

APRIL 2024

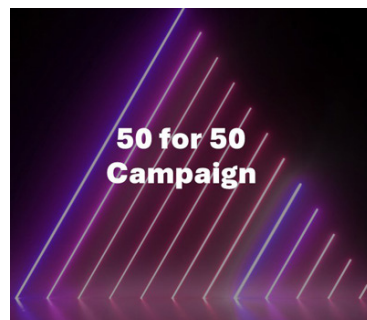
SELIM CENTER FOR LIFELONG LEARNING LEARNING POST

SELIM CENTER FOR LIFELONG LEARNING

MAKE YOUR BRAIN HAPPY

INSIDE THIS ISSUE

- Summer 2024 Classes
- Coming Still This Spring
- Free Event on May 1
- January 2025 Study-Travel
- Center History



Join your fellow lifelong learners in supporting the Selim Center's work, and make a donation of any size to the "50 for 50" Campaign. The goal is an additional 50 donations by June 30, 2024 for the Center's 50th anniversary. Donation forms can be downloaded on the Center's website at this link: <https://stthomas.edu/selim-center/give>

Thank you for your support of our lifelong learning programs!

Summer Class Schedule Launch

Summer classes will take place on June 5 & 12, in-person, only.
Morning class: Butterflies, Bees, Your Garden and Our Planet
Afternoon class: Addressing Fall Prevention in Older Adults
Using a Holistic Exercise Approach: Programming for the Mind & Body

You can read more on Page 2 of this newsletter.



Selim Center for
Lifelong Learning

SUMMER CLASSES

In-Person On-Campus, June 5 & 12, 2024



Butterflies, Bees, Your Garden and Our Planet

Butterflies, Bees, Your Garden and Our Planet with Ms. Rebecca Zerlin

Wednesday, June 5 & 12, 10:00-11:45 a.m.

This workshop explores the intricate relationships between butterflies, bees, and your garden, and how they impact the health of our planet. Through engaging discussions and hands-on activities, participants will learn practical ways to create pollinator-friendly environments in their own gardens, contributing to the conservation of these vital species and the overall well-being of our ecosystem.

Addressing Fall Prevention in Older Adults Using a Holistic Exercise Approach: Programming for the Mind and Body with Dr. Brett Bruininks

Wednesday, June 5 & 12, 1:00-2:45 p.m.

Falls are the leading cause of fatal injury & the most common cause of non-fatal trauma-related hospital admissions among older adults. This series will discuss the major variables that influence falls in older populations, & will take participants through a series of exercises that can be used at home to build strength, balance, and awareness.



Addressing Fall Prevention in Older Adults



Wisdom & Wellness Fair

Wisdom and Wellness Fair

Wednesday, June 12th, 3:00-7:00 p.m., University of St. Thomas campus

Unlock the doors to a healthier, wiser future with us at the Wisdom and Wellness Fair. Delve into an afternoon packed with inspiring talks from local authors and experts who focus on the interconnections of wisdom and wellness, as well as healthy living resources for older adults. This enriching event is proudly sponsored by Allina Health Aetna, Herself Health, and the Selim Center for Lifelong Learning at the University of St. Thomas.

Read More & Register:
www.stthomas.edu/selim-center

COMING STILL THIS SPRING

In-Person with live Zoom simulcast available



Conflict, Uprising & The Future of the Planet

Conflict, Uprising & The Future of the Planet with Dr. Amy Finnegan

Wednesdays starting April 24, 10:00-11:45 a.m.

This series will explore the fundamentals of what makes a peaceful society and why conflict is so integral to social justice. It will introduce learners to what social movements are and why they matter, specifically exploring the social political framework of degrowth in the contemporary movement to protect and sustain life on Mother Earth.

Lunch'n Explore: The United States at a Cross Roads with Dr. David Schultz

Friday, May 3, 11:45 a.m.-1:30 p.m.

The 2024 elections in the US test an America at the crossroads. We are a nation divided across many dimensions, facing significant challenges and choices. This talk examines the importance of the national & state elections, looking at the factors that will decide the winners & what it will mean for the US in the next four years.

REGISTER SOON! Registration for the in-person version of this event closes on April 21st. Registration for the live Zoom simulcast closes on May 2.

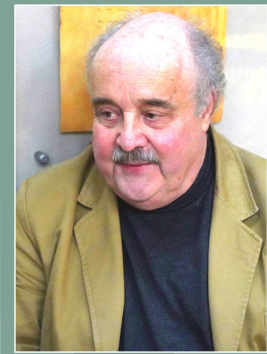
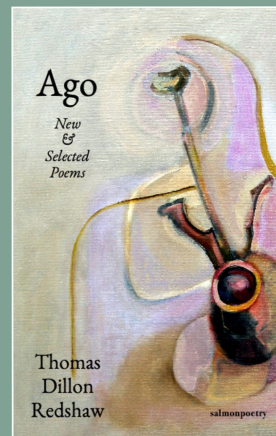
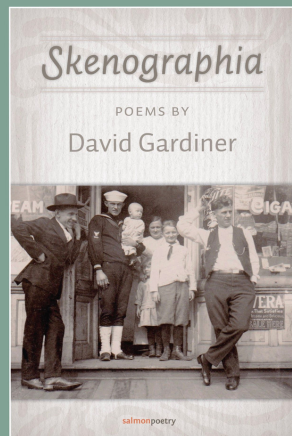


The United States at a Cross Roads: The 2024 Elections & the Future of the American Experiment

Read More & Register:
www.stthomas.edu/selim-center

FREE EVENT ON-CAMPUS

Wednesday, May 1, 2024 at 7:00 P.M.



