



# LIFE ENRICHMENT PROGRAM

**SPRING  
2015**

**Term 1: Jan. 12 – Feb. 23  
Term 2: March 16 – April 24**

**[www.muw.edu/lep](http://www.muw.edu/lep)**

# LIFE ENRICHMENT PROGRAM CLASSES

The Life Enrichment Program offers intellectually stimulating non-credit courses for adults (age 18 and over) who share a love of learning and/or teaching. A variety of LEP classes are offered during Spring 2015. To ensure your place in a class, register early.

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**Term 1: Jan. 12 – Feb. 23**  
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## LIFE ENRICHMENT PROGRAM DESCRIPTION

- Non-credit courses for adults in the greater Columbus area
- Once-a-week sessions for 1 – 1 1/2 hours or at instructor's discretion, over a six-week period
- Wide range of topics
- Community volunteer instructors who are experts in their fields
- \$35 registration fee allows enrollment in up to 5 courses
- On-campus and off-campus locations

## COURSE LOCATIONS

The W's Campus:

Cromwell Hall  
Education and Human Sciences Building  
McDevitt Hall  
Painter Hall  
Poindexter Hall  
Shattuck Hall  
Stark Recreation Center, Pool and Aerobic Studio

Columbus Area:

Bliss Yoga, 220 5th Street South  
Trinity Place Assisted Living, Stanley Center, 300 Airline Road  
WHEREhouse Dance Company, 202 Main Street

*The back entrance to the EDHS building is now limited to those who have key cards or those who need handicap access. If you have any questions or need assistance, please contact the LEP office.*

For more information, contact Janie Shields at [lifeenrichment@muw.edu](mailto:lifeenrichment@muw.edu)  
(662) 329-7150 or The Office of Outreach & Innovation (662) 241-6101  
[www.muw.edu/lep](http://www.muw.edu/lep)

# SPRING TERM 1

Mississippi University for Women • January 12 - February 23

## MONDAYS

### FOOTBALL FOR WOMEN (9 a.m.)

**Instructor:** Roger Short, Retired Director of Columbus-Lowndes Recreation Authority

Participants will learn the basic fundamentals of the game of football, history of the game, simple rules of the game and how to watch the game with a significant other.

**Class Meets:** Jan. 12, 26, Feb. 2, 9, 16, 23

**Location:** Education & Human Sciences, Rm 121

### ART OF PAINTING ON GLASS (11 a.m.)

**Instructor:** Elisa Barnes-Shizak, former Floral Designer for Beaumont Glass

Have fun learning how to apply different styles of floral and non-floral designs to glass items to create a beautiful hand-painted glass piece. Participants can bring personal glass items as mediums. **A supply fee (no more than \$25) will be assessed on the first day of class.**

**Class Meets:** Jan. 12, 26, Feb. 2, 9, 16, 23

**Location:** Education & Human Sciences, Rm 121

### ONE STROKE BRUSH ART (1 p.m.)

**Instructor:** Elisa Barnes-Shizak, former Floral Designer for Beaumont Glass

Easy to learn, One Stroke Brush Art technique can be used on any surface to produce a beautiful design. Create simple and easy art designs for home and make wonderful gifts for friends and family. **A supply fee (no more than \$25) will be assessed on the first day of class.**

**Class Meets:** Jan. 12, 26, Feb. 2, 9, 16, 23

**Location:** Education & Human Sciences, Rm 121



### MICROSOFT WORD (1 p.m.)

**Instructor:** Lou Boland, Retired Administrator and Computer Applications Instructor, The W and EMCC

Practice creating and formatting documents using Text, Graphics, Smart Art, Text Boxes, Tables, and Shapes. Learn how to create and merge databases. Participants must be able to type and use a mouse. **Bring a flash drive to class.**

**Class Meets:** Jan. 12, 26, Feb. 2, 9, 16, 23

**Location:** McDevitt Hall, Alpha Lab

### HISTORY: A LITTLE BIT OF THIS AND THAT (6 p.m.)

**Instructor:** Rufus Ward, Historical Research Consultant, Author, and Newspaper Columnist

A review of stories, legends, and history of the Tombigbee River Valley. Many different peoples and cultures have lived along the Tombigbee River and they have each left a story to be told.

