

First Courses
May, 1996

LLI SAMPLER PROGRAM

COURSES

CREATIVE MOVEMENT - SALLY MORAVITZ

Touch base with past dance experiences or begin anew. Humphrey-Weidman trained modern dancer will guide you through warm-up and then creative movement adventures. Develop a movement vocabulary, learn about choreographic tools, play with props, and improvise with words, sound and music.

What to wear: active-wear clothes with bare feet or exercise shoes. Physician's approval is recommended for any physical activity program. Physician forms are available from the PED Office in the Cultural Center.

ELDER WISDOM: VOICES FROM NATIVE AMERICA - LEE FRANCIS

This course will examine the wisdom of the Native American Indian elders such as Wahunsonacaw, Principal Leader of the Powhatan Confederacy, and how the admonitions of such elders can be applied in 1996.

ON UNDERSTANDING OUR SOUTH AMERICAN NEIGHBORS - YERETH KNOWLES

The course will begin with an introduction to Latin America; generalizations and similarities concerning historical perspectives, indigenous populations; colonial rule and political culture. Next, there will be a discussion of differences among Mexico and Central America, Andean countries, the Southern cone and Brazil. This will be followed by information on the specifics of modernization in a variety of countries such as Mexico, El Salvador, Peru, Chile and Bolivia. The course will conclude with a discussion of how we view the people, cultures and influences of these countries.

FUNSHINE - DOÑA NEIHEISEL

In this course we will look at who we are; what we value; and how we think. We will consider personal development that will result from changing habits and pursuing realistic goals. We will actively pursue activities to improve our quality of life.

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ENVIRONMENTAL GEOLOGY - JIM NEIHEISEL

This course will cover an introduction to environmental geology, basic geologic information, natural hazards in the environment (earthquakes, volcanoes, etc.), clean air, surface and ground water, energy and the environment and waste management. In addition to the leader's presentations, each session will include class discussion of current environmental issues.

FITNESS SAMPLER - SUE THOMPSON

Participants will choose from a variety of fitness activities to include low impact aerobics, strength training, stretching and relaxation. Learn how to put any exercise program together for your needs. Do as much or as little as you like.

Physician's approval is recommended for any physical activity program. Physician forms are available from the PED Office in the Cultural Center.

PHILOSOPHY FOR YOU - KNOX SINGLETON

Socrates held that to "Know thyself" was the highest wisdom and that "The unexamined life was not worth living". This course will be a brief review and discussion of what some of the famous philosophers, scientists, psychologists and other wise men have said about who we are and what is important in life. Hopefully, this will lead to each participant coming to a little better understanding of themselves, and their relationship to others and to the universe.

THE REACH FOR VITAL AGING - KNOX SINGLETON

Vital Aging has been defined as striving to experience the highest overall level of physical, intellectual, emotional and spiritual development possible for the individual. This course will lead to an examination of each of these dimensions in the life of each participant and consideration of the possible changes they may wish to consider in the way they are currently living.

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FACULTY

LEE FRANCIS is a Native American (Laguna Pueblo) educator, author and researcher . He received his Ph.D. from Western Institute for Social Research, Berkeley, CA and his MA and BA degrees from San Francisco State University. He is the National Director of Wordcraft Circle of Native Writers and Storytellers and is also Director of the WINS (Washington Internships for Native Students) program at the American University in Washington, DC. His expertise in Native American Studies includes: Literature (Oral and Contemporary), History, and the political, social and health aspects of Contemporary Society.

His government service includes assignments with the Department of Interior's Assistant Secretary for Indian Affairs, Congress, and Department of Education. He is actively engaged in a number of research projects including studying Posttraumatic Stress Disorder (PTSD) as applied to cultural groups.

His publications include Native Time: A Historical Time Line of Native America, a book which was published in 1996, short stories such as "Keresian Dawn" in Callaloo: Native Literatures Special Issue and numerous essays.

YERETH KNOWLES is a retired professor of political science. She held teaching appointments at Inter American University, San German, Puerto Rico (1960-79), and George Mason University (1980- 92). She has, travelled, studied and taught in Puerto Rico, Grenada, Holland, Switzerland, China and most countries of South and Central America.

Since 1992 she has been writing, lecturing and working one day a week as a volunteer for United Community Ministries in Alexandria, Va. She holds a masters degree in political science from the University of Wisconsin and a Ph.D. in political development from Institute Universitaire de Haute Etudes Internationales, Switzerland.

Her publications include: Beyond the Caribbean States, The Town is Aaron, short stories, news analysis articles and a column Latin America Perspectives.

SALLY MORAVITZ is a modern dancer, teacher and choreographer. She has a masters degree in education and dance from George Washington University. She has taught in a university and for the Fairfax County Recreation Department for 30 years. In the latter role, she has worked with people of all ages.

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DOÑA NEIHEISEL has earned degrees at the University of Miami and the University of North Dakota. After teaching and counseling for over 30 years, she retired in 1995. She has traveled extensively in the U.S.A. and in Europe. Moving 26 times between 1961 and 1991 has rewarded her with many challenges and opportunities to build life skills.

Doña is an educator, wife, mother, and grandmother who enjoys sharing information, experiences and activities that will help SENIORS improve their quality of life.

JIM NEIHEISEL retired from civil service where he served as an engineering geologist for 19 years with the U.S. Army Corps of Engineers and for 16 years with the Environmental Protection Agency as a staff geologist for the Office of Radiation Programs. He also served 4 years active duty with the U.S. Navy.

Jim has a B.S. in geology from the Ohio State University, M.S. in geology from the University of South Carolina, and a Ph.D. in geophysical sciences from Georgia Tech. He has taught part time at several universities over the years and is currently part time teaching as adjunct faculty at George Mason University.

KNOX SINGLETON has, since 1971, earned graduate degrees from both University of Virginia and George Mason University, becoming a Licensed Professional counselor with National Board Certification in 1985. He has been active in the field of aging since 1981, serving ten years with the Fairfax Commission on Aging and many other organizations concerned with the welfare of older adults. He has a special interest in philosophy and liberal religion.

SUE THOMPSON, an Associate Professor at Northern Virginia Community College, has been involved with exercise for older adults since 1983 at George Mason's HEP Program. Currently she teaches the Adult Health and Development Program, an intergenerational fitness and wellness program pairing older adults with college students, and conducts training for seniors interested in becoming exercise leaders (PIPERS).