

**“Adventures in Learning!” Summer Session
Classes for Friday, August 7, 2020**

9:00 - 9:50 a.m. News and Views - Current Events Get Involved

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

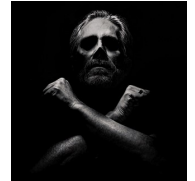
9:00 - 9:50 a.m. Health - Diabetes Prevention

Donna Doel will explain the 24 for Life curriculum being offered at Midland Care to prevent Type2 Diabetes. Especially for those with high risk (BMI of over 25), a life style coach works with individuals to adopt new habits.

9:50 - 10:40 a.m. Refreshments by our Community Partner

10:40 - 11:30 a.m. My Life Aboard a Pirate Ship by Tony Silvestri

A lively presentation about pirate life during the Golden Age of Sail. Capt. Forrester, lately retired of the ship Banshee, will regale with tales from his life as a pirate, sing a shanty or two, and answer yer questions if there be time.



★ **11:30 SCT Annual Meeting at Lowman Sanctuary. We will be voting on new Board Members, reviewing our finances, and the year since the last meeting. You do not have to be a member to attend but do have to be a member to vote.**

**“Adventures in Learning!” Summer Session
Classes for Friday, August 14, 2020**

9:00 - 9:50 a.m. "The 2020 Elections" by Dr. Bob Beatty

Dr. Beatty, Washburn political science professor and political analyst for KSNT news, will analyze the 2020 races in Kansas for the US Senate and for 2nd District Congress. Dr. Beatty will also take questions and discuss the 2020 presidential race.

9:00 - 9:50 a.m. Meditation in Motion - Tai Chi for Health by Madon Dailey

Madon Dailey will show you how Tai Chi focuses on breathing, posture, and balance through slow, calm movements which improve our physical health and release tension in our bodies. This gentle exercise is proven to provide many health benefits. Tai Chi calms your mind and body, as we gently stretch and rotate muscles, tendons and ligament, helping improve balance, strength, and lessen anxiety. It's something that can be done by anyone either standing or seated, requires no special skills, fitness level, equipment, or clothing.

9:50 - 10:40 a.m. Grace Home Care & Health Care Resort of Topeka

10:40 - 11:30 a.m. Life in the Fast Lane and Still Dishing it Up! by Chef Alli

Join Chef Alli as she takes you on a journey of her life in the fast lane. She will also share the meaning of hospitality and the importance of passing this gift of service on to future generations. Chef Alli will show you how to keep it simple, and help you to remember hospitality is not about you.



10:40 - 11:30 a.m. “Through the looking glass: hidden stories, stolen glances” by David Zlotky

David is especially drawn to deserted homesteads and houses in the Flint Hills and elsewhere that have a ghostly quality which gives him inspiration. Stolen glances refer to another piece of his work that involves what's known as "Street Photography" David will share his candid work taken of people in a variety of settings, including France and KCI airport. www.davidzlotkyphotography.com.

**“Adventures in Learning!” Summer Session
Classes for Friday, August 21, 2020**

9:00 - 9:50 a.m. News and Views - Current Events Get Involved

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 a.m. Prehistoric Art by Jurahee Shriver

Onward into the past. What if they got it wrong? With every passing day a new complex civilization is found or redefined. Reading the cave art; perhaps finding the source for Atlantis -- and realizing we come from a much older planet filled with newly discovered wonder will be the focus of "The Ancients" Come and explore with Jurahee.

9:50 - 10:40 a.m. Refreshments by our Community Partner

10:40 - 11:30 a.m. Come Taste, See and Hear about Life in Morocco by Sue McFall

You may not be able to travel to Morocco right now, but you can still enjoy a virtual tour with Sue McFall through photos and stories that could inspire a future trip. Sue was born in Morocco, and she will share the sights, sounds and foods of the beautiful country of Morocco.



10:40 - 11:30 a.m. Kansas Excursions by Lenora Kinzie

In the mood to go somewhere but not sure which direction to go or what you want to see? Kansas Excursions provides day-trip ideas to help you start your travel lists now.

**“Adventures in Learning!” Summer Session
Classes for Friday, August 28, 2020**

9:00 - 9:50 a.m. Human Trafficking by Sharon Sullivan

Human trafficking happens here! In Kansas, in Shawnee County, in Topeka. Dr. Sharon Sullivan will discuss how human trafficking happens and what we can do to find it and stop it in our own communities. She is a Professor at Washburn University and her research and activism focus is on violence against women. Sharon is cofounder and director of STARS (Stop Trafficking and Reject Slavery).

9:00 - 9:50 a.m. Kairos Torch by Charlotte Milroy

Kairos Torch consists of a Christian weekend retreat for young female and male offenders, 15-23 years of age, who live in a juvenile correctional facility. Weekly one-on-one mentoring and a once a month reunion follows the retreat. Come and listen to what takes place at Kansas Juvenile Correctional Complex (KJCC) right here in Topeka.

9:50 - 10:40 a.m. McCrite Topeka

10:40 - 11:30 a.m. Life in Germany prior to WWII by Dr. Paul Kindling

Dr. Kindling will share with us what life was like in Germany prior to WWII. He is translating writings that are in German to English and will share those stories and experiences.

10:40 - 11:30 a.m. Stained Glass Creations by Dr. Carol Ann Holcomb

Artist Dr. Carol Ann Holcomb will demonstrate the steps for creating a stained glass project. Examples will be shown of various types of glass. Dr. Holcomb will display some of her completed creations.