**Class Meets:** Jan. 12, 26, Feb. 2, 9, 16, 23

**Location:** Education & Human Sciences, Rm 121





## TUESDAYS

### SMART GARDENING (9 a.m.)

**Instructor:** Reid Nevins, Lowndes County Extension Agent

Learn smart gardening ideas such as Turf Management, Vegetable Gardening, Container Gardening, Beekeeping, Water Gardens, Landscape do's and don'ts and various other horticulture-related topics.

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17

**Location:** Education & Human Sciences, Rm 121

### STRETCH, BREATHE & RELAX (9 a.m.)

**Instructor:** Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Tight muscles? Hurt all the time? Take some time to unwind, stretch, breathe, and relax. **Bring an exercise, yoga or sticky mat, or a large towel to lie on.**

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17

**Location:** Stark Recreation Center, Aerobic Studio

### SPLASH TIME! (11 a.m.)

**Instructor:** Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Come and play like a child again. Exercise in water does not feel like work; it is ideal for bad knees and hips as the water supports body weight. Come try it – no swimming ability needed because all work is done in shallow water.

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17

**Location:** MUW Stark Recreation Center, Pool

### THE EVOLUTION OF DANCE (1 p.m.)

**Instructor:** Kristen Buntin, Owner of the WHEREhouse Dance Company

This course will explore the purpose of social dancing and how it has evolved over the decades. Participants will be able to enjoy a wide variety of dance styles and their histories, from the waltz and swing dancing to today's modern line dances. Partners are not necessary for this class. **Dress comfortably and bring supportive shoes.**

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17

**Location:** WHEREhouse Dance Company



## THE HOBBIT AND THE LORD OF THE RINGS (6 p.m.)

**Instructor:** Dr. Leslie Stratyner, Professor of English, The W

This course will explore J. R. R. Tolkien's *The Hobbit* and *The Lord of the Rings*, the most influential works of fantasy of the 20th century. Participants will learn about Tolkien's background, what led to the creation of Tolkien's epic, and discuss its enduring themes. **Please bring copies of the books to class.**

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17  
**Location:** Painter Hall, Room 208

## RETIRE WISE (6 p.m.)

**Instructor:** Wesley Platt, Investment Advisor Representative

A four part workshop series will include:

1. Building the foundation
2. Creating and protecting wealth
3. Establishing your retirement income stream
4. Making the most of what you have

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17  
**Location:** Education & Human Sciences, Rm 121

## NATURAL MEDICINE (6 p.m.)

**Instructor:** Robert White, Robert's Apothecary, Owner and Pharmacist

Explore the holistic approach with natural products used in conjunction with or in lieu of traditional pharmaceuticals.

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17  
**Location:** Education & Human Sciences, Rm 212

## INTRO TO THE WINES OF THE WORLD (6:30 pm.)

**Instructor:** Thomas B. Storey, Wine Appreciation Educator, Civil Attorney and Youth Court Judge

This class will explain the mysteries of good wine. Participants will learn various wine varietals and taste wines from California, France, Oregon and Washington State. Please refrain from the consumption of alcohol, smoking and spicy foods the day before each class. **An additional fee of \$65.00 will be charged for this course.**

**Class Meets:** Jan. 13, 20, 27 and Feb. 3, 10, 17  
**Location:** Shattuck Hall, Room 112

## WEDNESDAYS

### ONE POT MEALS (9 a.m.)

**Instructor:** Anne Freeze, Cooking Enthusiast

No one wants to wash a sink full of dishes! Come and learn the best use of your slow cookers and the basics of casseroles, delicious stews and more! Cooking in one pot, one dish and one skillet will reduce your dish-washing & increase your spare time. Items to bring to class: knife, dish towel, apron, bowls, cutting board. **An additional fee of \$25 will be assessed on the first day of class.**

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18  
**Location:** Education & Human Science, Rm 121

## RETURN WITH US NOW TO THOSE THRILLING DAYS OF YESTERYEAR

(9 a.m.)

**Instructor:** Glenn Lautzenhiser, Vintage Radio Enthusiast and Collector

Learn about old-time radio starting with the early 1920s and the incredible impact it had on American life. It has been said radio was the culmination of a communications explosion. Participants will talk about and listen to the great programs that made up “The Golden Age of Radio.”

