

SHARON HARTNETT
411 North 90th Street # 403
Seattle, WA: 98103
206-281-2216 (wk.)
206-217-0664 (cell)
E-mail: shartnett@spu.edu

EDUCATION

Ph.D., Gonzaga University, Leadership Studies. Dissertation: A Deweyan Analysis of the Socialization Process of Beginning Secondary Teachers. Spokane, WA: 1994-1999.

M.A.T., Whitworth College, Spokane, WA: 1985. Major: English/Journalism.

B.A., Whitworth College, Spokane, WA: 1978. Major: Physical Education; Minors: Health and English.

A.A., Spokane Falls Community College, Spokane, WA: 1976.

Standard Certificate: K-12

LEADERSHIP

ESTABLISHED Writing Tutorial Online Pilot. Worked with Director of Campus Writing, Dr. Tom Amorose, to develop a way for undergraduate and graduate students to take advantage of improving their writing skills by working with online modules. Provided coaches when students had too much difficulty to succeed on line. Prior to the development of this program, I directed the School of Education Writing Assessment and hired professional writing coaches or tutored students myself. Tutored many students individually. Seattle Pacific University, Seattle, WA: 2003-2010.

ESTABLISHED PARTNERSHIP AVID. Achievement via Individual Determination. Provided students for hire to this program. Shoreline School District, Seattle, WA 2010.

ESTABLISHED PARTNERSHIP. Seattle Union Gospel Mission, Met with staff to develop a program to supply teacher candidates and graduates to work in the Summer Youth Program and Summer Teaching Program. 2010.

DEVELOPED SCHOLARSHIP. Seattle Central Community College. Worked collaboratively with colleagues Professor Max Hunter & Dr. Frank Kline to develop a Direct Transfer Agreement with Seattle Central Community College for a full-ride for candidates coming in with a 3.7 grade point average. Seattle Pacific University, Seattle, WA: 2009-2010.

CHAIR, Undergraduate/Post Baccalaureate Teacher Education Program. Initiated a one absence per course policy for students. Professors would then email me on the second student absence, and I would meet with the student before

number three so they would not have to drop the course. This helped students learn to handle the 10-hour day during the 20 week Student Teaching Internship. Supported students by finding donors when finances were tight. Asked professors for copies of books for students when necessary. Worked with students to manage personal crisis, so they could continue to study with us. Completed the time schedules, attended every preview and advising event on campus including summers. Helped faculty resolve problems with students whenever they sought me out. Tracked student progress when they were at risk, so that they could be removed from the concerns list and proceed to the Student Teaching Internship. Complied with state mandates for clock hours to create a reward system for teachers who work with our students in the preservice area. Counseled minority students on how to thrive in the dominant culture. Taught the Capstone Course where students developed a professional online portfolio. Taught the Foundations Course and focused on school law. Taught specialty area Dealing with Child Abuse & Neglect Law. Personalized child abuse and neglect by having students read novels on the topic for the age group they planned to teach. Hired and trained 17 adjuncts for my department. Seattle Pacific University, Seattle, WA: 2007-2010.

CHAIR, Foundations Program. Wrote and taught introductory courses. Worked with faculty and students to set a high bar with student support. Met with students of concern, and followed up with each one. Seattle Pacific University, Seattle, WA: 2000-2010.

FELLOW, Leadership Development Institute for Emerging Leaders. Chosen by my V.P.A.A. to participate in Executive Leadership Camp for potential leadership at the Dean level. Completed a year-long project including studying the budget process. Seattle Pacific University, Seattle, WA: 2006.

CHAIR, Diversity Committee. School of Education, Worked with School of Education faculty to Increase scholarships and hire more diverse faculty. Seattle Pacific University, Seattle, WA: 2000-2007.

CHAIR, Secondary Education. Worked with a representative from each major to develop courses needed for endorsement areas. Hired adjuncts for many content areas. Seattle Pacific University, Seattle, WA: 2003-2007.

COMMUNITY FOCUS/SERVICE

COMMITTEE MEMBER, Semester Task Force. Seattle Pacific University, Seattle, WA: Commissioned to study semester versus quarters for our university. 2010.

COMMITTEE MEMBER. John Perkins Center for Reconciliation, Seattle Pacific University, Seattle, WA: 2004-2010.

