Parker

we make aging part of life ®

WINTER 2026

# Virtual Programming

Our Virtual Programming provides older adults with free access to a rich array of arts, culture, entertainment, and wellness activities. Our diverse programs are free of charge and offer opportunities for older adults to engage in lectures, virtual field trips, interactive arts, wellness sessions, live performances, and more, all from the comfort of home.

Live virtual programs take place on Zoom and are accessible from any device – desktop computer, laptop, tablet, or smartphone.

To register or for more information: www.parkerlife.org/events or email virtualprogramming@parkerlife.org

*"Thank you so much for sponsoring such wonderful presentations. It is always a pleasure to see and learn new things – especially when the presenters are so in the know."*



# JANUARY



## Zentangle with Kathy Shapiro

Tuesday, January 6th and 20th
from 2:00PM – 3:00PM

Unleash your creativity and find tranquility through Zentangle. This meditative art form invites you to create intricate patterns and experience the joy of mindful expression. Suitable for all skill levels, Zentangle is a wonderful way to relax and connect with your inner artist.

## Cabaret and the Berlin Cabaret Culture of the 1920s

Tuesday, January 6th from 6:00PM – 7:00PM

Bob Fosse's exquisite 1972 film *Cabaret* visualized the "divine decadence" of 1931 Germany through the not-so-innocent eyes of Berlin nightclub performer Sally Bowles (Oscar®-winning Liza Minnelli). In this multimedia lecture, cultural historian Max Alvarez will examine the origins of the original John Kander-Fred Ebb Broadway musical and the novel, play, films — and the genuine 1920s Berlin cabaret scene — which inspired it.

## Qigong: Harmony for Body and Mind with John Mercurio

Wednesday, January 7th and 21st
from 2:00PM – 3:00PM

Discover and experience the ancient practice of Qigong and cultivate balance and well-being. Qigong has both psychological and physical components, with gentle movements, posture, and deep breathing guiding you towards improved health, flexibility, and stress reduction. **Class Limit: 25**

## Carried Away: The Evolution of Handbags

Wednesday, January 7th from 6:00PM – 7:30PM

Discover the fascinating evolution of the handbag—from its origins in ancient Egypt to today's high-fashion runways. Explore how this practical item became a cultural icon, featuring legendary designers like Louis Vuitton and Judith Leiber. You will see a Michelangelo-inspired masterpiece and handbag trends that have evolved over time. Presented by adjunct professor of adult education, Barbara Blumberg Ressin.

## Hollywood and Crime: Lights, Camera, Verdict!

Thursday, January 8th from 7:00PM – 8:00PM

Erroll Flynn. Martha Stewart. Alec Baldwin. What happens when celebrity status collides with the criminal justice system? Join federal criminal defense attorney Adriana Collado for an insider's look at high-profile cases that captivated the nation. Explore how fame shaped the legal strategies, influenced proceedings, and impacted outcomes in some of the most notorious celebrity trials. Go beyond the headlines to understand the defense tactics, courtroom dynamics, and lasting consequences that followed the verdicts.

## Mindful Meditation

Friday, January 9th and 23rd
from 10:00AM – 10:30AM

Start your weekend with a relaxed state of mind by practicing conscious breathing followed by a 20-minute guided meditation. Our instructor, Certified Chair Yoga Instructor Pat Richter, will help you feel supported and confident in exploring these mindfulness techniques.

# JANUARY



## Drawing with Colored Pencils

Monday, January 12th from 3:00PM – 4:00PM

Discover the joy of drawing with colored pencils in this art class designed for all skill levels! You'll learn techniques for blending, shading, and creating vibrant artwork in a relaxed and supportive environment where you can express yourself creatively while connecting with others. Join us for a fun and inspiring artistic journey led by professional illustrator Barbara DiLorenzo. Materials required: colored pencils and paper.