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18

**Location:** Education & Human Sciences, Rm 217



## AUTISM AWARENESS (1 p.m.)

**Instructor:** Dr. Gillian Furniss, Assistant Professor of Art Education, The W

Participants will learn about some of the celebrated creative individuals with autism by reading current biographies and autobiographies as well as viewing films of creative individuals with autism. This course will educate participants on how to become more involved at the community level to support individuals and families. Journal or notebook, pen or pencil needed for class. **The recommended book for this class is *Exiting Nirvana: A Daughter's Life with Autism* by Clara Claiborne Park. This book is available at the W bookstore for \$22.**

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18

**Location:** Education & Human Sciences, Rm 217

## MEDICARE UPDATE (1 p.m.)

**Instructor:** Sharon Duke, Certified Medicare Specialist, State Health Insurance Program

Learn to navigate the Medicare System and to avoid costly mistakes concerning Medicare. The course includes tips and information on such topics as Medicare benefits, supplement policies, advantage plans, and prescription drug plans. Learn to compare prescription drug coverage and understand how to find the policy. This class is a “must have” for anyone who will be applying for Medicare or who has a loved one applying for Medicare in the near future.

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18

**Location:** Education & Human Sciences, Rm 121

## FLASH FICTION (3 p.m.)

**Instructor:** Todd Bunnell, Instructor of English, The W

Flash Fiction is defined in many ways, but one definition is fiction that fits on two opposing pages. In China, it's often referred to as “smoke long,” meaning that it is a story that can be read before finishing a cigarette. This class will focus on how to create a limited word length short story, generally around 100 words, while still maintaining all of the classic story elements.

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18

**Location:** Painter Hall, Rm 108

## DULCIMER 101 (6:30 p.m.)

**Instructors:** Dr. David Saum, Donna Switzer and Richard Switzer, Dulcimer Enthusiasts

Discover the joy of playing the dulcimer. No music knowledge needed since participants will learn to play by numbers. **If you have a dulcimer, please bring it to class. If not, one will be loaned to you.**

**Class Meets:** Jan. 14, 21, 28, Feb. 4, 11, 18

**Location:** Trinity Place Assisted Living, Stanley Center, 300 Airline Rd.

## THURSDAYS

### BEGINNING YOGA (9 a.m.)

**Instructor:** Jill Williams, Owner of Bliss Yoga

Introduce yourself to the art of balancing mind, body, and spirit. In six unique sessions, relieve stress, build strength and flexibility, and improve energy levels. **Wear loose, comfortable clothing, and bring a yoga mat to class.**

**Class Meets:** Jan. 15, 22, 29, Feb. 5, 12, 19

**Location:** Bliss Yoga, 220 5th St. South

### IPHONE AND IPAD ESSENTIALS

(9 a.m.)

**Instructor:** Melinda Lowe, Associate Director of Outreach & Innovation, The W

Get the most out of your smart device with in-depth instruction on key aspects of the Apple iPhone or iPad: making and receiving phone calls, emailing, browsing the web, managing your time, getting around town, taking notes, shooting photos, and listening to music. Plus, learn how to install any one of the thousands of apps from the App store and extend the functionality of your device. **Please bring your Apple iPhone or iPad to class.**

**Class Meets:** Jan. 15, 22, 29, Feb. 5, 12, 19

**Location:** Education & Human Sciences, Rm 121

### SIGN LANGUAGE 101 (6 p.m.)

**Instructor:** Theresa Riddick, Sign Language Interpreter

This personal, interactive course is for anyone who has always wanted to learn sign language. Participants will learn signs and songs to use at home. Beginners and those who already know sign are welcome. **The recommended book for this class is: *Sign Language Made Simple* by Karen Lewis and Roxanne Henderson. This book is available at the W bookstore for \$13.**

**Class Meets:** Jan. 15, 22, 29, Feb. 5, 12, 19

**Location:** Education & Human Sciences, Rm 212

## PERSONALIZED HEALTH PLANNING: YOUR BODY IN BALANCE II (6 p.m.)

**Instructor:** Lacreteria Scarboro, Integrative Health Coach

Participants learn how the human mind and body have essential capacities for self-repair that can be supported and enhanced by our life choices and appropriate therapies. To obtain a balanced body and achieve optimum health one needs to have an understanding of the power of the mind and body connection. Students should wear comfortable clothing for mindful awareness. **A supply fee of \$15 will be assessed on the first day of class.**

