

Welcome to the Sankofa Culture and Art Wellness Village Naturally Occurring Retirement Community (NORC) 2022 **We've Got the Power Virtual Winter/Spring Communiversity** for Seasoned Adults ages 60+. Brought to you, with support from, the City of St. Louis Senior Fund.



The theme for winter/spring 2022 is creativity... KUUMBA. But what is creativity? Robert E. Franken writes in *Human Motivation* "Creativity is defined as the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others." Creativity is an essential to surviving and thriving.

We stand on the shoulders of individuals whose creativity made a way out of no way. Our creativity of mind, body, and spirit has undergirded our resilience. It is our creativity through analytical thinking that brought about inventions, scientific theories, and ideas that opened more doors to knowledge and exploration. It was our artistic creativity that gave birth to much of the world's music, art forms, and is still birthing new ideas.



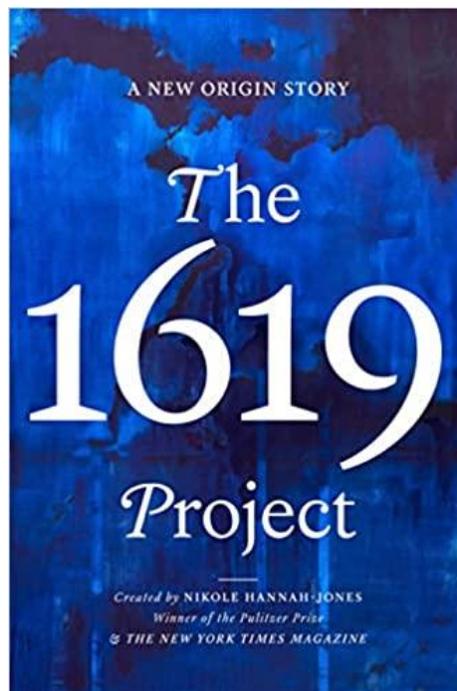
Registration begins [Monday January 24, 2022](#) on a first-come-first-serve basis, and registration ends on [Monday, February 7, 2022. Call TODAY to get a registration appointment or call to let us know the classes you want and schedule to pay.](#)

Registration process includes having a current registration/data form on file, paid fee(s), and class selection(s). **You are required to have an active email address that you use, and access to the internet. Classes and groups will begin on February 15, 2022.**

In addition to our regular classes, there will be fun and exciting special events, celebrations, and other opportunities. Check your email, and the Sankofa Culture and Art Wellness Village Facebook page. We are coming to Instagram soon!

Our target population is residents of North St. Louis City. However, we have reserved a few spaces for persons living in other locations in the metropolitan area. You must be 60 years of age or older for all groups and classes except the Wise Women that begins at age 50. There are limited spaces in each class, so register as soon as possible! Sessions meet on different days, dates, and times so read the complete description. This is an interactive program, so be prepared to be an engaged and an active participant, gain new knowledge, share your knowledge and wisdom, and have fun!

2022 Book of the Year



Join in the movement and the fun!

Registration: Is based on a sliding fee based on income with a minimum of \$40 per person and maximum of \$60 per person, and includes two (2) classes. **ALL Wellness Ways CLASSES WITH DR. BASSAPPO-MAYO ARE FREE.** A few classes have extra supplies required. **CALL TO SCHEDULE A REGISTRATION APPOINTMENT! PAYMENT IS DUE AT THE TIME OF REGISTRATION.**

Winter/Spring Schedule:

The 1619 Project: A New Origin Story Part 1

The 1619 Project is The New York Times Magazine's award-winning reframing of American history that placed slavery and its continuing legacy at the center of our national narrative. The project which was initially launched in August 2019, offered a revealing new origin story for the United States, one that helped explain not only the persistence of anti-Black racism and inequality in American life today, but also the roots of so much of what makes the country unique.



Shvonne L Johnson will be the facilitator for this class. She's a Professor at Metro State in Minnesota, a poet and published author, and a graduate of Howard University in African Diaspora Studies. Shvonne is a brilliant individual, an old soul, and has a passion and love for elders. **The book is included.**

The 6-week class will meet weekly on Thursdays beginning February 17, 24, March 3, 10, 17, and 24th, 2022; 1:00-2:30pm.



