

MINDFUL MOVEMENT *by Tom Hood*

If you are looking to improve your balance, coordination, and range of motion then **Mindful Movement Qigong and Stretching** might be the answer. When practiced, Qigong, Tai Chi, and Somatic Meditation can lead to feelings of joy, peace, a connection to the present, and spiritual development.

Instructor Nando Raynolds, first became interested in yoga when it was taught in physical education classes during his fifth and sixth grades in Karachi, Pakistan; a time when his dad was stationed abroad. He continued to practice yoga during his teen years and when eighteen took a class in Tai Chi to increase physical conditioning. He found the new discipline had an added benefit: it provided an additional step to achieving a balanced emotional well-being.



This introductory class is designed for non-injured, normally able people, and is taught via ZOOM. It does not require any special yoga degree of fitness. Tai Chi combines clothing or a high delicate movement and breathing, a moving meditation that will draw you into the present with visualization of blessings and appreciation of others.

designed for non-taught via ZOOM. It clothing or a high delicate movement will draw you into the present with visualization of blessings and appreciation of others.

Other benefits include a release from tension and stress, improved flexibility and coordination, and most important: confidence brought about by the combination of physical, emotional and mental well-being.

Having Fun with Poetry *by Mariann Klinger*

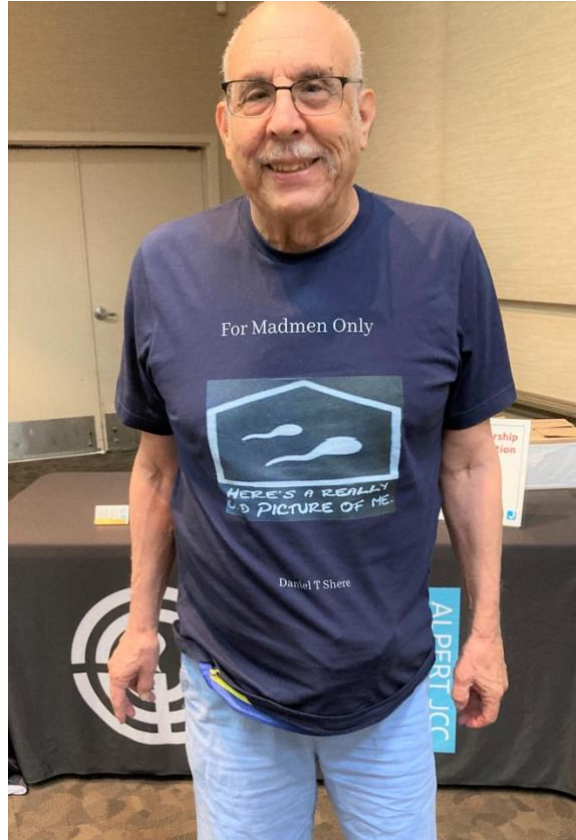
Daniel Shere just wants to have fun! But fun for him involves teaching, writing, research and poetry. And the trick is to share the fun. That's what he proposes to do in his class on **American Poets**.

You can be assured he will share some of his favorites, like Emily Dickinson, Walt Whitman, Paul Dunbar and even Nobel-prize-winner Bob Dylan, who often sang his poems. Although he has a degree in accounting, among other subjects, "teaching is my calling," he said.

Shere taught students from second grade all the way to adulthood in Master's classes, but his teaching emphasized creative writing, poetry and similar subjects

— not comes to poetry, adherents among give it a chance, like it,” he said.

In one class students to Joan autobiographical He encouraged autobiographical end of class, they Baez’ song. In even got them after a screening and a discussion. I thought kids said.



accounting. When it he frequently wins his students. “If you you might find you

he introduced Baez, discussing an song that she wrote. students to write an poem, and by the wanted a copy of another class, “I hooked on Mozart”, of the film Amadeus “I looked for poems could relate to,” he

When it comes to poetry, readers or listeners might have different interpretations and they're good, even if different from what the poet intended, he added.

Shere is enthusiastic about his teaching and subject matter. “It’s contagious,” he said, explaining what happens in classes once students experience his enthusiasm and his favorite poems.

His interests often lead him to do research in history. He even took time off to write two novels and an autobiography. “I’ve done a lot of things simultaneously, he said, noting that his career didn’t include a “normal job” that a person stays with for years.

Now, he’s already researching and organizing materials for his fall class. He says the class presents an opportunity for him “to give back to his community . . . I’m excited and really looking forward to it,” he said.

CELEBRATING PERFECT VOCAL HARMONY *by Renee Simon*

Some OLLI classes are heavy with history, some with skill development like painting or creative writing, and in others you can learn a foreign language.

But **Celebrating Perfect Vocal Harmony** is a simple pleasure while listening to many familiar old trios (think Andrews Sisters), quartets (i.e., The Four Freshmen), or duos as in Simon and Garfunkel. The instructor, Mike Agron, fleshes out the music with stories about each group, what influenced them, and the musical genre each represented: among them, the Big Band and Swing era, Jazz, Rock, DooWop, Country, Folk, Motown and others. In this four-week Wednesday class, you'll get to appreciate the differences in how each era approached the styles of blending voices in close harmonies as well as inside stories about many of these popular groups. You're familiar with the voices; you will also become familiar with the singers to which the voices belong.

Mike Agron has had a lifetime love of music, which he enthusiastically shares with our OLLI classes as well as many OLLI classes via Zoom in states as distant as Texas, Arizona, and

Indiana. Since 2018, he has been presenting a variety of music-related seminars featuring such subjects as Frank Sinatra, Entertainment Great American Songbook, and Social Justice, the and however, does not perform. His profession as a tech consultant continues today, with his own webinar marketing agency providing help to companies needing to set up Webinars.



Although the class is offered on Zoom, Mike leaves opportunity for participants to interact with him and each other during the times he sets aside for student questions, which he strongly encourages. Through his classes, which Agron describes as celebratory, he has found a way to do something he loves while offering unique and carefully researched information that is not otherwise readily available. Whether you would like to perform or are just an enthusiastic listener, here's a class to consider.