

All virtual classes use the Zoom video platform. A link to the class will be emailed to you 24 to 48 hours before the first day of the class. Follow the instructions in the email to connect. To allow for a better class experience, use a device that offers video and audio capabilities. If you have difficulty connecting, please call us, 719-955-3400, for help.

Class Name	Description	Instructor	Date	Day	Time
<b>Virtual Book Club</b>	American Dirt by Jeanine Cummins. Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is fairly comfortable. One day a man enters the shop to browse and comes up to the register with a few books he would purchase. Javier is erudite. Unbeknownst to Lydia, he is the jefe of the newest drug cartel. None of their lives will ever be the same. Book purchased for you by Humana.	Ensch	August 5-26	Th	10-11
<b>Virtual Book Club</b>	Running with Scissors by Augusten Burroughs. Running with Scissors is the true story of a boy whose mother gave him away to be raised by her unorthodox psychiatrist who bore a striking resemblance to Santa Claus. The funny, harrowing and bestselling account of an ordinary boy's survival under the most extraordinary circumstances. Book purchased for you by Humana.	Ensch	September 2-23	Th	10-11
<b>Natural Hacks That Support Memory</b>	While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.	Brown	September 15	W	1-2
<b>Virtual Book Club</b>	The Last Lecture by Randy Pausch. A lot of professors give talks titled 'The Last Lecture'. Professors are asked to consider their demise and to ruminate on what matters most to them: The book is about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. Book purchased for you by Humana	Ensch	October 7-28	Th	10-11



# VIRTUAL CLASSES

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<b>Taste-Tea &amp; Nourishing</b>	Join us for tea time! From the ooo's of an oolong to a gregarious green—learn what makes each cup of tea so unique in taste and so beneficial to our health. Sample year-round favorites and unlock the power that comes from freshly brewed tea.	Brown	October 27	W	1-2
<b>Virtual Book Club</b>	Mary Jane by Jessica Anya Blau. In 1970s Baltimore, fourteen-year-old Mary Jane lands a summer job as a nanny for the daughter of a local doctor. The doctor's house may look respectable on the outside, but inside it's a literal and figurative mess: clutter on every surface, IMPEACHMENT: Now More Than Ever bumper stickers on the doors, cereal and takeout for dinner. And even more troublesome (were Mary Jane's mother to know, which she does not): The doctor is a psychiatrist who has cleared his summer for one important job—helping a famous rock star dry out. A week after Mary Jane starts, the rock star and his movie star wife move in. Book purchased for you by Humana	Ensch	November 4-18	Th	10-11
<b>Taking Gluten Free to the Next Level</b>	Whether necessity or choice led you to eat gluten free, this eating style is helping many experience the health benefits: less bloating, less brain fog and better sleep because of it. What if you could take gluten free eating to the next level? Eating Grain Free may bring you the health benefits you're seeking.	Brown	November 10	W	1-2
<b>Garlic Greatness</b>	It's a staple in just about every type of cuisine, and it is a staple of good health. The special sulfur-containing compounds in garlic make it a valuable and potent part of any healthy diet or supplement regime. Whether you're looking for a cardiovascular superhero, a supplement to support immune function, memory, or even a little everyday detoxification, never fear, garlic is here!	Brown	December 8	W	1-2