MEMBER, Campus Wide Diversity Committee. Honored to substitute for an ill colleague. Worked on documents to communicate advancing social justice. Seattle Pacific University, Seattle, WA 2009.

CO-WRITER. Today's Issues in Biology: Under the Microscope. Wrote the "yes" side to encouraging the teaching of Sexual Education in public schools. Seattle Pacific University, Seattle, WA: 2009.

SEARCH COMMITTEE MEMBER. Family and Consumer Sciences Department, Seattle Pacific University, Seattle, WA: 2008.

GRANT WRITING COLLABORATOR. Earth System Science Education Alliance Grant Program selected Seattle Pacific University as recipient of a grant to improve the teaching of science in high schools. Seattle Pacific University, Seattle, WA: 2006

NATIONAL ENDOWMENT FOR THE HUMANITIES GRANT. University of Washington, Seattle, WA: Collaborating with Humanities Professor, Gary Handwerk of University of Washington & Seattle Pacific University Professors Christine Chaney & Luke Reinsma to offer a college preparatory writing course for advanced high school students and their teachers. Seattle Pacific University, Seattle, WA: 2004-2005.

COMMITTEE MEMBER. Faculty Council, Executive Committee Governance, Seattle Pacific University, Seattle, WA: 2003-2005.

COMMITTEE MEMBER. Served on with Academic Affairs Committee with colleagues to hire a Vice-President for Residence Life. Seattle Pacific University, Seattle, WA: 2004.

GRANT-WRITING, Guatemala Initiative. Seattle Pacific University, Seattle, WA: Helped write the grant to launch our Guatemala Initiative. This program created another service opportunity within the School of Education. Seattle Pacific University, Seattle, WA: 2004.

COMMITTEE MEMBER, Initial Certification and Undergraduate Committee. Seattle Pacific University, Seattle, WA: 2000-2003.

COMMITTEE MEMBER. Blueprint for Excellence. Worked with faculty and staff to give feedback and create ideas for President Eaton's Blueprint for Excellence. Seattle Pacific University, Seattle, WA: 2003.

COMMITTEE MEMBER, School of Education. Seattle Pacific University, Seattle, WA: Served on search committee to hire a Dean for the School of Education. 2002.

COMMITTEE MEMBER. Association of Independent Liberal Arts Colleges for Teacher Education. 2001-2002.

COMMITTEE MEMBER, Athletic Committee, Seattle Pacific University, Seattle, WA: 2001-2002.

COMMITTEE MEMBER. Community Development Committee, Seattle Pacific University, Seattle, WA: Served with a team of School of Education faculty to build community in the workplace. Seattle Pacific University, Seattle, WA: 2000-2001.

COMMITTEE MEMBER. Intercollegiate Athletic Committee, Seattle Pacific University, Seattle, 2000.

COMMITTEE MEMBER. Renton Technical College Culinary Arts Department, Renton, WA: Served on an advisory committee for Curriculum and Instruction. Seattle Pacific University, Seattle, WA: 2000.

COMMITTEE MEMBER. Teach for America, Seattle, WA: 1993-1994

CONSULTING

CONSULTANT. Marysville School District. Met with administrators to help craft communication and resolve conflict. Marysville, WA: 2010.

CONSULTANT. Pedagogical Coach to professors who ask for help through the Center for Scholarship Development, Seattle Pacific University, Seattle, WA: 2007-2008.

CONSULTANT. Physician's Private Practice. Worked with a physician to determine her fit in the organization. Spokane, WA: 2006-2007.

CONSULTANT. Nursing Program. Worked with administrators and professors to establish a system for addressing student behavior in the nursing program. Seattle Pacific University, Seattle, WA: 2006-2007.

CONSULTANT, Private Enterprise. Served as a Personal Parenting Coach. Seattle, WA: 2004.

CONSULTANT. Educational School District. Presented training session for those participating in the grant for Alternative Certification entitled: Lesson Planning During the Internship. Burien, WA: 2002.

CONSULTANT. Young Life, Presented a training session for leaders entitled: "What does learned helplessness look like in teens, and what can we do to address it?" Seattle, WA: 2002.

CONSULTANT. Westminster Chapel Junior High Ministry Team. Gave a workshop entitled: “What are the biggest emotional needs of Junior High Students?” Bellevue, WA: 2002.