## Heroes and Homecomings: Norman Rockwell and World War II

Monday, January 12th from 6:00PM – 7:00PM

Beloved for his warm and humorous portrayals of American life, Norman Rockwell also created powerful images during World War II. This engaging program presented by art historian Jane Oneail examines how Rockwell's wartime illustrations departed from earlier artistic portrayals of conflict. Discover how he balanced patriotism and humanity, selected themes that uplifted a nation in crisis, and conveyed the emotional experience of war to millions of *Saturday Evening Post* readers.

## Financial Fraud for Seniors: What to Look For

Wednesday, January 14th from 7:00PM – 8:00PM

Frauds make headlines daily, and seniors are often prime targets. Financial trainer Joe Novello exposes the growing threat of investment and cyber scams aimed at older adults. Through an interactive game, attendees learn how scammers operate, recognize red flags, and gain practical tips to protect themselves—while also boosting overall financial awareness and understanding common investment risks.

## Quirky American Festivals

Saturday, January 17th from 10:00AM – 11:00AM

Travel addict Karen Gershowitz returns to highlight the country's most unique festivals. From music and arts to food and history, explore famous gatherings like Burning Man and quirky favorites such as Spamarama and the Duct Tape Festival. Discover the local flavor, parades, and playful spirit of festivals you never knew existed—perfect inspiration for your next fun getaway.

## The Rise and Fall of Al Capone

Monday, January 19th from 6:00PM – 7:00PM

Uncover the true story of Al Capone—one of history's most infamous mobsters. Come along with an expert educator from The Mob Museum in Las Vegas, as they trace Capone's meteoric rise during Prohibition, the expansion of his criminal empire, and the dramatic events that led to his downfall—all before he turned 35. Step beyond the legend and get an insider's look at the man behind the myth.

## Taming a Fox: Making a Dog

Thursday, January 22nd from 7:00PM – 8:00PM

Join animal behaviorist and historian Lee Dugatkin, Ph.D., as he discusses his book *How to Tame a Fox (and Build a Dog).* Explore the 66-year Siberian experiment domesticating foxes, revealing how genetics and behavior shape domestication and the human-animal bond. *The New York Times Book Review* calls it "part science, part Russian fairy tale, and part spy thriller."

# JANUARY



## Choosing Happiness: The Power of Mindset and Gratitude

Tuesday, January 27th from 7:00PM – 8:00PM

Learn how to thrive—not just survive—in everyday life by embracing a more positive mindset. Led by personal growth expert Melody Van Horn, this uplifting program focuses on cultivating gratitude, finding joy in life's simple moments, and developing emotional resilience. Through practical exercises and mindset shifts, participants will learn to reframe negative thinking, embrace optimism, and build lasting habits that support happiness and emotional well-being.

## Gone With the Wind: A David Selznick Masterpiece

Thursday, January 29th from 7:00PM – 8:00PM

Join film historian Sharon Harris for a fascinating look at one of Hollywood's most iconic films. This engaging lecture explores the casting choices, behind-the-scenes controversies, and legendary stars of *Gone with the Wind.* Why was Clark Gable the obvious choice—and how did an Englishman like Leslie Howard land the role of Ashley? A highlight of the program includes rare audition clips of dozens of actresses who vied for the role of Scarlett O'Hara—some of whom may surprise you!

> *Parker consistently brings us the best–broadening our horizons and nurturing our appreciation of all this life offers.*

# FEBRUARY



## Bob Dylan: Jewish Roots American Soil

**Sunday, February 1st from 1:00PM – 2:00PM**

In 1961, Bob Dylan arrived in New York City, soon transforming popular music for decades. Born Robert Allen Zimmerman to Jewish parents in Duluth, Minnesota, Dylan concealed his roots while constantly reinventing himself. In this lecture, author Harry Freedman explores how Dylan's musical decisions, genius for reinvention, and Jewish roots go hand in hand.

