

## 2025 Monthly Subscription- Bringing the Past to the Present

Two Classes Per Month

One Lifelong Learning, One Well-Being & Happiness

\$70.00 per month

Preserving and celebrating elements of the past, such as traditions, languages, and cultural practices, is essential for maintaining a sense of identity and heritage. Bringing the past to the present can help preserve traditions and foster a sense of remembrance and continuity across generations.

### Learning & Discovery, Well-Being & Happiness

January	February	March	April
<b>Unusual Historical Influencers</b>	<b>Cultural Preservation</b>	<b>Balancing Tradition and Innovation</b>	<b>Learning From the Past</b>
<ul style="list-style-type: none"> <li>• Influential Broadway Musicals</li> <li>• Sweet Dreams</li> </ul>	<ul style="list-style-type: none"> <li>• Natural Art in the National Parks</li> <li>• Gratitude in Bloom: Cultivating Positivity for a Brighter Life</li> </ul>	<ul style="list-style-type: none"> <li>• The Disappearing Greeting Card</li> <li>• The Energizing Force of Physical Movement</li> </ul>	<ul style="list-style-type: none"> <li>• The Mosaic of America's Culture</li> <li>• Continuous Learning &amp; Cognitive Longevity</li> </ul>
May	June	July	August
<b>Ancient Craftsmanship</b>	<b>Culinary Heritage</b>	<b>What's in a Name?</b>	<b>Architecture &amp; Urban Planning</b>
<ul style="list-style-type: none"> <li>• The First People Tell Their Story</li> <li>• Eco-Friendly Living</li> </ul>	<ul style="list-style-type: none"> <li>• Famous Chefs</li> <li>• The Food We Eat: Fueling Body and Soul</li> </ul>	<ul style="list-style-type: none"> <li>• From Zeus to Starbucks: Legendary Names</li> <li>• Mastering Stress: Tools for Calm and Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Architectural Wonders That Never Age</li> <li>• Art &amp; Creativity for Cognitive Resilience</li> </ul>
September	October	November	December
<b>Storytelling &amp; Oral Histories</b>	<b>Lessons From Historical Figures</b>	<b>Historic Preservation in Modern America</b>	<b>Nostalgia &amp; Sentiment</b>
<ul style="list-style-type: none"> <li>• Literature's Memorable Characters</li> <li>• Hydration &amp; Brain Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Explorers of the Grand Canyon</li> <li>• Nature's Impact on Your Well-Being</li> </ul>	<ul style="list-style-type: none"> <li>• Architectural Sites &amp; Cultural Landscapes</li> <li>• The Influence of Hobbies</li> </ul>	<ul style="list-style-type: none"> <li>• Vintage Holiday Advertising</li> <li>• Social Connections &amp; Well-Being</li> </ul>