CONSULTANT/MENTOR, Medical Lake School District. Hired across the district to mentor all the first year teachers. Medical Lake, WA: 1999-2000.

CONSULTANT. Kendall College Culinary School. Taught an online course for chef educators as well as completed four days of Educational Leadership Training entitled: Head, Hands, and Heart: A Model for Culinary Educators. Evansville, IL: 2000.

CONSULTANT. American Culinary Federation. Speaking in Tennessee, Ohio, Idaho, Washington, Missouri, and Kentucky teaching workshop entitled: “Changing Climate, Changing Minds: How to Build Community in the Learning Environment.” Hired to work with Culinary Arts Dept. on how to teach this generation. St. Augustine, FL 1999-2000.

CONSULTANT, Medical Lake High School. Worked with individual teachers in the high school setting helping them improve classroom strategies. Provided individual consultations, observations, and follow-up visits. Did qualitative analysis on systems and personnel. Medical Lake, WA: 1996-2001.

CONSULTANT, Medical Lake Elementary School. Hired to resolve systems and personnel issues among faculty. Inserviced faculty on healthy organizations, gave feedback to the principal, and provided qualitative analysis to the principal and faculty. Medical Lake, WA: 2000.

CONSULTANT, Whitworth College. Hired to coach professors on pedagogy as well as personal dynamics. Spokane, WA: 2000.

CONSULTANT. Northwest Nazarene University. Hired to coach three professors on pedagogy and personal dynamics. Did systems and personnel analysis in three departments followed by a qualitative analysis complete with recommendations for administrative staff. Nampa, ID: 1999-2000.

CONSULTANT. Nine Mile Elementary School. Worked with teachers on an individual basis helping them improve management and instructional strategies. Inserviced the faculty on several occasions. Developed a program to encourage parent involvement. Presented session entitled: Is Love Enough? This program focused on understanding today’s youth. Nine Mile Falls, WA: 1998-1999.

CONSULTANT. Gonzaga University. Addressed students in the business department at their retreat: Steps for Success in Belonging in Organizations. Spokane, WA: 1999.

CONSULTANT, Whitworth College. Compiled qualitative study comprising four schools entitled: Help us Build a New Master's Degree. Spokane, WA: 1999.

CONSULTANT, St. John-Endicott School District. Purpose of initial contact was to gather data and give feedback to the principal regarding his leadership. Delivered kick-off district-wide address: "What is Wrong with the Neighborhood Today?" Also inserviced teachers for back-to-school. St. John, WA: 1988.

PRESENTATIONS & SPEAKING

PANEL MEMBER. School Counseling Program. Collaborated with faculty to provide seminar on mock interviewing. Seattle Pacific University, Seattle, WA: 2010.

PRESENTER. White Center Heights Elementary School, Privileged to have an after school coffee hour with elementary teachers on how to motivate and teach homeless children living in shelters and trying to have a presence in school. Renton, WA: 2010.

SPEAKER. Ewave Forum School of Education, "Teaching as a Calling." Seattle Pacific University, Seattle, WA: 2010.

SPEAKER. Senior Breakfast. Chosen to provide advice and counsel to a group of 30 students who graduated June. Seattle Pacific University. Seattle, WA: 2009

PRESENTER. Keynote Address. "Practicing Hope-Filled Communication." Spokane Community College Conference. Spokane, WA: 2007.

PRESENTER. Washington Alliance Black School Educators Conference, Presentation Entitled: "Will you help me teach my Student Teachers to be Culturally Responsive?" Bellevue, WA: 2005.

PRESENTER. Eighth Annual Consortium for Service Learning Conference, Presented with Western Washington University Secondary Education Professor Angela Harmon. Portland, OR. 2005.

PRESENTER. Seattle Lutheran High School, Conducted workshop entitled: "How do you know if you work in a Healthy Organization? How do you stay healthy in an organization that is not healthy?" Seattle, WA: 2005.

PRESENTER. Washington Alliance Black School Educators Conference, Presentation entitled: "Legacy and Leveling the Playing Field: Creating Equal Education Opportunity for all." Bellevue, WA: 2004.

PRESENTER. Northwest Association for Teacher Educators Conference, Presentation entitled: “No Teachers Left Behind Ensures no Students are Left Behind.” Spokane, WA: 2004.

PRESENTER. Washington Alliance of Black School Educators Annual State Conference, “What will it Take to not Leave African American Children Behind?” Bellevue, WA: 2003.