## Life Is a Work of Art

**Monday, February 2nd from 7:00PM – 8:00PM**

It can happen in an instant—a glance in the mirror, a few gray hairs, or hearing the word "elderly" directed at you. But growing older doesn't mean slowing down. Social scientist Lucy Rose Fischer offers an inspiring perspective on aging with creativity and purpose. Learn how to keep your mind sharp, embrace the "use it or lose it" principle, and continue growing—mentally and emotionally—at any age. Discover how to shape your later years into a true work of art.

## Pinball's Wizardry

**Wednesday, February 4th from 6:00PM – 7:00PM**

Explore the fascinating history of a classic American pastime with Adam Ruben, author of *Pinball Wizards: Jackpots, Drains, and the Cult of the Silver Ball.* Once banned and nearly forgotten, pinball has repeatedly staged remarkable comebacks, reflecting the spirit of each era. Ruben—comedian, author, molecular biologist, and television host—traces its turbulent journey from sledgehammer crackdowns to modern resurgence, revealing why this enduring game continues to attract devoted fans.

## Ebb and Flow: Organic Abstraction in Watercolor

**Thursday, February 5th from 3:00PM – 5:00PM**

Join a live watercolor class with the Georgia O'Keeffe Museum and instructor Morgan Jones. Inspired by O'Keeffe's *Untitled (Seaweed),* explore organic abstraction through color, shape, and rhythm. Ideal for beginners and experienced painters alike, this session encourages expressive techniques and creative freedom. Complimentary art supplies will be shipped to new Georgia O'Keeffe Studio Art Class students. **Class Limit: 25**

## Mindful Meditation

**Friday, February 6th and 20th from 10:00AM – 10:30AM**

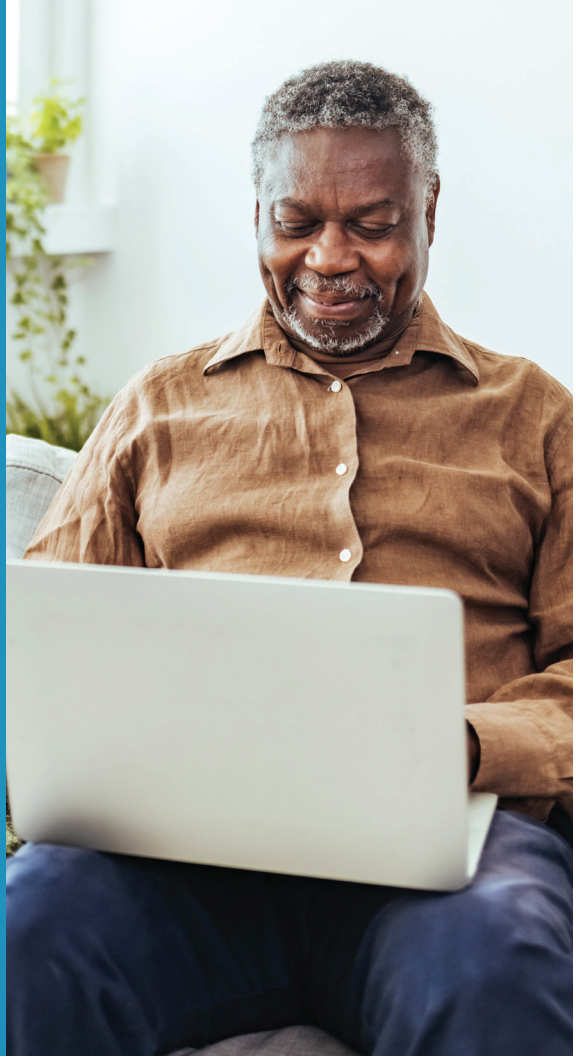
Start your weekend with a relaxed state of mind by practicing conscious breathing followed by a 20-minute guided meditation. Our instructor, Certified Chair Yoga Instructor Pat Richter, will help you feel supported and confident in exploring these mindfulness techniques.

## Riddles Make You Think

**Monday, February 9th from 6:00PM – 7:00PM**

What's the difference between a riddle and a joke? One makes you think, the other makes you laugh. Join speaker Mike Czuchnicki for an interactive session of brainteasers about money, love, science, and life—ranging from easy to famously tricky. Discover how to make $0.11 with two coins (when one isn't a penny) and learn why today's nuclear explosions still matter. Get ready to stretch your mind and have fun!

