

## 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
Unusual Historical Influencers	Cultural Preservation	Balancing Tradition and Innovation	Learning From the Past
<ul> <li>Influential Broadway Musicals</li> <li>Sweet Dreams</li> </ul>	<ul> <li>Natural Art in the National Parks</li> <li>Gratitude in Bloom: Cultivating Positivity for a Brighter Life</li> </ul>	<ul> <li>Tradition Meets         Technology</li> <li>The Energizing Force         of Physical         Movement</li> </ul>	<ul> <li>The Mosaic of America's Culture</li> <li>Things to Know About Your Brain</li> </ul>
May	June	July	August
Ancient Craftsmanship	Culinary Heritage	What's in a Name?	Architecture & Urban Planning
<ul> <li>The First People Tell         Their Story</li> <li>Eco-Friendly Living</li> </ul>	<ul> <li>Famous Chefs</li> <li>Food for Our Heart and Soul</li> </ul>	<ul> <li>From Zeus to Starbucks: Legendary Names</li> <li>Mastering Stress: Tools for Calm and Resilience</li> </ul>	<ul> <li>Architectural Wonders         That Never Age     </li> <li>Art &amp; Creativity for         Cognitive Resilience     </li> </ul>
September	October	November	December
Storytelling & Oral Histories	Lessons From Historical Figures	Historic Preservation in Modern America	Nostalgia & Sentiment
<ul> <li>Literature's         Memorable         Characters</li> <li>Hydration &amp; Brain         Performance</li> </ul>	<ul> <li>Harvest Stars</li> <li>Nature's Impact on Your Well-Being</li> </ul>	<ul> <li>Architectural Sites &amp; Cultural Landscapes</li> <li>The Influence of Hobbies</li> </ul>	<ul> <li>Vintage Holiday         Advertising     </li> <li>Social Connections &amp;         Well-Being     </li> </ul>