PRESENTER. Young Life, Presented a training session for leaders entitled: “Why Today's Teens are Tougher.” Malibu, Canada: 2002.

PRESENTER. Falconettes, Seattle Pacific University Women's Service Group, Gave a talk entitled: “Working the Question: A Lesson on Forgiveness.” Seattle, WA: 2002.

PRESENTER. Association of Independent Liberal Arts Colleges for Teacher Education, Presented a paper entitled: “Accountability, Assessment, and Association: A Win-Win for Addressing Teacher/Employee Remediation.” New York City, NY: 2002.

PRESENTER. Puget Sound Christian Women's Tea. Delivered a talk entitled: “Celebrating Mothers, Sisters, and Daughters.” Tacoma, WA: 2001.

PRESENTER. Center for Organizational Reform Conference at Gonzaga University, Beyond the Clichés of Leadership: Conducted workshop entitled: “A Win-Win for Addressing Employee Remediation.” Spokane, WA: 2001.

PRESENTER. The Association of Washington School Principals' Fall Conference, Conducted workshop entitled: Assessment, Association, and Assistance: A Plan for Teacher Assistance in Schools. Spokane, WA: 2001.

PRESENTER. American Culinary Federation Management and Supervision Course. “Motivation versus Machiavelli” Las Vegas, NV: 2001.

PRESENTER. American Culinary Federation Educational Psychology Seminar, “Problem Solving In the Kitchen Classroom.” Las Vegas, NV: 2001.

PRESENTER. The Association of Independent Liberal Arts Colleges for Teacher Education Conference, “Faculty and Administrative Perspectives on Community and Connectivity.” Dallas, TX: 2001.

PRESENTER. Seattle Culinary Art Institute, Taught session entitled: “Motivating Students Through Clarifying Objectives and Assessment.” Seattle, WA: 2000.

PRESENTER. First Presbyterian Church, Served as panel member on the topic of “Management and Discipline in the Church Setting.” Seattle, WA: 2000.

PRESENTER. Ashton Hall, Spoke to students on study skills and motivation at Seattle Pacific University. Delivered a talk entitled: “Pursuing Your Loves.” Seattle, WA: 2000.

PRESENTER. Northeast Association for Principals, Spokane Club, “Resilience in the New Millennium: Creating a Contract for Civility.” Addressed principals and secretaries regarding the role of support staff in changing the climate of schools. Spokane, WA: 2000.

PRESENTER. The Moral and Social Fabric of School Life Conference, My Doctoral Chair, Nancy Isakson, and myself presented: “An Analysis of the Socialization Process of Secondary Beginning Teachers.” Edmonds, WA: 1999.

PRESENTER. Seattle Pacific University Conference, The Moral and Social Fabric of School Life: What is John Dewey’s “Common Faith? “What Does it Mean for Schools Today?” Edmonds, WA: 1998.

PRESENTER. Nine Mile School District, Gave kick-off district-wide address: “Catching Kids Before They Fall.” Nine Mile Falls, WA: 1998.

PRESENTER. Mt. Edgumbe High School. Led high school teachers, administrators, and staff in a workshop-discussion in Sitka, Alaska on school change entitled: Restructuring: What Works; What Doesn't? 1997.

PRESENTER. St. George's School, Spokane, WA: Prepared juniors in a college preparatory setting to read Nathaniel Hawthorne's *The Scarlet Letter*. Lesson was entitled: “What do Predestination and SAT Scores Have in Common?” 1996.

PRESENTER. Whitworth College, Parents’ Weekend. Led seminar class entitled: “Do Social Classes Impact Learning?” Explored the data on socio-economic status and its impact on learning. Spokane, WA: 1996.

PRESENTER. Whitworth College, *The Weekend.* Conducted seminar entitled: “What Does it Mean to be Single in a Married Society?” Walked students through a model for decision-making and creating balance in their lives. Spokane, WA: 1996.

PRESENTER. Washington Association for Schools and Curriculum Development. Presented: “The Majesty of the Excused Absence: What to do About Students with Chronic Attendance Problems.” Seattle, WA: 1995.

PRESENTER. Deer Park Middle School, Job Fair Seminar entitled: “Should I be a Teacher?” Deer Park, WA: 1994-1997.

