

SPRING 2026

Virtual Programming

Our Virtual Programming provides older adults with free access to a rich array of arts, culture, entertainment, and wellness activities. Our diverse programs are free of charge and offer opportunities for older adults to engage in lectures, virtual field trips, interactive arts, wellness sessions, live performances, and more, all from the comfort of home. We add live virtual tours monthly, so be sure to check www.parkerlife.org/events for the latest programs.

Live virtual programs take place on Zoom and are accessible from any device – desktop computer, laptop, tablet, or smartphone.



If you don't have a device to watch these programs (laptop, tablet, etc.) please reach out to Teresa at virtualprogramming@parkerlife.org or call **732.902.4978** to learn more.

To register or for more information: www.parkerlife.org/events or email virtualprogramming@parkerlife.org

APRIL HIGHLIGHTS

The Six Hour Art Major: A Concentrated Seminar in Visual Art

Join artist Gene Wisniewski for a four-part art series designed for beginners. Explore art history, view over 250 masterpieces, and enjoy simple, guided drawing activities. Discover how great artists think and create—no experience needed. Just bring your curiosity and enjoy the creative journey!

A Tale for Two Readers: Children's Books and Classical Literature

Discover the deeper meanings behind *The Wind in the Willows* and *Mary Poppins*. Though loved by children, these classics were written with adults in mind. Literary historian Mary DeForest explores their hidden mythic themes and timeless appeal in this engaging lecture.

Birding Along the California Coast

Join naturalist Matt Felperin for a virtual tour of California's diverse birdlife. Through beautiful photography and stories, explore redwood forests, oak woodlands, and coastal shores. Discover both familiar birds and rare species, including the California Condor and Black-footed Albatross.

MAY HIGHLIGHTS

Living History Portrayal of Lucille Ball

In the 1950s, Lucille Ball won America's heart with her comedy. Offscreen, she and Desi Arnaz transformed television production. Historian and actress Leslie Goddard brings Lucy's remarkable life—both public and private—to the stage in this engaging portrayal.

White Bread: The Food That Made Americans Great

Join history speaker Richard Polirer for a lively look at how bread shaped America. From the "Wonder Bread years" to neighborhood bakeries and memorable commercials, discover how mass-produced loaves influenced our culture, politics, and family tables. A fresh take on an everyday staple!

The Films of Steven Spielberg

From thrilling blockbusters to powerful dramas, Steven Spielberg has shaped modern films. Join historian Dan Hudak as he explores Spielberg's remarkable career—his greatest successes, a few missteps, and the storytelling style behind his most memorable movies. A cinematic journey not to miss!

JUNE HIGHLIGHTS

Overcoming Boredom

Psychologist and neuroscientist James Danckert of the University of Waterloo challenges myths about boredom. He explains why it matters, how it affects well-being, and how we can use it as a signal to refocus on what is meaningful. Discover practical ways to manage boredom in everyday life.

The Best of TIME Magazine's Covers

Since 1923, TIME has shaped American culture. Join Dr. Margery Marcus for a look at more than one hundred years of memorable covers, including the famous Person of the Year issues. Discover the stories behind the most celebrated—and controversial—covers, past and present.

Sharks with David Shiffman

Join marine conservation biologist Dr. David Shiffman for an engaging look at sharks—fascinating and often misunderstood creatures. Learn how scientists study them, the threats they face, and why their survival matters. Discover simple ways we can all help protect these remarkable ocean animals.

These are just a few of our program offerings. For a complete list, visit www.parkerlife.org/events or email virtualprogramming@parkerlife.org