# FEBRUARY



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## The Hour of Peril

Tuesday, February 10th from 6:00PM – 7:00PM

Author Daniel Stashower and actor Scott Seder bring to life *The Hour of Peril*—the true story of a secret 1861 plot to assassinate Abraham Lincoln. Famed detective Allan Pinkerton and pioneering private eye Kate Warne raced to stop the conspiracy as the nation edged toward Civil War. Based on Stashower's *New York Times* bestseller, this gripping talk reveals the drama and danger behind one of history's most daring attempts at political murder.

## Qigong: Harmony for Body and Mind with John Mercurio

Wednesday, February 11th and 25th
from 2:00PM – 3:00PM

Discover and experience the ancient practice of Qigong and cultivate balance and well-being. Qigong has both psychological and physical components, with gentle movements, posture, and deep breathing guiding you towards improved health, flexibility, and stress reduction. **Class Limit: 25**

## Easter Island

Thursday, February 12th from 6:00PM – 7:00PM

The moai statues of Easter Island stand as silent witnesses to the incredible achievements of Polynesian voyagers who settled on one of the most remote islands on Earth. Join historian Justin Jacobs as he explores how these early navigators arrived, how they carved and transported the massive stone figures, and the possible meanings behind them. Discover the ingenuity and resilience of a culture that thrived in an ecologically fragile environment.

## Drawing with Colored Pencils

Monday, February 16th from 3:00PM – 4:00PM

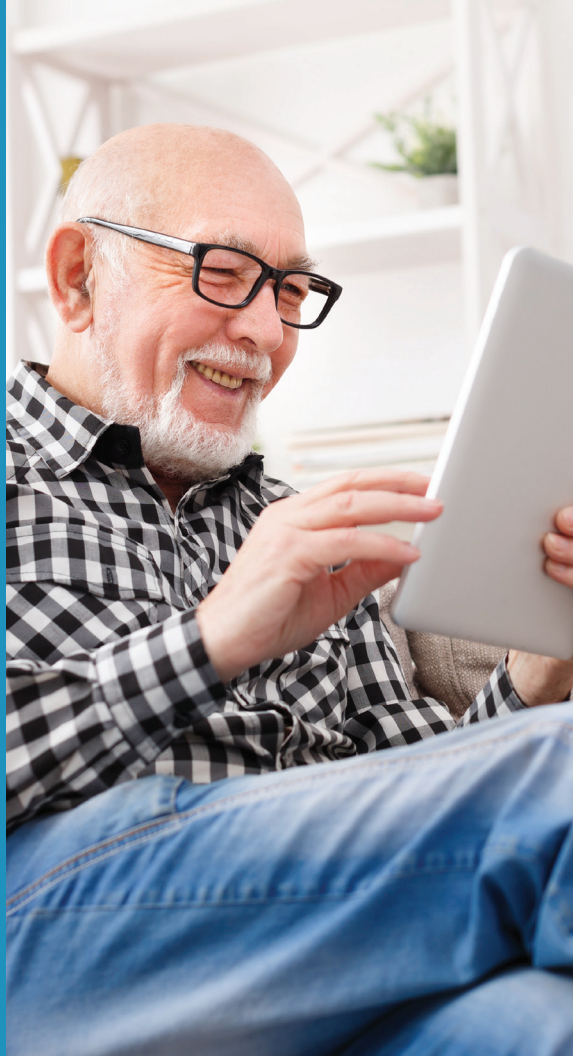
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## From Streaming TV to the Oscars: How Netflix is Disrupting the Entertainment Industry

Tuesday, February 17th from 7:00PM – 8:00PM

From its beginnings as a DVD rental service, Netflix has transformed the media landscape. With the launch of streaming in 2007 and award-winning originals like *Stranger Things* and *Roma,* it has challenged traditional TV and film. Film historian Brian Rose explores how Netflix, with 150 million subscribers in 190 countries, is redefining global entertainment and positioning itself as the industry's dominant force.

