:00 to 9:55 -- (Sara Fanelli)	Tuesday

## WEDNESDAY

Book Club: The Book Woman of Troublesome Creek -- Wednesday 5:00 to 5:55 -- (Myra Lewis)	Wednesday
Wine 101 -- Wednesday 5:00 to 5:55 -- (Rebekah Cossaboom)	Wednesday
Creative Writing -- Wednesday 2:00 to 2:55 -- (Beth Johnson)	Wednesday
Mind, Body & Spirit -- Wednesday 1:00 to 2:25 -- (Ann Juul & Kathleen Gahr)	Wednesday
French (Intermediate) -- Wednesday 12:00 to 12:55 -- (Cily Winkeler & Max Winkeler)	Wednesday
Poetry Seminar -- Wednesday 11:00 to 11:55 -- (Ellen Kocher & Kay Lopez)	
Intro to Mindfulness Meditation -- Wednesday 11:00 to 11:55 -- (Jaime Nino)	Wednesday
War, Peace & Power (History of European Wars & Diplomacy: 1500-2000) -- Wednesday 11:00 to 11:55 -- (Jim White)	Wednesday
Genealogy (Intermediate) -- Wednesday 10:00 to 11:25 -- (Phyllis Cosentino)	Wednesday
Jin Shin Jyutsu -- Wednesday 10:00 to 10:55 -- (Cily Winkeler)	Wednesday
Computers -- Windows Projects -- (Advanced) -- Wednesday 10:00 to 10:55 -- (Max Winkeler)	Wednesday
Walk Fit -- Wednesday 10:00 to 10:55 -- (Charlene Berry)	Wednesday
Yoga -- Wednesday 9:00 to 9:55 -- (LaVerne Kappel)	Wednesday

## THURSDAY

Craft Workshop -- Thursday 1:00 to 2:30 -- (Laura Guerin-Hebert)	Thursday
Mind, Body & Spirit -- Thursday 1:00 to 1:55 -- (Ann Juul & Kathleen Gahr)	Thursday
Spanish (Conversational) -- Thursday 1:00 to 1:55 -- (Elena White)	Thursday
Tap Dance (Beginner) -- Thursday 12:00 to 12:55 -- (Brant Broom)	Thursday
Reading Short Fiction -- Thursday 11:00 to 12:15 -- (Kathy Manchester)	Thursday
Jazz Dance -- Thursday 11:00 to 11:55 -- (Laura Guerin-Hebert)	Thursday
Genealogy (Beginner) -- Thursday 10:00 to 10:55 -- (Pat Smith)	Thursday
Italian Culture (History and Language) -- Thursday 10:00 to 10:55 -- (James Mara M.D.)	Thursday
Stretch -- Thursday 10:00 to 10:55 -- (Laura Guerin-Hebert)	Thursday
Tai Chi for Everyone -- Thursday 9:00 to 9:55 -- (Mary Maggiore)	Thursday
Chair Yoga -- Thursday 9:00 to 9:55 -- (Virginia Pluta)	Thursday