

Fuller descriptions are found on the Resident Website -- Teaching and Learning Committee page, and in a 3-ring binder in the Crosslands Library.

See the Teaching and Learning Spring 2026 flyer for more information, including how to register.

Slow Art - Danielle Battaglia - Fridays, 10:00 – 11:00 from 2/20 to 5/8 in the Nature Rm. This discussion class explores art carefully with individual points of view rather than relying on a wall label or guided tour. Class discusses one work of art for a full hour each week.

Making Memory Books - Cathy Campbell - Tuesdays, 1:00 – 2:00 from 2/17 to 3/24 in the Conference Rm. Learn to use Shutterflynet to make memory books --life stories, travel, gifts for family. Participants need a laptop (iPad can work) and a subscription to Shutterfly.com (first class will sign up).

Beginning Spanish - Margaret Chen - Tuesdays & Thursdays, 1:00 – 2:00 from 3/31 to 5/7 in the Conference Room (**Note: This is a 2nd 6-week class**). Acquiring a new language is enriching at any age. Each of the 12 classes (two per week for six weeks) is self-contained.

Dante's Purgatory - Steven Epstein - Mondays, 9:00 – 10:00 from 2/16 to 5/4 in the George Fox Rm. The class will read, analyze, and discuss the 33 cantos of Dante's Purgatory – the middle section of his Divine Comedy. No previous knowledge of Dante required.

Physics of Sound & Musical Instruments - Barry Feierman - Tuesdays, 3:00 – 4:00 from 2/17 to 5/5 in the George Fox Room. Learn about the physics of sound waves, pitch, loudness, and timbre. Both musical rookies and seasoned musicians are welcome. Class has access to a modern audio spectrum analyzer.

Jazz Ensemble - Barry Feierman - Wednesdays, 3:00 – 4:00 from 2/18 – 5/6 in the William Penn Room Stage. Learn to play in a small instrumental ensemble. Especially looking for a singer, trombone, bass, drums, and piano. We may perform, but mostly we play for fun.

Learn to Play the Alto Sax - Barry Feierman - Thursdays, 2:00 to 3:00 from 2/19 – 5/7 in the Nature Rm. Learn to play an Alto Saxophone. Instructor can lend an instrument. Open to musical rookies and seasoned musicians.

Astronomy - Barry Feierman - Mondays, 7:00 – 8:00 p.m. from 2/16 to 5/4 on Outdoor Site & George Fox Rm. Study how astronomers discover the nature of our universe, how stars are born and die, how the solar system formed and more. A ten inch telescope allows evening observations with clear skies.

Intro to Environmental Sustainability - Bob Foley - Thursdays, 9:00 – 10:00 from 2/19 to 3/26 in the George Fox Rm. Class introduces sustainability and defines terminology. Includes discussions of the goals and objectives of a sustainability plan. The class will prepare residents who may later choose to participate in the future public process to create a KCC plan.

Exploring the Brain: How We Learn - Warren Gifford - Tuesdays, 9:00 – 10:00 from 2/17 to 3/24 in the Multipurpose Rm. Do you know how you learn? How do you wish you'd been taught as a kid? What are the most effective learning methods for you? The class explores these topics, and especially how we learn differently from others. Includes concept of multiple intelligences and study techniques.

Ekphrastic Writing - Laura Jackson - Wednesdays, 4:00 – 5:00 from 2/18 to 3/25 in the Nature Rm. Ekphrastic writing is responding to a work of art in words. Class will study this form (such as Keats' *Ode on a Grecian Urn*) and then do some ekphrastic writing of our own in class while studying a piece of art. Sharing the writing is optional and fascinating.

(continued on back)

(continued from front)

Quaker Inspiration from Pendle Hill - Diane Kesler - Wednesdays, 3:00 – 4:00 from 2/18 to 3/25 in the Meditation Rm. Crosslands's library has over 300 copies of Pendle Hill pamphlets issued regularly from 1934 and covering philosophy, spiritual life, Quakerism, social concerns, and more. Class members will select six pamphlets each to read and share with classmates.

Movies You (Probably) Haven't Seen - Ernie Novak – Mondays 2/16, 3/2, 3/16, 3/23, 4/6, 4/13 from 2:30 to 5:00 in the Wm Penn Rm. Eclectic mixture of international films (Japanese, Korean, Indian, Indonesian, Argentinean, Colombian) based on interest.

Easy Recorder? Play Pentatonic Music! - Barbara Rowley - Thursdays, 11:00 – noon from 2/19 to 3/26 in Multipurpose Room. Recorders are "easier" to learn to play than related instruments, especially when tunes are limited to the Pentatonic scale. Recorders are provided by the instructor for class. Bring empty 3 ring notebook for music.

Basic Line Dance – Elaine Shoben Alternate Mondays 2/16, 3/2, 3/16, 3/30, 4/13, 4/27 from 3:30 to 4:15 in the Multipurpose Rm. No partners in line dance. Instruction is given before each dance. Class can be repeated and new dances are taught each semester. No experience necessary.

Intermediate Line Dance – Elaine Shoben - Alternate Mondays 2/23, 3/9, 3/23, 4/6, 4/20, 5/4 from 3:30 to 4:15 in the Multipurpose Rm. The difference between the Basic and the Intermediate classes is the pace and the complexity of the dances.

Current Developments - Nancy Connell, Ed Shoben, Elaine Shoben – Thursdays 2/19 to 3/26 from 11:00 to noon in the Geo Fox Rm. Topics are weapons of war and public health disasters (Nancy Connell), voting patterns developing in the 2025 election results (Ed Shoben) and legal issues in the news (Elaine Shoben). Lecture and class discussion format.

Tai Chi & Qi Gong Flow - Loan-Anh Small - Wednesdays, 7:30 – 8:30 a.m. from 4/1 to 5/6 (Note: This is a 2nd 6-week class). Learn graceful, mindful and meditation movements – sitting or standing -- based on Yoga, Tai Chi, and Chi Gong principles to promote healthy life styles and longevity. Activities enhanced with morning sun, fresh air, and natural scenery.

Full Moon Meditation - Loan-Anh Small - Wednesdays, 7:30 – 8:30 p.m. on March 3, April 2, and May 1 (Note specific full moon dates). Full moon meditation is a timeless, universal celebration that reminds us to be grateful for the energies of celestial bodies, earth, and water supporting human life. We will bathe in the moonlight and natural beauty next to cottage 215.

Story Exchange: You Walk in My Shoes - I Walk in Yours – Andrea Taylor - Tuesdays, 11:00 – noon from 3/31 to 5/5 (Note: **This is a 2nd 6-week class**) *NARRATIVE4 STORY EXCHANGE MODEL*. Narrative4 uses the power of personal stories to help participants build empathy. Individuals are randomly paired and each shares a meaningful story which the other then tells. The focus is to train a team of KCC residents who may later choose to become facilitators in the story exchange model in the greater community.

Welcome to the World of Wine – Jan Wheeler - Sundays, 3:00 to 4:30 on February 15, March 8, April 19 in Ellerslie. First class is Wines of Northern Italy. Second & third are on Famous French Wine Regions. Bring your own glass if you want to taste. \$10 fee per person per class.

Quantum Physics & the Human Energy Field - Marion Yaglinski -Tuesdays February 17, February 24, March 3 from 10:00 to 11:00 in George Fox Room. This three session class will go over the basics of the human energy field and Sound Healing.