**Class Meets:** Jan. 15, 22, 29, Feb. 5, 12, 19

**Location:** Education & Human Sciences, Rm 121





# SPRING TERM 1 SCHEDULE

## Monday

## Tuesday

## Wednesday

## Thursday

9:00

Football for Women

Smart Gardening  
Stretch, Breathe & Relax

One Pot Meals  
Return to Yesteryear

Beginning Yoga  
iPhone & iPad Essentials

11:00

Art of Painting on Glass

Splash Time

1:00

Microsoft Word  
One Stroke Brush Art

Evolution of Dance

Autism Awareness  
Medicare Update

3:00

Flash Fiction

6:00

History; A Little Bit of  
This and That

Hobbit and Lord of the Rings  
Retire Wise  
Natural Medicine

Personalized Health Planning  
Sign Language 101

6:30

Intro to the Wines  
of the World

Dulcimer 101

# SPRING TERM 2 SCHEDULE

## Monday

## Tuesday

## Wednesday

## Thursday

9:00

Women Classical Composers

Elementary, my  
Dear Watson

Beginning Yoga  
iPhone & iPad Essentials

11:00

Art of Painting on Glass

ABC's of Investing  
Stretch, Breathe & Relax

Introduction to  
Personal Computers

Spanish for Travelers

1:00

Microsoft Excel  
One Stroke Brush Art

Evolution of Dance  
Splash Time

Autism Awareness

3:00

Group Piano for Beginners  
Local Culture/History Tour  
#3: Historic Churches

The Healing Touch  
Bridge for Beginners  
Development and Industry

Overture to Opera

6:00

Vintage TV Shows  
50s and 60s

Retire Wise

Five Love Languages

Sign Language  
Level II

6:30

Dulcimer



# SPRING TERM 2

Mississippi University for Women • March 16 - April 24

## MONDAYS

### ART OF PAINTING ON GLASS

(11 a.m.)

**Instructor:** Elisa Barnes-Shizak, former Floral Designer for Beaumont Glass

Have fun learning how to apply different styles of floral and non-floral designs to glass items to create a beautiful hand-painted glass piece. Participants can bring personal glass items as mediums. **A supply fee of \$25 will be assessed on the first day of class.**

**Class Meets:** March 16, 23, 30, April 6, 13 and 20

**Location:** Education & Human Sciences, Rm 121

### MICROSOFT EXCEL (1 p.m.)

**Instructor:** Lou Boland, Retired Administrator and Computer Applications Instructor, The W and EMCC

Microsoft Excel is a spreadsheet program made up of rows and columns which allows the user to create workbooks, charts, and tables to do calculations and analyses. Topics covered in class will include creating and formatting worksheets, using formulas, and various functions such as math, statistical, logical, and financial. Participants should have basic typing skills. **Bring a flash drive to class.**

**Class Meets:** March 16, 23, 30, April 6, 13 and 20

**Location:** McDevitt Hall, Alpha Lab



### ONE STROKE BRUSH ART (1 p.m.)

**Instructor:** Elisa Barnes-Shizak, Former Floral Designer for Beaumont Glass

Easy to learn, One Stroke Brush Art technique can be used on any surface to produce a beautiful design. Create simple and easy art designs for home and make wonderful gifts for friends and family. **A supply fee of \$25 will be assessed on the first day of class.**

**Class Meets:** March 16, 23, 30, April 6, 13 and 20

**Location:** Education & Human Sciences, Rm 121



### VINTAGE TV SHOWS (1950s & 1960s)

(6 p.m.)

**Instructor:** Dr. Van Roberts, Assistant Professor of Communication, The W

This course will consist of lectures and presentations of early black-and-white television shows, such as "Dragnet," and "I Love Lucy." Participants will discuss various shows and then view them.

**Class Meets:** March 16, 23, 30, April 6, 13 and 20

**Location:** Cromwell, Rm 242

## TUESDAYS

### WOMEN CLASSICAL COMPOSERS

(9 a.m.)

**Instructor:** Bill Parker, Emeritus Professor of Biology, The W

This course will study selected accessible works by women classical composers of the 19th to 21st centuries. Participants will be introduced to each composer and listen to and discuss each of two or three short works or movements.

**Class Meets:** March 17, 24, 31, April 7, 14 and 21

**Location:** Education & Human Sciences, Rm 121

### STRETCH, BREATHE & RELAX

(11 a.m.)