Join us for the St. Thomas launch of two new poetry collections by
DAVID GARDINER & THOMAS DILLON REDSHAW
OSF Library Leather Room | Wednesday May 1, 2024 at 7:00 p.m
Poets will read from their works, answer questions, and sign books after the reading

Co-sponsored by the Selim Center for Lifelong Learning, the Luann Dummer Center for Women & the Center for Irish Studies

Plan now to join us for the St. Thomas launch of two new poetry collections by Dr. David Gardiner & Dr. Thomas Dillon Redshaw on Wednesday, May 1, 2024 at 7:00 p.m. This free event will take place in the O'Shaughnessy-Frey Library Leather Room, and the poets will read from their works, answer questions, and sign books after the reading.

One critic described Redshaw's work as "richly detailed and elegantly crafted"; another described Gardiner's work as being "marked by a humane compassion and unflinching integrity". You won't want to miss this special event!

Co-sponsored by the Selim Center for Lifelong Learning, the Luann Dummer Center for Women & the Center for Irish Studies. You can read more and register at www.stthomas.edu/selim-center/programs.

Read More:

www.stthomas.edu/selim-center

STUDY-TRAVEL TO ITALY

Coming in January 2025

Plan now to sign up for one or both of these study-travel opportunities. Program One explores Sicily. Program Two explores Rome and its environs.

Sicily: Exploring the Layers of History: January 7–15, 2025

Rome from Antiquity to the Early Modern Era: Legacies and Transformations, January 15–23, 2025

Kick off 2025 by joining the Selim Center and fellow learners for one or both of these unique study-travel programs to explore ancient architecture and history from antiquity and early Christianity to the Early Modern era. Dr. Vanča Schrunk, St. Thomas archeologist and historian of the ancient world, will interpret and help us appreciate the history and rich cultures we encounter. The first program (or first half) starts on the island of Sicily, whose location at the center of the Mediterranean made it a crossroads of history and civilizations. Dr. Schrunk will introduce us to the many layers of this beautiful island, from Palermo to the ancient Greek temples of Selinunte; the historical cities of Agrigento and Syracuse; ending in the stunning city of Taormina, with its views of the sea and Mount Etna. This first program (or first half) will conclude in Rome.

After a rest day, the second program (or second half) begins as we explore the transformation of intellectual and physical culture in Rome from antiquity to Michelangelo. Focusing on ancient Roman and early Christian history, we will visit major and lesser-known sites to analyze how ancient landmarks were memorialized or transformed through time. We will explore the Forum, the Colosseum, and enjoy a lunch at the top of Il Vittoriano where we will take in the panorama of Rome through a historical lens. We will then delve into early Christian history and archaeology in this Jubilee Year through visits to important sites of sacred continuity such as catacombs and early churches. These visits will tie together rich layers of Rome's history. In the three levels of San Clemente Basilica, we will experience the evolution of Christianity from the 1st century through the Middle Ages. We will visit Rome's first cathedral, St. John Lateran, and Santa Maria Maggiore, a beautifully preserved church from the 5th century. A day in Tivoli, with its setting of Emperor Hadrian's villa and magnificent gardens of Villa D'Este, will be an ideal place to contextualize our study of ancient legacies in an Early Modern landscape. Our course will culminate with a customized guided visit of the Vatican Museums and the Sistine Chapel.

More details & registration information will be available

in June 2024



CENTER HISTORY

During the month of April, the Center's Facebook page is celebrating the "village" of our incredible UST colleagues who work behind-the-scenes on campus to provide the Center with vital services to assure we can provide all our students with the best possible learning experience. In this month's newsletter, we're featuring the Public Safety and Parking Services team. On campus 24x7, the constant presence of the dispatchers and the public safety officers assures support is always available for whatever needs arise, including support for the Center's students. These dedicated colleagues can be counted on to respond quickly to calls for help no matter the time of day (or night).

The parking services team provides access to parking for the Center's off-campus speakers, and also provides clear directions and signage to make visitor parking easy to do for the Center's students who drive to campus. We're very appreciative of all these colleagues and hope you'll thank them the next time you're on campus.

Coming in May

The May newsletter will be published on May 16.

Featured items include:

- Summer Classes & June health fair information
- A look inside the Center's Spring Classes
- Center History

Contact Us

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