# FEBRUARY



## Chinese New Year in Taipei

**Wednesday, February 18th from 4:00PM – 5:00PM**

Join Banyan Global Learning for a live, interactive tour of Taiwan during Chinese New Year, celebrated by over a billion people worldwide. Explore festive streets, local shops, and colorful decorations while learning about the holiday's history and the meaning of the current zodiac sign. The journey continues through vibrant night markets, temples, and more. Experience the sights, sounds, and spirit of this rich cultural celebration—all from wherever you are!

## Best Picture Oscar Talk

**Thursday, February 19th from 7:00PM – 8:00PM**

Join film historian Dan Hudak for an entertaining and insightful look at this year's Best Picture Oscar nominees. Discover why each film earned a nomination, who the front-runners are, and how the Academy's voting habits shape the outcome. Featuring film clips, behind-the-scenes stories, Oscar trivia, and highlights from other major categories, this lively hour-long lecture is a must for movie lovers and awards season fans alike!

## The Last Bohemians of Greenwich Village

**Monday, February 23rd from 7:00PM – 8:00PM**

Author Debra Dean shares the extraordinary true story of Jan Yoors—Belgian American artist, wartime resistance fighter, and New York bohemian—and the two women who shared his unconventional life and helped create his monumental tapestries. Based on intimate interviews with Marianne Yoors near the end of her life, Dean's illustrated biography *Hidden Tapestry* reveals what *The New York Times* bestselling author Ross King calls "one of the most remarkable artistic stories of the twentieth century."

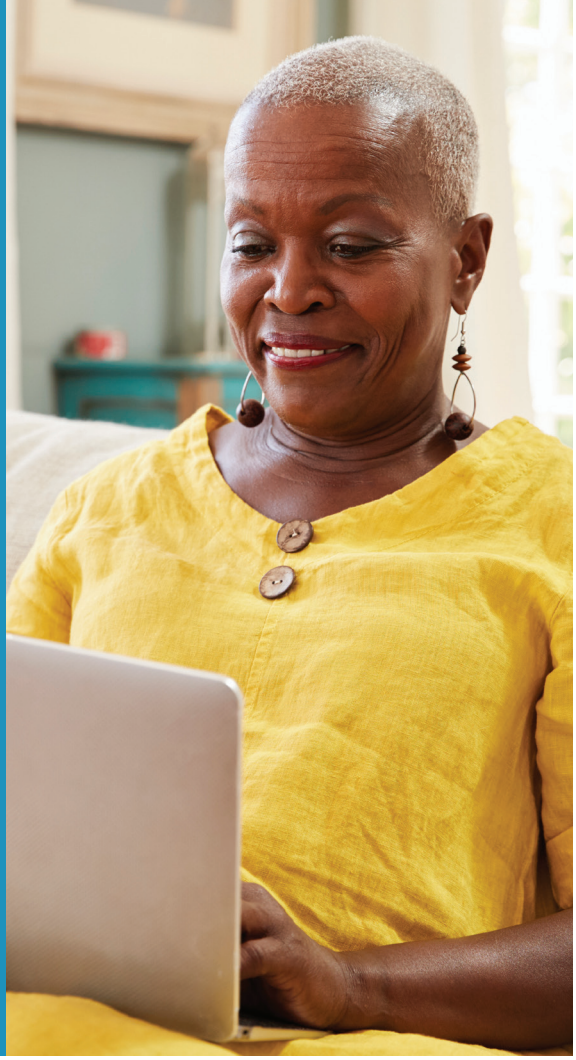
## Betty Crocker and Her Cookbook That Changed How America Cooks

**Tuesday, February 24th from 6:00PM – 7:00PM**

Long before Martha Stewart, there was Betty Crocker. Historian Leslie Goddard explores the creation of this iconic brand, from her 1921 origins to the 1950 *Picture Cook Book,* which sold over 75 million copies. This fun illustrated lecture reveals why Betty Crocker became America's most trusted cooking advisor and why her legacy endures—perfect for a nostalgic culinary journey.

