

## UUSS Adult Enrichment Past Classes 2016-2022

- Book discussions - social justice
- Multi Kulti (anti-racism workshop)
- Forum on Water use in California
- Life Cycle of the Electric Car
- Photoboxophobia (photo filing)
- Sci Fi films as prophecy
- Reading, responding to poetry
- Theater One acting classes
- Braver Angels (bi-partisanship)
- Dance class (exercise for seniors)
- Life Stories of UUSS Elders



- Bible Studies
- Deists and Theists
- World Religions
- Jesus the Man
- The Labyrinth
- Our neighbors the Sikhs
- Process Theology
- Religions of Japan
- Banner Banter (sanctuary banners)
- Build your own theology
- Theologies for the 21st Century
- What the heck is UU spirituality?

- Supportive Listening
- Death-positive films
- End of Life Options
- Navigating Grief
- Bereavement group
- Dream Group
- The practical path to joy
- Transforming our losses
- Foundations of mindfulness
- Mindfulness meditation
- Qualities of the heart meditation
- Tango Meditation, Sufi Elements
- Beginning meditation
- Find your calling at any age
- From Ageing to Sageing

