



The Jenks Learning Connection

The Jenks learning connection (JLC) is designed for all ages engaged in lifelong learning. The entire community of Winchester and beyond are welcome.

Tai Chi –with Dr. Vincent Chun

Wednesdays, 7:00 to 9:00 PM

Tai chi, an ancient martial art, has many health benefits. Studies have shown that tai chi can ease the symptoms of COPD, dementia, depression, osteoarthritis, Parkinson’s disease, and fibromyalgia, and boosts immunity to shingles. Tai chi strengthens muscles, improves proprioception and balance, and increases range of motion and joint flexibility. The mindfulness aspects help calm the nervous system and reduce inflammation, with positive effects on brain function, pain perception, anxiety, and blood pressure. Instructor Vincent Chun, PhD, learned tai chi at the age of 15 and has taught for the last 10 years. He is a certified instructor with the Tai Chi for Health Institute. Dr. Chun’s introductory 4-week class will cover the basic forms of the Tai Chi for Arthritis and Fall Prevention program, recognized by the Center for Disease Control as arthritis-appropriate and by the National Council on Aging as beneficial for fall prevention.

Class Dates: *September 12, 19, 26, October 3.* **Cost for 4 classes:** \$40.

KOREA –with Lorin Maloney

Wednesdays, 7:00 to 9:00 PM

Lorin returns to expand our understanding of the transformation of Old Korea (premodern) into the modern state of the 20th and the 21st Centuries, with special emphasis on the uniqueness of the North Korean State from 1953-2018. He will cover several major themes including the response of an intense Korean nationalism to the brutal Japanese colonialism from the 1890's to 1945; the fate of Korea during WWII and the subsequent division of the country into North and South; the Korean War, 1950-1953; and the impact of the Soviet/American Cold War on the development of the two Koreas. He will use two texts for this class: The Real North Korea: Life and Politics in the Failed Stalinist Utopia by Andrei Lankov (2015) and Nothing to Envy: Ordinary Lives in North Korea by Barbara Demick (2010).

Class Dates: *September 12, 19, 26, October 3, 10, 17, 24, 31.* **Cost for 8 classes:** \$80.

Beginner Bridge Lessons –with Elizabeth Gompels Wednesdays, 7:00 to 9:00 PM

Over eight weeks, you will learn how to play bridge, including the basics of bidding, play, scoring, Bridge conventions and techniques. Classes include hands-on learning, guided demonstrations, group discussions, and bridge hands to practice techniques. All very fun, taught by nationally certified Bridge teacher, Elizabeth Gompels. A popular class; space limited.

Class Dates: *September 12, 19, 26, October 3, 10, 17, 24, 31.* **Cost for 8 classes:** \$120.

From Photo to Finish! *-with Beatriz Grayson* Wednesdays, 6:00 to 8:00 PM

Renowned artist/quilter Beatriz joins us to share her talents and techniques. Her technical sewing talent combined with her artistic skills is evident in each textile expression and work of art. Bea will guide your traditional, classical quilting skills and bring you beyond the grid to find a new means of expression through design elements and principles. Classes are structured with mini lectures/discussions, demonstrations, show-and-tell samples, class exercises, and practice homework. Each reflects a continuous journey of creative discovery. In this class, you will use a favorite photo and through Beatriz' instruction, you will turn it into a wonderful piece of fabric art. A list of needed supplies is available upon registration. Space limited.

Class Dates: *September 12, 19, 26, October 10 (no class on 10/3).* **Cost for 4 classes:** \$60.

MEET THE MUSICAL MENDELSSOHN'S: FANNY & FELIX *-with Dotty Burstein*

Tuesdays, 10:00 to 12:00 PM

The Mendelssohns enjoyed a close relationship, based on their mutual love of music and prodigious musical talent. During their relatively brief lives, each sibling created a rich body of chamber music, lieder, and choral works. In this class, Dotty will explore the outstanding works of both composers, the role of gender in musical expression and opportunity in the 19th century, and the significance of the siblings' legacies. Space limited.

Class Dates: *October 2, 9, 16, 23.* **Cost for 4-class series:** \$40.

The Jenks Learning Connection is generously supported by a grant from the John and Mary Murphy Foundation.

For more information, visit www.jenkscenter.org or call 781-721-7136.

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Please fill out this **registration form**, attach a check made payable to "WSA", and mail to/drop off at:

The Jenks Center, 109 Skillings Road, Winchester, MA 01890.

Name: _____

Phone Number: _____

Check enclosed for (circle your selection)

Tai Chi \$40

Korea \$80

Bridge \$120

Photo to Finish \$60

Mendelssohns \$40

Or go to our website www.jenkscenter.org and pay via paypal.