

Cabin Fever January 21, 2024

SESSION ONE: 11:20 – 12:15

Exploring Calming and Expressive Music to Relax the Soul with Gail Lytle Lira

While sharing some beautiful piano repertoire, Gail will discuss the ways that composers use expressive characteristics.

Being Mortal: Medicine and What Matters in the End with Ewen Todd

Surgeon Atul Gawande writes about how we cope with aging with background on hospitals, nursing homes, assisted living sites, and hospices with stories taken from his own patients and family. In the second half of the book, Gawande focuses more on the last stages of mortality and what the dying and their families want. He suggests that sometimes doctors fall back on false hopes and treatments that actually shorten lives instead of improving them, and families go along with all of it. What do you want at the end of life? We will discuss a few of the stories he tells and how they resonate with your experiences. It's not necessary to have read the book. If you wish, check out the this Frontline episode [Being Mortal | FRONTLINE \(pbs.org\)](https://www.pbs.org/wgbh/frontline/documentary/being-mortal/)

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Building Your Dream Community with Kent Workman

This activity-based class will look at what is important to have in a community and how the availability of resources impacts our communities. Participants will build their community using Legos and other supplied materials as a group, followed by discussion. Ideally this class will include participants of all ages!

The Basics of Vegan Cooking with Cathrine Holdway

An overview of the health and environmental benefits of vegan eating and a review of key vegan ingredients, where to buy them and recommended recipes and cookbooks.

(Possibly a chance to make and taste a simple recipe)

LUNCH: 12:15 – 12:45

(Session Two follows immediately after lunch.)

(See other side for Session two classes!!)

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SESSION TWO: 12:45 – 1:40

An Introduction to Handbells with Sara Mayhew

You've heard the handbell choir and watched the ringers, so have you ever wondered what it feels like to play the handbells yourself? In this class you'll learn (and play) several different styles of ringing all sizes of bells. You'll feel the weight of the bass bells and shake the tiny bells. You'll learn to play as a group, and by the end you may even be able to play a simple song. No experience reading music is necessary. Recommended for ages 10+.

Health Maintenance: What is the evidence? with Barbara Fretwell-Cooke

The class will review the evidence which supports health screening tests, healthy lifestyle, and successful ways to change health habits.

Exploring the Streaming Station with Carl Lira

What do the sound operators, camera operators and graphic operators do with all the sliders, buttons, and the computer when streaming a service? Participants will have an opportunity for guided hands-on exploring. What technology is behind all the settings that we don't tweak during a service? Audio topics will include 'ringing out a room', gain, equalizing, gating, keying, and microphone types. Video topics will include layering using 'chroma' and 'luma'.

Climate Change, How to Make a Difference! with Jeff Arbor and Dorinda Vankempen

Do you want to help make a difference in caring for the Earth? Jeff and Dorinda have simple and straightforward ideas you can implement in every day life. We will start with a simple seven question quiz and then follow up with discussion. Bring your thoughts and questions as we work together in caring for creation!! 🌱🍃

Art Play with Eunice Creswell

Did you like to draw and color as a child? Do you freeze when you see a blank paper? Do you think you have no art supplies at home ... or any time? Do you have no idea where to begin? Do you feel everything else takes priority over you? Do you feel you can never make what you picture in your mind? This is the class for you. We have tips and ideas and more supplies than we will ever use. Give yourself permission to play for an hour. There are no art police. We don't compare ourselves to others, and Inner Critics are banned from the room. We will be glad that you came and think you will be too. Remember, you painted rocks, you helped create a banner. You cook, you solve problems, you do amazing things at work (and in retirement)! There is lots you can do. You are, after all, made in the image of God, and that includes creativity. Everything supplied. Just bring yourselves.

(See other side for Session one classes!!)