SMART BRAIN AGING
DR. DEBORAH CAHN-WEINER

Americans are living longer, and the risk of developing dementia such as Alzheimer's disease increases with age. Age-related cognitive changes occur naturally as well, so strategies to improve and maintain brain health are critically important. The goal of this course is to provide information on research-based recommendations for ways to improve and maintain brain health as we age, including lifestyle factors and exercise.

MONDAYS 4/5-4/26 TIME:9-11AM COST:$75 LOCATION: ZOOM

THE GOLDEN AGE OF HOLLYWOOD
CHARLES MCFADDEN

It was an era of big stars, big egos and big studios. It was Hollywood's Golden Age. Clark Gable, Fred Astaire, Lana Turner and Elizabeth Taylor, along with Louis B. Mayer and Samuel Goldman were just a few of the bigger-than-life personalities who made Hollywood the entertainment center of the world. MGM, Paramount, Columbia and Warner Bros. were the dream factories who kept millions around the world enthralled. Take a surprising behind-the-scenes look at it all!

FRIDAY 3/19 TIME:10-11AM COST:$20 LOCATION: ZOOM

PARADIGM SHIFTS IN SCIENCE AND SOCIETY
CAMILLE MINICHINO

This class will focus on "big questions" through history, and how science and technology have not only given us answers, but have changed the questions. You will have an opportunity to recognize how different societies have responded to revolutions in science and technology and to explore how science and technology have affected your own cultural and personal values.

SATURDAY 4/3 TIME:12-2PM COST:$25 LOCATION: ZOOM
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Please Note: Register and pay for your classes prior to attending class.