PRESENTER. Whitworth College Student Teaching Block. Taught seminar for prospective junior high teachers entitled: "Teaching to the Range of the Strange." Spokane, WA: 1994-1995.

PRESENTER. Faculty Development Day. Whitworth College, Workshop entitled: "Using Critical Thinking in the Classroom." Spokane, WA: 1994.

PRESENTER. Whitworth College. Workshop entitled: "What is Outcome Based Education?" Spokane, WA: 1994.

PRESENTER. KIWANIS Club, Presentation entitled: "What is Outcome Based Education?" Spokane, WA: 1994.

PRESENTER. New Century High School. Led colleagues and the student body in a series of workshops entitled: "Patterns for Change." We looked comprehensively at how to teach teenagers to study and motivate themselves at the high school level. Olympia, WA: 1992.

PRESENTER. North Thurston High School. Led my colleagues in a series of workshops entitled: "Let's Take our School Back: a Comprehensive Look at the Nature and Remediation of Discipline Problems." Olympia, WA: 1992.

MENTORING

MENTOR/ Presenter. OSPI Conference, Dispositions: Predetermining Job Success or Failure Based on Personal Ecology. Mentored doctoral Student, Suzannah Calvery, through her first conference presentation. Seattle, WA: 2010.

FACULTY MENTOR. Served as Social Mentor to a professor in the nursing program. Seattle, WA: 2008-2009.

AMES MINORITY SCHOLARSHIP MENTOR. Mentored Grace Barrios, Privileged to mentor a freshman for her first year of college. Seattle Pacific University, Seattle, WA: 2008-2009.

FACULTY MENTOR. Office of Campus Ministries, I was asked to mentor a student through a difficult time. Seattle Pacific University. Seattle, WA: 2003-2004.

FACULTY MENTOR. University Scholars Honors Project: Amy Cannon "Spanish Teaching Immersion Honors Project." Seattle Pacific University, Seattle, WA: 2009-2010.

FACULTY MENTOR. University Scholars Honors Project: Rebecca Garrett, "Texts and Contexts for High School Students." Seattle Pacific University, Seattle, WA: 2002-2003.

FACULTY MENTOR. University Scholars Honors Project: Lorelle Skellie
“Building Character Through Explorations of Community In Literature: A
Thematically Based High School English Curriculum Studying Assumptions In
Night, King Lear, and Pride and Prejudice, Seattle Pacific University, Seattle,
WA: 2001-2002.

MENTOR. Established Mentoring Group. Whitworth College. Began a
mentoring group for women undergraduates. Each undergraduate was assigned a
personal, woman mentor. Spokane, WA: 1998-1999.

SCHOLARSHIP

REFEREED PUBLICATION. Hartnett, S. (2007) Does Peer Group Identity
Influence Absenteeism in Teenagers? The High School Journal.

REFEREED PUBLICATION. Hartnett, S. & Kline, F. (2005). Preventing the
fall from the call to teach. The Journal of Christian Faith and Belief. 9 (1) 9-20.

CONTRIBUTION. Smith, R. (2005). Human resources administration: A
school-based perspective. Chapter 7: The marginal teacher. Larchmont, NY
Publisher: Eye on Education.

TEXTBOOK REVIEWER. (2003). Foundations of American education.
Publisher: McGraw-Hill Publishers.

PUBLICATION. Hartnett, S. (2003). Demonstration Techniques are Inquiry
Lessons in Disguise. The National Culinary Review. 27 (2). 42-44.

PUBLICATION. Hartnett, S. (2002). Staying Alive In and Out of the
Classroom. The National Culinary Review. 26 (2). 44-45.

PUBLICATION. Hartnett, S. (2001). Involving Today's Learner. The National
Culinary Review. 25 (10). 43-44.

TEXTBOOK. Hartnett, S. (2001). Chef scenarios: case studies on teaching and
leadership for the kitchen classroom and industry. Dubuque, IA Kendall/Hunt
Publishing.

EDITOR. Akin, C. (2000). The long road called goodbye: Tracing the course of
Alzheimer's. Omaha, NE. Creighton University Press.

PUBLISHED PAPER. Hartnett, S. (1997). The Majesty of the Excused
Absence: What to do About Students with Chronic Absenteeism. Published in
Proceedings of the Second Biennial Symposium for Christian Professional
Education Faculty. Editors: Van Brummelen & Elliott. Published in: Nurturing
Christians as reflective educators. 253-255.