**Instructor:** Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Tight muscles? Hurt all the time? Take some time to unwind, stretch, breathe, and relax. **Bring an exercise, yoga or sticky mat, or a large towel to lie on.**

**Class Meets:** March 17, 24, 31, April 7, 14 and 21

**Location:** Stark Recreation Center, Aerobic Studio

### ABC'S OF INVESTING (11 a.m.)

**Instructors:** Rhonda Ferguson, CFP and Scott Ferguson, Financial Planner

Are you interested in understanding how to invest but don't know where to start? Do you know the difference between stocks, bonds, and mutual funds? Learn the basics about investment terms as well as the advantages and risks of building wealth.

**Class Meets:** March 17, 24, 31, April 7, 14 and 21

**Location:** Education & Human Sciences, Rm 121



### SPLASH TIME! (1 p.m.)

**Instructor:** Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Come and play like a child again. Exercise in water does not feel like work; it is ideal for bad knees and hips as the water supports body weight. Come try it – no swimming ability needed because all work is done in shallow water.

**Class Meets:** March 17, 24, 31, April 7, 14 and 21

**Location:** MUW Stark Recreation Center, Pool

### THE EVOLUTION OF DANCE (1 p.m.)

**Instructor:** Kristen Buntin, Owner of the WHEREhouse Dance Company

This course will explore the purpose of social dancing and how it has evolved over the decades. Participants will be able to enjoy a wide variety of dance styles and their histories, from the waltz and swing dancing to today's modern line dances. Partners are not necessary for this class. **Dress comfortably and bring supportive shoes.**

**Class Meets:** March 17, 24, 31, April 7, 14 and 21

**Location:** WHEREhouse Dance Company



## GROUP PIANO FOR BEGINNERS (3 p.m.)

**Instructor:** Dr. Julia Mortyakova, Chair, Department of Music, The W

Have you ever wanted to learn to play the piano? Now is your chance. Learn the basics of piano playing from an accomplished pianist and music educator. The material is taught in a group setting and an informal recital performed for the class will conclude the course. Bring a pencil to class. **A \$10 fee for piano book will be assessed on the first day of class.**

**Class Meets:** March 17, 24, 31, April 7, 14 and 21  
**Location:** Poindexter Hall, Room 322

## LOCAL CULTURE/HISTORY TOUR #3: HISTORIC CHURCHES (3 p.m.)

**Instructor:** Derek Webb, University Archivist at The W and Dr. Martha Jo Mims, Professor Emeritus and Archives Volunteer at The W

Join this third season of local culture/history tours. This term we will visit local historic churches, learn about their history and architecture, enjoy beautiful stained glass, and walk the aisles where the earliest settlers of Lowndes County worshipped. **Walking will be involved, and transportation will be the participant's responsibility.**

**Class Meets:** March 17, 24, 31, April 7, 14 and 21  
**Location:** At respective locations. Enrollees will be notified prior to first tour. Driving and parking directions will be provided for remaining tours.

## RETIRE WISE (6 p.m.)

**Instructor:** Wesley Platt, Investment Advisor Representative

A four-part workshop that will include: building the foundation; creating and protecting wealth; establishing your retirement income stream; and making the most of what you have.

**Class Meets:** March 17, 24, 31, April 7, 14 and 21  
**Location:** Education & Human Sciences, Rm 121

## WEDNESDAYS

### ELEMENTARY, MY DEAR WATSON (9 a.m.)

**Instructor:** Glenn Lautzenhiser, Collector and Sherlock Holmes Fan Club Member

We will examine the man that Dr. John H. Watson called "the most perfect reasoning and observing machine that the world has seen." Sherlock Holmes, the world's first and only consulting detective said about himself, "I have trained myself to see what others overlook." The course will feature the top stories selected by Arthur Conan Doyle.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** Education & Human Sciences, Rm 121

### INTRODUCTION TO PERSONAL COMPUTERS (11 a.m.)

**Instructor:** Claude Simpson, Retired Associate Professor of Computer Science

What are the differences between an iPad, an iPod, a laptop, and a personal computer? What causes a computer to crash? What is a "friendly" computer? Why are "RAM" and "ROM" important? The answers to these questions are just a glimpse into understanding the language, techniques, practices, and actions needed to purchase and use personal computers for daily applications. **Please bring a USB flash drive to class.**

