

Friday

9:00 - 9:50

HF14F

Cardio Drumming

Teresa Shaffer, M.Ed.

Location: FLI Gym

Cardio drumming is a full body workout set to the great music of the 50,'s 60's and 70's. If you have never tried this form of exercise, you are in for a real treat. Using drumsticks, a 65-85cm stability ball and 16-24 gallon bucket (with rope handles), we work at our own pace using our arms, legs and core! All fitness levels are encouraged, even if you must sit. Please purchase your buckets at either Meijer, Walmart, or Lowe's. Drumsticks will be available from the instructor.

Max: 75 Min: 10 10 weeks



9:00 - 10:20

RP81F

Camino de Santiago Pilgrimage in Spain

Thomas Labuziński

Location: FLI Rm 6

This class is for 1) those interested in either walking or biking the Camino Santiago in Spain, 2) those who have gone on the Camino wanting to share their experience and 3) anyone who just wants to know more about this or any other pilgrimage or expedition. This course will review and discuss the history of the Camino Santiago with movies, books, photos, videos, blogs and documentaries about the Camino. There will be conversations about the total Camino pilgrimage experience discussing possible local pilgrimages. We will cover the how, where, when, who and why of the pilgrimage. The class will be customized to the interests of the students.

Tom, the class facilitator, hiked and biked the Camino Santiago Spain and the Kumano Kodo Japan. He is also on the national board of directors for the American Pilgrims on the Camino and local co-coordinator for the local Camino chapter. There will also be talk about benefits of walking and hiking featuring some of the best hikes locally and all over the world. The course promises to be very interactive. A group expedition to the Spanish Camino in 2020 will also be explored.

Max: 25 Min: 7 10 weeks

10:00 - 11:50

SP21F

My Polonaise Class

Maxine Martinez

Location: FLI Rm 2/3

We are a class willing to learn, listen, from our various speakers, who come from various walks of life to share their knowledge with us. These ten classes can pique your interest and make this your Polonaise Class. Your personal input is valuable to our success as well. Welcome and join us this Fall semester!

Date

Speaker

Sept. 12 Jim Turnbo III - *Fitness & Nutrition*

Sept. 20 Louis Zapata - *1st Source Bank Identity theft*

Sept. 27 Ed Chamberlin – *History Mishawaka Factory Ball Band*

Oct. 4 Sister Sue Kintzele - *The Most Popular Woman at the St. Joseph Co.Jail*

Oct. 11 Bill Bilinski - Sports Editor WSBT Radio

Oct. 18 Bret Forsyth, Edward Jones - *Making your Money Last in Retirement*

Oct. 25 Pete Dekever - *Mishawaka Historical Museum*

Nov. 1 Lisa Fabin, Marketing Administrator *Better Business Bureau of Indiana*

Nov. 8 Olivia Western, Purdue Extension - *Holiday Spending*

Nov. 15 Rachel Rossman, Manager, Health & Fitness Center of the Kroc Center

Dec. 6 Save the Date
Wigilia Celebration, Post 357

Max: 50 Min: 5 10 weeks

11:00 - 12:20

RP72F

The Cosmic Pilgrim, A Spiritual Exploration of the New Story of Science and Religion

Rev. Barbara Jung

Location: FLI Rm 6

A map of the current interface between ecology, religion and science. It aims to develop a spirituality that is grounded in the present struggle of moving beyond our Earth-damaging industrial mindset toward a higher vision of planetary community. At the same time, it seeks out the wider horizon of ultimate meaning and ponders the mystery of the far future and our cosmic destiny. The book reflects the author's Christian background, it is nonsectarian in approach and could be enjoyed by any seeker interested in developing a "green" spirituality. Students will need to buy the book, *The Cosmic Pilgrim* by Margaret MacIntyre, in order to follow along more easily. It is cheaper to buy on Amazon usually.

Max: 20 Min: 6 8 weeks

Friday

12:30 - 2:50

AC52F

Watercolor Workshop

Gloria Mann

Location: FLI Rm 2/3

This class is for those who have a basic grasp of watercolor techniques and feel confident enough to further advance their watercolor skills. This semester we will work on mixing colors, rocks, stones and mountains, animals and people in pictures, monochromatic and free form art, also Fall and Winter scenes. Beginning watercolor is a prerequisite.



Max: 25 Min: 8 10 weeks

2:00 - 3:00

SN41F

Big History: The Big Bang, Life on Earth and the Rise of Humanity

Mitchell Wayne, Ph.D., Holly Goodson, Ph.D. and Alan Dowty

Location: FLI Upper Room

Big History is a highly acclaimed series of 48 video lectures by Professor David Christian that cover all of history from the Big Bang to the present day. This fall series will start with the evidence for hominid evolution, discuss the development of Homo Sapiens, and end with the origins of agriculture. The video lectures require no previous historical or scientific background and are designed to provide the widest

possible perspective on universal history. The lectures are followed by discussion with Notre Dame professors.

Max: 25 Min: 5 8 weeks

4:00 - 4:50

HP11JFF

Lenin and the Age of Revolution

Karla Cruise, Ph.D.

Location: Jewish Federation

The period before, during, and after the Russian Revolution was characterized by new ideas in politics, literature, and art. This course explores Russian civic, "silver age," futurist literature; the political writings of Marx, Lenin, and Rosa Luxemburg; and avant-garde art. We will explore some of the major ideas from this time period through excerpts from pivotal political and literary texts as well as images of selected paintings, sculptures, and buildings. *Copy fee: \$7.00 due to instructor at the first class. No class Sept. 26.*

Max: 20 Min: 5 9 weeks

Scholarships are available for all Forever Learning classes based on space availability. These scholarships are possible through the generous donations of all those who embrace learning. Forms are available in our office and online.

SP33F

AARP Safe Driver – Friday, Nov. 8

10:30 a.m. - 2:30 p.m.

Marie A. Blunt, M.Min.

Location: FLI Gym

The AARP Safe Driver course will refresh and update the skills of drivers over 50. It addresses changes in vehicles, changes in roadways, and changes in our aging bodies. Learn new techniques for turns, right-of-way, intersections, sharing the road, blind spots and strategies to help reduce the chance of having accidents. Upon completion of the four hour course, participants will receive a course completion certificate, which may then be presented to your insurance agent. Depending on your insurance company's policies, you may be eligible for an automobile rate discount. Course fee includes manuals and information sheets to keep. Pay by check to AARP Smart Driver or pay in cash at the time of attendance. Sorry, but credit cards are not accepted. Bring your AARP card (if a member) and driver's license. Also, bring a sack lunch and beverage as we will be taking a quick lunch break around noon. Participants may also elect to bring a light sweater or jacket. One person's "hot" room temperature is another's "cold!" Single Session Friday, November 8. *Fee: \$15.00 for AARP members, \$20.00 for non-members. No FLI Tuition.*

Max: 35 Min: 7