Sips and Scents

For thousands of years, tea has been used for any number of medicinal purposes. Even today, tea is used to improve and protect our health. (<https://www.revolutiontea.com/blogs/news/the-true-value-of-tea>). Many cultures around the globe, including the Caribbean and Africa, have a wide variety of teas that are also available locally. The aromas of teas also remind us of essential oils that can be very beneficial. While the oils are readily available, it is important to know their proper use. So, get your cup and join **Sharon Bolden** for this 4-week class on the properties of different teas and essential oils. Sharon is from Panama and is very active in the holistic health and wellness community here in the St. Louis metro area.

Each participant will receive teas and essential oils as part of their registration. Classes begin Tuesday February 22, March 1, March 8, and 15th, 2022; 10:00-11:30am.

Writing Our Heart's Out



For 5 weeks, let's delve into The 1619 Project and write about challenging issues such as racism, privilege, history and truth. We'll write from different perspectives sometimes using visuals as aides. Even the hard stuff is good to write about. I'm sure we'll learn more about each other through these weeks of writing. Writing classes meet Tuesdays from 2:30 – 4pm on Zoom. Take a deep breath and hop on board this train of thought. Let's start March 1, 8, 15, 22, and end the 29th. Then we'll be ready for Spring! **Jane Ellen Ibur, author and St. Louis Poet Laureate will facilitate the**

class.

The Men's Wisdom Tree Lunch Meeting Club



Wellbeing is more than physical. It covers the physical, mental, spiritual, relational and fun aspects of our lives! Join in this series of fun and informative discussions about the topics that matter most in helping to support your ongoing

wellbeing. **The facilitator is Victor Farwell.** Discussions and special projects will take place on Wednesday afternoons 12:00noon-1:30pm at ZUKA Art Gallery located at 2701 N. 14th Street beginning with a catered meal! **There is an exciting group art project planned for this winter/spring session! BECAUSE THIS IS A FACE-TO-FACE GROUP, EVERYONE MUST BRING THEIR COVID CARD AND FOLLOW SAFE DISTANCING PROTOCOLS. Bring your suggestions and ideas for this ongoing men's group.** The first 6-week group will begin on Wednesday February 16, 23, March 2, 9, and 16th 2022.

1619-2019: 400 years...what now?



In August 1619, a pirate ship sailed its way through the still-warm waters of the Atlantic Ocean, heading north along the coast of North America... This pirate ship arrived and at Jamestown and the British colony of Virginia, carrying an expensive cargo they hoped to sell to the colonists—Africans.

It has now been 403 years since the first enslaved Africans we brought to the Americas. How have post-enslavement generations sustained themselves in the past, and what is the course that must be charted for a sustainable future? **Rev. Dr. Clyde Crumpton** will facilitate this 4-week group examining the book *The 1619 Project* from a unique perspective as it

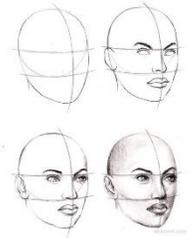
relates to Biblical texts. **The book is included unless you have received one from us previously.**

Rev. Crumpton is a Doctoral graduate of Eden Theological Seminary, a community activist and scholar, and the Pastor of Cote Brilliante Presbyterian Church in north St. Louis. **The group will meet 6:00-7:30pm on Tuesday April 5, 12, 19, and 26th 2022.**

Basic Drawing



Learn simple techniques for drawing practically anything using basic shapes. Classes will consist of video and hands-on instruction. Your virtual Zoom class features an inspirational drawing session by video before the actual hands-on practice starts. After practice, draw a step-by-step project that can be completed during or perfected after class. Learn to manipulate simple shapes into a face, various body positions, shadings, tones and hues, vanishing points of buildings on a street, animals with scenery and more... Amaze yourself, friends and family with new skills acquired in this class.



Absolutely no drawing experience necessary

Facilitator is Andrea Kharizma Hughes; 6-weeks on Tuesday March 1, 8, 15, 22, 29, and April 5th; 10:30 till noon-ish pm.

Wellness Ways with Dr. Sheila Bassappo-Moyo



February-March classes

Pain Management Class Begins Tuesday, Feb. 15, 22, March 1, 8, 15, and 22nd 10:30-11:30am (by phone) Maximum 6 participants per class.