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** McDevitt Hall, Alpha Lab



## AUTISM AWARENESS (1 p.m.)

**Instructor:** Dr. Gillian Furniss, Assistant Professor of Art Education, The W

Participants will learn about some of the celebrated creative individuals with autism by reading current biographies and autobiographies as well as viewing films of creative individuals with autism. This course will educate participants on how to become more involved at the community level to support individuals and families. Journal or notebook, pen or pencil needed for class. **The recommended book for this class is *Exiting Nirvana: A Daughter's Life with Autism* by Clara Claiborne Park. This book is available at the W bookstore for \$22.**

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** Education & Human Sciences, Rm 121

## BRIDGE FOR BEGINNERS (3 p.m.)

**Instructor:** Claude Simpson, Bridge Enthusiast

Playing Bridge is a time to have fun with friends and to make new ones. This course is for true beginners and will include the fundamentals of playing Bridge by introducing the Bridge card deck and showing how to evaluate a Bridge Hand followed by bidding, responding, score keeping, trump, no trump and more about the logic of play. Playing cards and score cards will be provided.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** Education and Human Sciences, Rm 217

## DEVELOPMENT AND INDUSTRY IN THE GOLDEN TRIANGLE (3 p.m.)

**Instructor:** Macaulay Whitaker, Vice President, Internal & External Affairs, Golden Triangle Development LINK

This course will combine on-site tours and classroom instruction to give participants an overview of economic development in the Golden Triangle. Local industry tours will provide an in-depth look into workforce development and manufacturing. Instruction will explain the process of development from a local and regional perspective.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22

**Location:** Education & Human Sciences, Rm 121 and at respective locations

## THE HEALING TOUCH (3 p.m.)

**Instructor:** Dottie Porter, RN, MS in Counseling Psychology

Discover several energetic ways to relieve stress, anxiety, and chronic pain. Participants will take part in demonstrations of the healing touch and learn how to access the human energy field.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** Education & Human Sciences, Rm 224

## FIVE LOVE LANGUAGES (6 p.m.)

**Instructor:** Mondie Mallory, Licensed Marriage and Family Therapist

Discover the ways you and others give and receive affection, love and appreciations. Learn how the ways are as different as speaking foreign languages. Use your learning to enhance all your relationships. This workshop is based on the book by Gary Chapman and the work of Rev. Allen Mosley.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22  
**Location:** Education & Human Sciences, Rm 121



## DULCIMER 101 (6:30 p.m.)

**Instructors:** Dr. David Saum, Donna Switzer and Richard Switzer, Dulcimer Enthusiasts

Discover the joy of playing the dulcimer. No music knowledge needed since participants will learn to play by numbers. **If you have a dulcimer, please bring it to class. If not, one will be loaned to you.**

**Class Meets:** March 18, 25, April 1, 8, 15 and 22

**Location:** Trinity Place Assisted Living, Stanley Center, 300 Airline Rd.

## THURSDAYS

### BEGINNING YOGA (9 a.m.)

**Instructor:** Jill Williams, Owner of Bliss Yoga

Introduce yourself to the art of balancing mind, body, and spirit. In six unique sessions, relieve stress, build strength and flexibility, and improve energy levels. **Wear loose, comfortable clothing, and bring a yoga mat to class.**

**Class Meets:** March 19, 26, April, 2, 9, 16 and 23

**Location:** Bliss Yoga, 220 5th St. South

### iPHONE AND IPAD ESSENTIALS

(9 a.m.)

**Instructor:** Melinda Lowe, Associate Director of Outreach & Innovation, The W

Get the most out of your smart device with in-depth instruction on key aspects of the Apple iPhone or iPad: making and receiving phone calls, emailing, browsing the web, managing your time, getting around town, taking notes, shooting photos, and listening to music. Plus, learn how to install any one of the thousands of apps from the App store and extend the functionality of your device. **Please bring your Apple iPhone or iPad to class.**

**Class Meets:** March 19, 26, April, 2, 9, 16 and 23

**Location:** Education & Human Sciences, Room 121

## SPANISH FOR TRAVELERS (11 a.m.)

**Instructor:** Dr. Michael Longton, Retired Associate Professor of Spanish, The W

Going to a Spanish speaking country? In this short course, participants will learn to deal with customs and practice some basic conversation including vocabulary about shopping, dealing with a hotel and ordering in a restaurant.