> *Your programs are so very great. They just make my days better! I am so happy to be learning something new all the time.*

# MARCH



## Rule Breakers and History Makers: Ten Women Who Challenged the Status Quo

**Monday, March 2nd from 7:00PM – 8:00PM**

Historian Taylor Sims highlights ten extraordinary women—from the ancient world to modern times—who defied expectations and transformed history. From familiar figures like Joan of Arc and Susan B. Anthony to lesser-known trailblazers such as Queen Boudica and Licoricia of Winchester, discover how their bold choices challenged convention and changed the world.

## MOBA 101: Introduction to the Museum of Bad Art

**Tuesday, March 3rd from 6:00PM – 7:00PM**

Museum of Bad Art (MOBA) in Boston, Massachusetts, collects, exhibits, and celebrates art that will be seen in no other venue. Join an educator from MOBA as they interpret the art, compare it to classic art and share the adventure of building MOBA to a worldwide phenomenon. This art is too bad to be ignored.

## Rock'n Rainforest

**Wednesday, March 4th from 4:00PM – 5:00PM**

Rainforests are some of the most vibrant and diverse ecosystems on Earth. Join us for an engaging program with the Lee Richardson Zoo in Garden City, Kansas, and explore the fascinating plants and animals that call the rainforest home. Special Ambassador Animals will make appearances throughout the program, offering a unique opportunity to experience the wonders of this extraordinary habitat up close.

## Sondheim's Brilliance: Crafting Art and Emotion in *Sunday in the Park with George*

**Thursday, March 5th from 7:00PM – 8:00PM**

Celebrate the genius of Stephen Sondheim through an exploration of his Pulitzer Prize-winning musical *Sunday in the Park with George.* Music Professor Gilad Harel examines how Sondheim's intricate score and layered lyrics weave together art, love, and legacy, inspired by painter Georges Seurat. Discover how complex harmonies and poignant storytelling shine in songs like *"Finishing the Hat"* and *"Move On."* Uncover why this masterpiece remains a defining work in musical theater history.

## Mindful Meditation

**Friday, March 6th and 20th from 10:00AM – 10:30AM**

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## Let's Run Away to the Circus!

**Monday, March 9th from 5:00PM – 6:00PM**

Join us for a virtual lecture with curatorial staff from The Ringling Circus Museum in Sarasota, Florida to get a behind-the-scenes look at the early 20th century circus. This program will use historic photographs and other objects from the Circus Museum collection to illustrate stories of performers, managers, animals, spectators, and everyone in between. As we recount the golden days of circus, you will be invited to share your own circus memories as well!

# MARCH



## Zentangle with Kathy Shapiro

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## The Healing Power of Writing

**Thursday, March 12th from 7:00PM – 8:00PM**

Writing is an effective path to healing relationships and ensuring that the next generation is less burdened by intergenerational trauma. In this talk, storyteller Ruth Wade will share the three ways that her writing transformed the relationship between herself and her Holocaust survivor father, Sidney Finkel. If there is time and interest, Ruth will help participants begin their own writing journeys.

## Josephine - The Empress Gardened

**Saturday, March 14th from 11:00AM – 12:00PM**

Join garden historian Lesley Parness for a virtual talk on French Empress Josephine, a powerful style maker whose refined taste shaped 18th–19th century fashion and design. Influenced by her Caribbean roots, brushes with history, and passion for flowers, Josephine transformed her estate, Malmaison, into a botanical wonder. Her legendary love of roses inspired exploration, launched an enduring floral industry, and even helped stop a war.