Many of us are plagued with chronic pain, and for many different reasons. It can impact our daily lives, our social activities, sense of self-esteem, and for some it can seem hopeless...but it's not. Join me as we explore ways that we can manage, and maybe even eliminate the hold chronic pain has in your body, mind, and spirit.

Walk with Ease Begins Thursday February 17th. and will meet each Monday and Thursday 11:00am-12:00Noon by phone for 6 weeks. The weekly meetings are to learn proper walking tips such as warming up, to share your progress, find out about great places to walk, and support one another. Your walking days are whatever you choose. Always keep safety in mind, and with all exercise check with your doctor before starting.

Ready to get walking? Grab a buddy. Grab a group of friends! According to AARP, doing so can be crucial for your health, not to mention helping you to take off the weight you put on during stay-at-home restrictions (the not-so-charmingly dubbed quarantine 15). For a little extra motivation, here are eight reasons to get started with regular walking — **whether you choose to do so with an indoor walking workout or out in the fresh air.**

- Add years to your life
- Bolster your brain
- Trim those extra inches
- Save your vision
- Ward off depression
- Keep yourself moving for the long term
- Help you get a good night's sleep
- Chill out more easily

Making Gorgeous Gift Baskets!



Have you ever seen gift baskets that just say WOW! You can learn the secret to making gorgeous baskets too. **This fun, one-time class will be led by Paulette Sankofa.** When she was in graduate school, she worked for a gift basket company and picked up lots of really good skills including making fantastic bows! This class will come just in time before Mother's Day, graduations, and wedding season. **YOU WILL FURNISH ITEMS TO GO IN YOUR BASKET.** We will supply the basket, ribbon, and other supplies needed. This virtual workshop will meet Saturday April 2, 2022; 1:00-3:00pm.

Multi Media Art



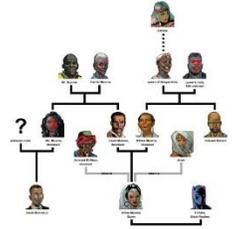
Have you ever wanted to paint a face? Use other materials to create your own masterpiece? In this 4-week class you will have an opportunity to learn techniques for painting a face, creating backgrounds, as well as a finished piece. **You will need your own glue gun and glue sticks.** We will supply other materials.

This 6-week class will be facilitated by established visual artist, Andrea Kharizma Hughes. She is also the Curator for our upcoming exhibit. The sessions will meet on Wednesdays 11:00am-12:30 Wednesdays February 16, 23rd - March 2, 9th, 2022.

BUILD-A-FAMILY-TREE Part 2: Let's Go Deeper! Genealogy and Fiber Art



After exploring various resources, participants will be inspired to research their family's ancestry and histories. Using information found through research, participants will create an art piece partly using fabric from a photo of one of their family members.



NOTE: Participants **MUST** have a St Louis Public Library card or e-card. **The facilitator is Bridget Stegall.** Sessions will meet on Thursdays; 11:00am until 12:30pm for six weeks: February 17, 24th, March 3, 10, 17, and 24th.

The Wise Women Dinner Group



Are there things you wanted to know about aging but Mama, Grandma, or nobody told you? Have there been surprises? What about relationships for women ages 50 and older? What about preparing yourself financially? What about safe sex? Join The Wise Women Dinner Group. This is the longest running group in our program.

Normally the group meets face-to-face, we share a meal, and participate in discussions, art projects, or other things of interest. With safe distancing, we'll still have dinner but in the safety of our own space on Zoom.

There will be special guest presenters, paint and sip parties, beauty and self-care sessions and more. **This is an intergenerational group beginning at age 50+.** Our goal is now, and has always been, to share Sista-hood, and support for one another. So, set aside Tuesday evenings 6:00-7:30pm as your time! **Dr. Paulette Sankofa will serve as facilitator/moderator but will also be part of the group.** The first 5-week session will take place March 1st, the beginning of Women's History Month and will meet March 1, 8, 15, 22, and 29th.



We look forward to your participation this semester as a learner and teacher. We are working from home most days now, so please call the office and leave a message with any questions, and sign-up for classes with a friend!

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