

GOLD

COLLEGE AT SMSU

Providing Opportunities for Adult Lifelong Learning

GOLD College Goes Virtual!

Oh, yes you can! It's easy to participate.



The ZOOM app is free and it self-loads the first time you access it. You can participate in classes on your phone, iPad, laptop or desktop computer. You don't even need a camera!

After you register and before classes start, you will be emailed a ZOOM link and the password needed to access your class. It's that simple!



ZOOM KICK-OFF VIRTUAL EVENT

Wednesday, September 30, 2020

ZOOM Link: minnstate.zoom.us/j/95980478863

1:30pm – While enjoying your coffee, you can learn a little bit more about using Zoom

1:45pm – Hear more about the classes from the fall instructors

2:00pm – PROGRAM

‘Restorative Justice Practices’ by Amanda Sieling, Lawyer and Assistant Professor at SMSU.

Restorative Justice: Learn how everyone is affected by crime; the victim, community and the offender, and some local outcomes in Yellow Medicine County.

The Zoom Program is free to everyone, even if you're not registered for classes!

What is GOLD College?

GOLD College is an exciting program that offers lifelong learning opportunities to adults in areas of personal interest.

Study Groups

- Classes are presented by a study group leader for two hours, one day a week during a 6-week term.
- There are no grades, tests or attendance.
- Topics may include: art, history, computer, current events, music, writing, health or physical well-being.

Special Features

- Guest speakers.
- Opening ceremony for each fall and spring session.
- Educational field trips.

Social Activities

- Local tours, museum visits, theatre events, luncheons, and other events.

Is GOLD College for you?

- Adults who are looking for lifelong learning opportunities.
- Individuals who want to explore new interests, continue learning, and make new friends.
- Adults whose formal education may have ended early in life or those who obtained advanced degrees and anyone in between.



**For more information, call (507) 537-7164
or email: GoldCollege@SMSU.edu**

GROWTH OPPORTUNITY LEARNING DEVELOPMENT

GOLD College Study Groups

October 5 – November 12, 2020

MONDAY

Preserve your Memories

9:00-10:30

You are one of a kind! It's time to write the story of your unique life. It may sound daunting, but in this class, you can learn how to create a beautiful legacy for your family by writing "one bite at a time." This class is for those who are just beginning their memoirs or for those who need inspiration to continue. Small, manageable assignments with creative and useful prompts, will help you preserve your legacy.

Carol Purrington

Ludwig van Beethoven

A 250th Birthday Tribute!

11:30-1:00

Each class will explore different parts of Beethoven's life and love of music. **Class I.** Context within Vienna, the Viennese (Haydn/Mozart) and the Early Virtuoso Years. **Class II.** Beethoven and the French Revolution—the Middle Period Symphonies, **Class**

III: Beethoven and Late Style: His last Sonatas, Solo Pieces and the Quartets, **Class IV:** Beethoven and his Diabelli Variations, Op. 120, **Class V:** Beethoven and the Mighty Ninth, **Class VI:** Beethoven in the Contemporary Imagination.

Dr. Daniel Rieppel



TUESDAY

The Orphan Trains

9:00-10:30

Between 1854 and 1929 over 250,000 children from the New York City area were placed on what became known as "the orphan trains." It was the largest mass migration of children in American history. This class will explore the efforts of the Children's Aid Society and the New York Foundling Hospital as these agencies sought to provide homeless and abandoned children education, shelter and, most importantly, a home with families in the Midwest and the West. We will take a look at the incredible journeys of children hoping to be "picked" by a good family. Some children were placed in loving homes and went on to live happy and successful lives, while other stories ended in loneliness and tragedy.

Dr. Jan Loft

BIRDING by the Family

11:30-1:00

There are 82 bird families in the world. Let's explore a few! Each week we will identify and discuss a different bird family. This will include Hawks and eagles, Finches, Crows, Jays, Magpies and more. Expand your knowledge of our avian world.

Sue Morton

WEDNESDAY

Greetings from Lyon County: Stories from Lyon County's 150 Years

9:00-10:30

On August 12, 1870, the first meeting of the Lyon County Board of Commissioners occurred at the home of Luman Ticknor in Upper Lynd. 150 years later, Lyon County is celebrating its sesquicentennial. Discover the history of Lyon County before 1870 and the 150 years since through photographs, stories, and objects. The pre-history of Lyon County; the establishment of townships and communities; and other stories of how people have made Lyon County home will be shared and discussed. In this 4 week class, special guests will share specific topics pertaining to Lyon County history.

Jennifer Andries

ZEN Doodle

11:30-1:00

Everyone can do this! Learn the art of ZEN doodle by drawing freestyle spiral patterns through repetition while relaxing in your own home. You will create a series of small artworks and greeting cards. It can be done free hand or using a ruler. You will learn how to create beautiful art with fun therapeutic benefits.



Krystl Louwagie

THURSDAY

Chair Yoga

9:00-10:00

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga increases flexibility, strength and body awareness. When standing poses are included, the chair is used to help with and improve your balance. Chair yoga may also include pranayama breathing techniques and meditation to promote focus, mental clarity and relaxation. Just about any standard yoga pose can be modified for chair yoga, and you will learn and use many of them.

Darwin Dyce

The Fight to Win Votes for Women

11:30-1:00

2020 marks the 100th anniversary of the 19th Amendment, which gave women the right to vote. To mark the centennial, this class will look at the long struggle to make women full and competent citizens. From early beginnings to the first call for the vote at the Seneca Falls Convention of 1848 through seventy two more years of victories and setbacks, this is the story of courageous and determined people and a country coming to terms with the radical philosophy upon which it was founded.

Dr. Joan Gittens



Fall 2020 Registration
October 5 - November 12, 2020

NAME _____

E-MAIL _____
(required to participate in classes)

STREET ADDRESS _____ CITY _____ ST _____ ZIP CODE _____

Choose up to 4 different Study Groups for the same cost

Option to add additional classes - \$25.00 each

Time/Day	Monday	Tuesday	Wednesday	Thursday
9:00-10:30	Memoir Writing _____	Orphan Trains _____	150 Years Lyon Cty _____	Chair Yoga _____
11:30-1:00	Beethoven _____	Birds by the Species _____	Zen Doodle _____	Women's Vote _____



If you paid for the Spring classes that were cancelled, I will be happy to apply that credit towards this session. Please email your registration information and class choices to Goldcollege@smsu.edu

Otherwise please include your payment of \$100.00 for up to 4 classes

1/2 PRICE - If a second person in the same household is participating....\$50.00 up to 4 classes

Make check payable to SMSU and remit to:

**SMSU GOLD College
1501 State Street
Marshall MN, 56258**

Questions? Call 507-537-7164 or email Goldcollege@smsu.edu



1501 State Street
Marshall, Minnesota 56258

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GOLD: Growth, Opportunity, Learning and Development.

