

2024 Monthly Subscription- Four Lifelong Learning Classes Per Month

**Blue-
Lifelong Learning**

**Purple-
Celebrate the Month**

**Green-
Health & Wellness**

January	February	March	April
Art Motion & Movement	Celebrating America	Climb Every Mountain	The Spring Season
<ul style="list-style-type: none"> • Is January the Best Month of the Year? • Kinetic Art & Alexander Calder • Land & Earth Art • Dancing Backwards in Heels 	<ul style="list-style-type: none"> • Heart Me! • The First People in the Grand Canyon • The February Presidents • Mindful Content Consumption 	<ul style="list-style-type: none"> • The <i>Real</i> Story of St. Patrick's Day • The Rocky Mountains • The Appalachian Mountains • Moods, Emotions, Feelings & Our Brain 	<ul style="list-style-type: none"> • The Season(s) of Spring • Spring Surprise! Georgia O'Keeffe • Deep Thoughts From Shakespeare • Wire Your Brain for Happiness
May	June	July	August
Breaking through the Clouds	POP Art!	What We Learned From the Ancient Greeks	America's Summer Road Trips
<ul style="list-style-type: none"> • Happy Mother's Day- Impressive Mothers • How Did We Learn to Fly Like the Birds? • Hidden Figures • The Five Senses Brain Challenge 	<ul style="list-style-type: none"> • Happy Father's Day- Impressive Fathers • A Family of Artists (Wyeth) • The Wright Brothers • Making Deposits for Better Brain Health 	<ul style="list-style-type: none"> • America's 4th of July • The Olympics- Fitness & Holistic Health • Literature, Theater, Art & Architecture • Seven Habits for a Healthier Lifestyle 	<ul style="list-style-type: none"> • Historic Summer Events • Get Your Kicks on Route 66 • Beach, Mountains, or Great Lakes- <i>You decide!</i> • Food For Our Heart & Brain
September	October	November	December
American Coasts & Coastal Culture	Learning About the Past- Understanding the Present	Famous Friends	The Winter Season
<ul style="list-style-type: none"> • September- a Month of Transitions • East Coast- Maine to Florida • West Coast- Pacific Northwest & California • Our Brain and Music 	<ul style="list-style-type: none"> • Spooky! The History of Halloween • Kolb Brothers- Grand Canyon Pioneers • Inventions That Changed the World • PRO- Positivity, Resilience & Optimism #2 	<ul style="list-style-type: none"> • El Dia de los Muertos • Literature- Sherlock Holmes & Dr. Watson • Movies & Television- Thelma & Louise, Lucy & Ethel • Engaging & Connecting 	<ul style="list-style-type: none"> • Days of Celebrations • The Classics- Music & Movies • Celebrations Around the World • Wisdom & Our Brain