Hartnett, S. (2006). Isolation, Bullying, and School Violence. The National Association for Secondary School Principals *Bulletin*. Not Published Yet.

TEACHING & ADVISING

TEACHING, Teach undergraduate and graduate students in the School of Education. Courses include American Educational Foundations, Educational Psychology, Senior Capstone Course: Teacher as Person, University Seminar: 50 Things to do and be Before I Die, and a graduate level course: School Curriculum and Leadership in Secondary Teaching. Seattle Pacific University. Seattle, WA: 2000-2010.

TEACHING & ADVISING, University Seminar. 50 Things to do and be Before I Die, (a course in Social Justice). This course is part of the College of Arts and Sciences Department. Structured to improve freshman writing, adjustment to college life, and to encourage retention; 20 students become my advisees until they declare a major. I have group advising sessions and have coffee with any advisee who sought me out. Required each advisee to complete a four-year plan. I also have freshman advisees into my home for a dinner each year. Seattle Pacific University, Seattle, WA: 2002-2011.

VISITING ASSISTANT PROFESSOR OF EDUCATION. Whitworth College. Taught undergraduates and graduate students in the School of Education. Courses taught include Modern American Education, Secondary Teaching Strategies, Teaching English in the Secondary Schools, Dealing with Child Abuse and Neglect, and Freshman Seminar. Supervised undergraduate student teachers in the public school setting, advised freshman, and gained important multicultural training and experience through supervision of Whitworth students at The Martin Luther King Center, The YMCA School for the Homeless, and Holmes Elementary School. Traveled with students to Sitka, AK for five years. Supervised students in a multicultural setting at Mt. Edgecumbe High School. Supervised MIT students and advised their thesis projects. Spokane, WA: 1993-2000.

ENGLISH TEACHER. North Thurston High School. Taught sophomore English, advised the yearbook staff, and led a series of workshops for staff. Member of the Security Team for all home football games. Served and enjoyed a racially and economically diverse population. Rookie of the Year Leadership Award, from North Thurston High School Annual Staffers. Olympia, WA: 1993.

ENGLISH TEACHER. New Century High School, N.C.H.S. A school for the 21st Century specializing in technology and its relationship to the future. Taught Sophomore/Junior English, College Preparatory English, Journalism, and Literature Survey. Served as Leadership Class Teacher/Activities Coordinator, planning and directing all school assemblies, hosting quarterly open houses including dinner for staff, students, and families, and overseeing the planning for

every school dance. Recruited, directed, and hired all staff for a three-day leadership seminar. Advised *The Knightly News* newspaper, wrote the curriculum for the English Department, and served as In-Service Chair. Gained experience in diverse populations as students ranged from gifted to drop-outs, to non-conformists and the homeless. While in service there was recognized for excellence in instruction of students and staff by the State Association for Curriculum and Instruction. Olympia, WA: 1989-1992.

ENGLISH TEACHER. Deer Park High School. Taught Junior/Senior English, Sophomore English, Journalism, and Alternative English. Advised *The Stag* newspaper. Awarded an International Second Place Award in journalism by Quill and Scroll Publications, University of Iowa: School of Journalism for my work with *The Stag*. Coached C Squad Girls' Basketball Team. Deer Park, WA: 1983-1989.

ENGLISH TEACHER. Grand Coulee Dam Junior High School. Taught Freshman English. Coached Eighth Grade Girls' Basketball Team. Won Sportsmanship Trophy. Gained experience and successfully worked with a thirty-six percent Native American population. Grand Coulee, WA: 1982-1983.

TEACHER. Northwest Christian Schools, Taught U. S. History, Health, Physical Education, and English. Coached Varsity Girls' Basketball, Junior Varsity Basketball and Volleyball, and Varsity Track. Served as Girls' League Advisor. Spokane, WA: 1979-1981.

HOBBIES & SERVICE

VICE-PRESIDENT. Waterford Condominium Association. 2009-2010.

TEACHER. First Presbyterian Singles' Group, Member of Leadership Team Bellevue, WA: 2008-2010.

I love to cook, walk my puppy, Scout, do the Curves Exercise Program, decorate my condominium, attend theatre productions, read, listen to NPR, have great conversations over coffee, go to athletic events, and go to sleep to music.