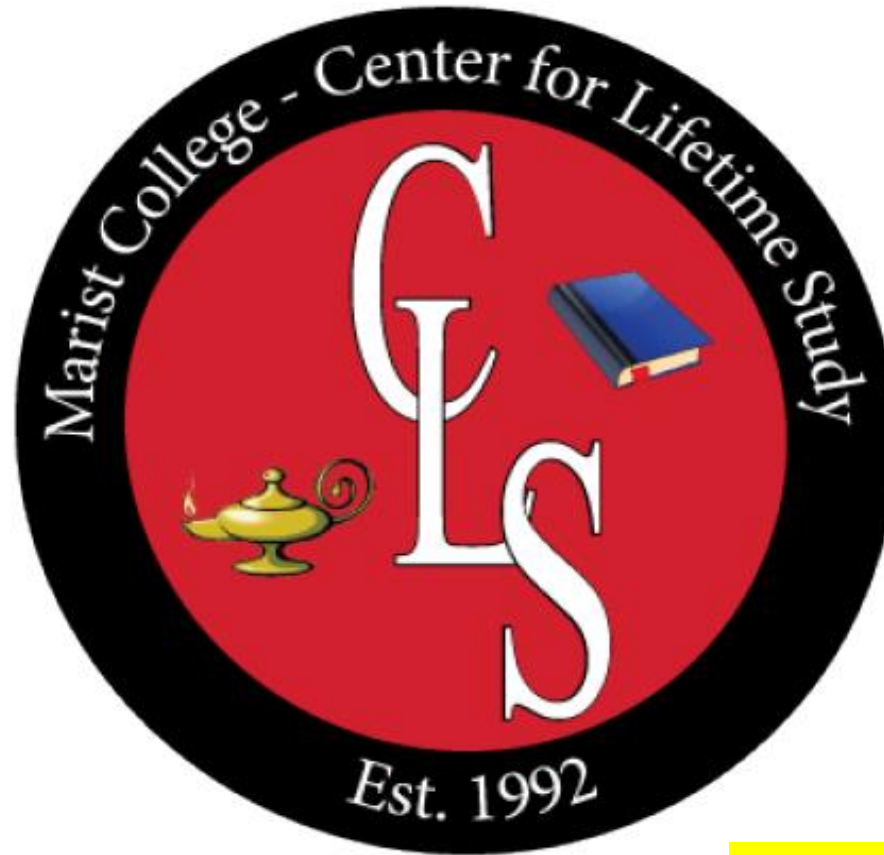


**MARIST COLLEGE**  
**Center for Lifetime Study (CLS) - SPRING 2021**



**INSTRUCTOR:**  
**Barbara Mindel**



**CLASS MGR:**  
**Mike Cowan**  
**(CLS Member)**

**PRODDING YOUR MUSE\*** (2<sup>nd</sup> CLASS – Apr 14th)

8 Weeks, Wednesdays, Starting Apr. 7<sup>th</sup>, 2021 @ 1:15 P.M. to 2:30 P.M. (75 mins.)

***Presenter:* BARBARA MINDEL [CLS Member]**

\* => thinking deeply, ponder. If you muse about something, you're giving it serious thought.

# W E L C O M E

## CLASS # 2 (April 14<sup>th</sup> 2021)

**Today's PROD is the expression: "...little did I know"**

Use it as the lead in a sentence in which you've chosen to write about or incorporate it into the body of your writing.

**Here are some ideas to churn up a memory:**

- ... about an unexpected surprise
- ... about something I never thought would become a reality
- ... that a particular someone would come up with a better idea than me
- ... that an occurrence or comment from my childhood would still influence me today
- ... that now, decades later, having survived my teenager's antics I look back at them as a fun memory
- ... that in many ways I would turn out to repeat the very habits or quirks of one of my parents
- ... when I was a youth that I'd become the adult I have become

**WRITE TIME TODAY – 15 MINUTES**

# BACKGROUND MUSIC TO MEDITATE AND WRITE TO

**Soft Piano With Water Sounds - Calm Background Music**

By Enlightenment Meditation Music

[https://www.youtube.com/watch?v=Bf\\_YemfEaDs](https://www.youtube.com/watch?v=Bf_YemfEaDs)

Beautiful Relaxing Music - Calming Piano & Guitar Music by *Soothing Relaxation*

[https://www.youtube.com/watch?v=kY1F\\_Y0GniQ](https://www.youtube.com/watch?v=kY1F_Y0GniQ) (**Last Week**)



**Last Week's Class Material has been posted on  
the Marist CLS "Class Handouts" webpage  
The link to access this webpage is provided below  
<https://www.marist.edu/professional-programs/cls/class-handouts>**

## Prodding Your Muse

**AL-3: Prodding Your Muse** (8 weeks)

**Time:** 1:15 PM

**Day and Dates:** Wednesdays - April 7, 14, 21 & 28 and May 5, 12, 19 & 26

**Description:** Let's capture memories of 2020 plus poignant, forgotten ones waiting to be rediscovered. Ordinary ones might now seem special. To rummage in the attic of memory and capture some in print is acknowledgement of the richness of our years, our uniqueness, a universality of experience. I'll email weekly prompts and via Zoom we'll share aloud. It's fun and fascinating! Participant Max: 12 members

**Presenter & Affiliation:** Barbara Mindel, CLS Member

**Class Manager:** To Be Announced



- Class Materials 4.7.21



- Thoughts on Writing