**Class Meets:** March 19, 26, April, 2, 9, 16 and 23

**Location:** Education & Human Sciences, Rm 121

### AN OVERTURE TO OPERA (3 p.m.)

**Instructor:** Elizabeth Jones, Visiting Instructor of Voice, The W

This course will help participants develop appreciation for the art form of opera. Classes will consist of watching or listening to opera as well as musical theatre. Participants will also discuss the history and current events related to each production.

**Class Meets:** March 18, 25, April 1, 8, 15 and 22

**Location:** Education & Human Sciences, Rm 121

### SIGN LANGUAGE LEVEL II (6 p.m.)

**Instructor:** Theresa Riddick, Sign Language Interpreter

This class will include learning extensive vocabulary, use of classifiers and conversational dialogue. It will include a cultural experience of attending a Sunday church service to meet a group of deaf people and to observe interpreters. **The recommended book for this class is *Sign Language Made Simple* by Karen Lewis and Roxanne Henderson. Can be purchased at the MUW Bookstore for \$13.**

**Class Meets:** March 19, 26, April, 2, 9, 16 and 23

**Location:** Education & Human Science, Room 121

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# Mark Your Calendar!

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## MAKE SCENTS?

Have you always wanted to make your own candle? Now you have a chance to even pick your own scents. Class is limited. A \$25 fee will be assessed for this class. Pick your date and time. Thursday, January 22 at 6:30 p.m., Tuesday, February 10 at 2 p.m., Thursday, March 19 at 6:30 p.m. or Tuesday, April 14 at 11 a.m. Register now for a two-hour, one-time candle making class at Grassroots Natural Candle Company, 118 5th Street N, Columbus, MS.

## PRE-CONCERT TALK

Join us at **Poindexter Hall on Friday, January 23 at 6:30 p.m.**, one hour before the guest artist recital for a free pre-concert talk! The talk is designed to enhance your enjoyment of the concert by providing insights into the works on the program—bringing you inside the music. Elizabeth Jones, visiting instructor of voice at The W, will lead the talk about Susan William's performance of a group of Hugo Wolf's songs from *Italienisches Liederbuch* (Italian songbook).

Jones, Soprano, was featured in Varna International Opera Academy's 2012 and 2013 seasons first as Lauretta (*Gianni Schicchi*) and then as Susanna (*Le Nozze di Figaro*). In addition to her performances in Bulgaria, Jones was an artist in the 2011 Russian Opera Training Workshop at the Academy of Vocal Arts where she sang, Masha, in Tchaikovsky's *Pique Dame*. Her other roles include Meg (*Little Women*) and Miss Jessel (*The Turn of the Screw*). This past summer, in addition to singing in The Miami Summer Music Festival, Jones participated as an outreach artist in the prestigious Sherrill Milnes' Savannah Voice Festival, where she served as an ambassador for the program. Jones received first place both in the 2011 Classical Singer Competition and at the 2013 NATS competition. She received her Master's Degree from Georgia State University in Vocal Performance and her Bachelor's degree from Mississippi State University in Voice.

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Be sure to check the website for other special invitations for Life Enrichment Program participants. [www.muw.edu/lep](http://www.muw.edu/lep)



Are you on Facebook? So is the LEP!

Like us to get updates on classes, view photos from events, post your ideas, opinions and more!

Search on Facebook for **MUW Life Enrichment Program**, or contact the LEP office for more information at 662-329-7150.

# LIFE ENRICHMENT COURSE REGISTRATION

Participants Must Be Over 18 Years Old

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, & ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

Fees: The \$35 fee entitles a participant to take up to 5 courses per term. For every additional course there is a \$10 fee per term.

