Syllabus for “Joy!”
Term: Fall 2019
OLLI South
Facilitator: Janet Kester
email: jlkgarden@comcast.net
phone: 720-308-1213

This class was inspired by the book Joyful by Ingrid Fetell Lee. (It is not necessary to read the book in order to benefit from and enjoy this class.) I am using many of her ideas that center around her perspective as an interior designer but I have also expanded to other facets of joy that came to me as I discussed the topic with friends, family and strangers. My research has been fascinating. I am hoping that class members will also contribute ideas. Those aspects of joy can be sent to me via email for inclusion as the weeks go by.

Week 1, Sept. 16: Joy vs. Happiness. Is there a difference? Let’s define joy. Where does joyful energy come from and how do we get more of it? The power of color. The impact of music.

Week 2, Sept. 23: The joy of abundance like sprinkles on a cupcake or a rich palette of textures in a garden. The joy of freedom like riding in a convertible or ambling through a forest “footloose and fancy free.”

Week 3, Sept. 30: The joy of harmony, symmetry, rhythm and order. The joy of play which could include amusement parks and sports as well as surrounding ourselves with playful curios or furniture.

Week 4, Oct. 7: Joyful surprise can appear when we least expect it. (Sometimes we have to be paying attention.) The joy of transcendence as in hot air balloons, kites and clouds.

Week 5, Oct. 14: Don’t we all love a good magic trick? The magical world of unicorns and superheroes bring total delight to children. What kinds of magic bring that delight as we get older? The communal celebration of weddings, parades and parties bring bursts of joy.
Week 6, Oct. 21: Spring brings renewal that can fill us with joy. There is joy as seasons come and go with special holidays and foods and traditions.

Week 7, Oct. 28: Other sources of joy like service, purpose, achievement, victory, love, family, pets, etc. Our ability to spread joy.

Week 8, Nov. 4: Conclusions, discussion and time for fitting in all of the stuff we have not had time for in the previous seven weeks.