## Drawing with Colored Pencils

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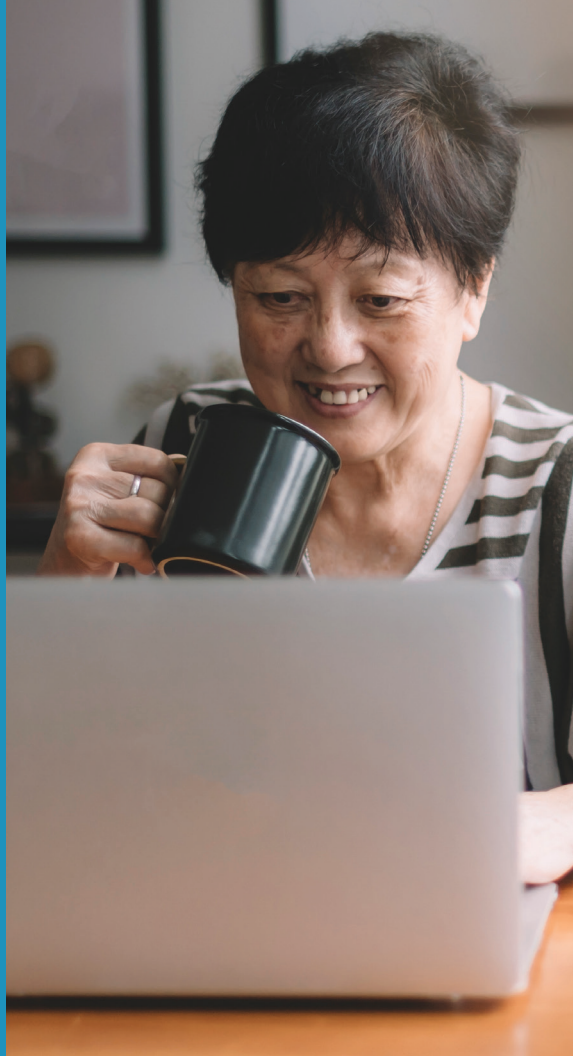
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## The Ten Greatest Westerns

**Wednesday, March 18th from 6:00PM – 7:30PM**

The Western is riding back into popularity! In this lecture, historian Clay Jenkinson highlights ten standout films—from *Red River* and *High Noon* to the Coen brothers' *True Grit* and *The Good, the Bad, and the Ugly.* Through clips and discussion, he explores what makes these classics endure and how the Western continues to shape America's image of the frontier.

# MARCH



## Fictional Characters on the Couch

Tuesday, March 24th from 6:00PM – 7:00PM

Delve into the psychology behind beloved literary and film characters in this lecture with Dean A. Haycock, neurobiologist, former Brown University instructor, and author of *Characters on the Couch.* Explore how classic works—from Gogol to Plath—have shaped our understanding of mental health, and where pop culture gets it right—or wrong. Haycock examines famous characters like Atticus Finch, Hannibal Lecter, and Marge Gunderson, revealing what their portrayals teach us about the human mind.

## LGBTQ 101: An Up-to-Date Primer on the Language and Politics of Sexuality and Gender

Thursday, March 26th from 7:00PM – 8:00PM

Sociology professor Aaron Hoy offers an insightful and interactive presentation exploring how sexuality and gender are evolving in today's world. As more LGBTQ+ individuals embrace diverse and authentic identities, this talk helps audiences better understand what these changes mean for individuals, families, and communities. Presented in an open and affirming way, it invites meaningful discussion and fosters greater awareness, empathy, and confidence in talking about LGBTQ+ experiences and issues.

## The Great American Road Trip

Monday, March 30th from 6:00PM – 7:00PM

Few genres are as uniquely American as the road trip story. From Mark Twain to Jack Kerouac, these narratives capture journeys of discovery across unfamiliar landscapes, reflecting shifting eras of American life. Beyond literature, road trips hold a special place in collective memory—from family vacations to cross-country adventures. Join historian Dr. Allen Pietrobon for a fascinating exploration of how road-tripping has shaped American history, culture, and identity from the 1800s to today.

> *Parker Life always has a wide variety of superb on-line programming to choose from!*