## SPRING TERM 1 January 12 - February 23

- |  |   |
|--|---|
| <input type="checkbox"/> ART OF PAINTING ON GLASS                            | <input type="checkbox"/> ONE POT MEALS                        |
| <input type="checkbox"/> AUTISM AWARENESS                                    | <input type="checkbox"/> ONE STROKE BRUSH ART                 |
| <input type="checkbox"/> BEGINNING YOGA                                      | <input type="checkbox"/> PERSONALIZED HEALTH PLANNING         |
| <input type="checkbox"/> DULCIMER 101  | <input type="checkbox"/> RETIRE WISE                          |
| <input type="checkbox"/> FLASH FICTION                                       | <input type="checkbox"/> RETURN WITH US NOW TO THOSE          |
| <input type="checkbox"/> FOOTBALL FOR WOMEN                                  | <input type="checkbox"/> THRILLING DAYS OF YESTERYEAR         |
| <input type="checkbox"/> HISTORY: A LITTLE BIT OF THIS AND THAT              | <input type="checkbox"/> SIGN LANGUAGE 101                    |
| <input type="checkbox"/> INTRO TO THE WINES OF THE WORLD                     | <input type="checkbox"/> SMART GARDENING                      |
| <input type="checkbox"/> IPHONE AND IPAD ESSENTIALS                          | <input type="checkbox"/> SPLASH TIME!                         |
| <input type="checkbox"/> MAKE SCENTS? Circle One (January 22 or February 10) | <input type="checkbox"/> SIGN LANGUAGE 101                    |
| <input type="checkbox"/> MEDICARE UPDATE                                     | <input type="checkbox"/> STRETCH, BREATHE & RELAX             |
| <input type="checkbox"/> MICROSOFT WORD                                      | <input type="checkbox"/> THE EVOLUTION OF DANCE               |
| <input type="checkbox"/> NATURAL MEDICINE                                    | <input type="checkbox"/> THE HOBBIT AND THE LORD OF THE RINGS |

## SPRING TERM 2 March 16 - April 24

- |  |   |
|--|---|
| <input type="checkbox"/> ABC'S OF INVESTING                              | <input type="checkbox"/> IPHONE AND IPAD ESSENTIALS                     |
| <input type="checkbox"/> AN OVERTURE TO OPERA                            | <input type="checkbox"/> LOCAL CULTURE/HISTORY TOUR #3                  |
| <input type="checkbox"/> ART OF PAINTING ON GLASS                        | <input type="checkbox"/> MAKE SCENTS? Circle One (March 19 or April 14) |
| <input type="checkbox"/> AUTISM AWARENESS                                | <input type="checkbox"/> MICROSOFT EXCEL                                |
| <input type="checkbox"/> BEGINNING YOGA                                  | <input type="checkbox"/> ONE STROKE BRUSH ART                           |
| <input type="checkbox"/> BRIDGE FOR BEGINNERS                            | <input type="checkbox"/> RETIRE WISE                                    |
| <input type="checkbox"/> DEVELOPMENT AND INDUSTRY IN THE GOLDEN TRIANGLE | <input type="checkbox"/> SIGN LANGUAGE LEVEL II                         |
| <input type="checkbox"/> DULCIMER 101                                    | <input type="checkbox"/> SPANISH FOR TRAVELERS                          |
| <input type="checkbox"/> ELEMENTARY, MY DEAR WATSON                      | <input type="checkbox"/> SPLASH TIME!                                   |
| <input type="checkbox"/> FIVE LOVE LANGUAGES                             | <input type="checkbox"/> STRETCH, BREATHE & RELAX                       |
| <input type="checkbox"/> GROUP PIANO FOR BEGINNERS                       | <input type="checkbox"/> THE EVOLUTION OF DANCE                         |
| <input type="checkbox"/> HEALING TOUCH                                   | <input type="checkbox"/> VINTAGE TV SHOWS (1950s & 1960s)               |
| <input type="checkbox"/> INTRODUCTION TO PERSONAL COMPUTERS              | <input type="checkbox"/> WOMEN CLASSICAL COMPOSERS                      |

REGISTRATION AND CREDIT CARD PAYMENT CAN BE MADE ONLINE!

[www.muw.edu/lep](http://www.muw.edu/lep)

Make checks payable to MUW.

Mail to: Life Enrichment Program, MS University for Women,  
1100 College St., W-1638, Columbus, MS 39701.

All payments are non-refundable.

For more information contact Janie Shields  
at [lifenrichment@muw.edu](mailto:lifenrichment@muw.edu), (662) 329-7150  
or the Office of Outreach & Innovation (662) 241-6101.

Term 1 (up to 5 classes)	\$35 _____
Term 2 (up to 5 classes)	\$35 _____
Wine Tasting	\$65 _____
Make Scents?	\$25 _____
Extra Course Fee (per term)	\$10 _____
Total:	\$ _____



Life Enrichment Program  
1100 College Street W - 1638  
Columbus, MS 39701

**LIFE ENRICHMENT PROGRAM**  
**SPRING 2015**