

Monday

9:00 - 12:00

CK12M

Baking Pies

Br. Paul Kelly, C.S.C., M.B.A.

Location: FLI Kitchen

Join us for this popular and tasty class covering all types of pies and pie-making techniques from our favorite Holy Cross chef. Brother Paul will cover a different type of pie each week for three weeks. The first class will begin with the creation of flakey crust and fruit pies. He will then move on to cream pies, meringue and key lime, and the third session will include french desserts of chocolate mousse pie, chantilly pie and a third yet to be announced. *Material fee: \$15.00 due to instructor at the first class. Class will meet Sept 9, 16, 23.*



Max: 10 Min: 5 3 weeks

9:00 - 12:00

CK13M

Bread Making

Br. Paul Kelly, C.S.C., M.B.A.

Location: FLI Kitchen

This hands-on course opens with Sweet Bread Dough, which can be turned into sticky pecan rolls, Swedish Tea Rings, cinnamon/nut rolls, and so on. The second session opens with Steel Cracked Oat Bread, a type of whole grain dark bread. The third session will move on either to another bread type (French/Italian) or explore the muffin/powder biscuit/scone group. *Material fee: \$15.00 due to instructor at the first class. Class will meet Sept 30, Oct 7, 14.*

Max: 10 Min: 4 3 weeks

9:00 - 9:50

LP11M

Polish - Beginning

Dorota Janik

Location: FLI Rm 6

Begin or continue a journey with Polish. We will build on your knowledge of Polish with the addition of new phrases, simplified grammar, and conversation, to help you be ready for a trip to Poland or Chicago's Polish restaurants and stores. This course includes beginners as well as continuing students. Text and other materials will be announced in the first class. *Copy fee: \$2.00, due to instructor at the first class.*

Max: 10 Min: 4 10 weeks

9:00 - 10:50

LT22M

Exploring English Morphology

Brooks Crofoot

Location: FLI Rm 4

The objectives of this course are: to acquaint students with the wide variety of methods used in English to form words. To develop especially an appreciation of how prefixes, roots and suffixes (morphemes) come together to create meaning. To teach the specific meanings of the most common morphemes in general use.

To develop skill in using morphologic analysis in understanding, learning and effectively using vocabulary. To present an overview of the history of development of the body of English morphemes and vocabulary.

Required Text: *Exploring English Morphology* (\$25).

Available through instructor at first class. **First class begins September 23.**

Max: 15 Min: 8 8 weeks

9:00 - 10:50

AC82M

Ancient Art Examined

Ralph Radecki

Location: FLI Rm 5

Twenty works of ancient art - some famous, some not so much - will be examined for what they offer the modern viewer. Paintings, sculptures, mosaics, portraits and architecture are some of our subjects.

Max: 15 Min: 5 10 weeks

9:30 - 10:30

LG41SFM

Beginning German

Ron Cosner, M.A.

Location: Southfield Village

An introduction to the German language using *Fables*, *the story of Emil*, and oral practices. We will begin to look at grammar with light conversational skills. No text is required. *Copy fee: \$5.00, due to instructor at the first class.*

Max: 12 Min: 4 10 weeks

9:30 - 11:20

AC22M

Pastel Basics

Yukako Sakaue

Location: FLI Rm 2/3

This course is for those who would like to learn to use pastels (drawing chalk). You will need pastels. I recommend Prismacolor Premier Nupastel Color Sticks, at least the 24-color set., pastel paper of Canson Mi-Teintes, newspaper and a hand towel. *Copy fee: \$2.00, due to instructor at the first class. First class begins September 9.*

Max: 12 Min: 5 6 weeks

Monday

9:30 - 10:20

BF61SFM

Health Insurance Made Simple

Leighton Schmitt

Location: Southfield Village

This course will teach everything you need to know about health insurance. We'll cut through the options to help you determine what's the best fit. Along the way you'll learn tips and secrets to avoid overpaying, save on prescriptions, and find extra benefits many people miss. We will start with Medicare and move on to other forms of insurance, like under 65 solutions, Medicaid, VA, etc. Bring your questions.

Max: 12 Min: 3 8 weeks

10:00 - 10:50

DN52SFM

Line Dance

Kim Meiss, B.A., NTA Instr.

Location: Southfield Village

Come join me for a fun hour of exercise (both physical and mental). Improve your balance and coordination while challenging your memory and getting a whole lot of laughs. For examples of dances learned in previous semesters, go to YouTube.com and search "Forever Learning Line Dance".

Max: 25 Min: 12 10 weeks

10:00 - 11:20

SN22M

The Universe

James Powell, Ph.D.

Location: FLI Rm 1

The Universe is a series of lecture presentations explaining the origin of creation from the very beginning (The Big Bang) up to the present time (Now) with all the twists and turns needed to create a habitable planet with living creatures. Topics in the six class sessions are: The Ancient Universe, Astronomy and Telescopes, The Cosmos, The Galaxies and Stars, The Solar System and Planets, and The Earth. The presentations require little or no prior scientific knowledge.

Max: 15 Min: 4 6 weeks

10:00 - 11:20

HL41M

Puzzle Time!

Cynthia Nikolai, Ph.D., M.S.

Location: FLI Rm 6

Do you like putting together jigsaw puzzles? Come join us for puzzle time. Keep your brain sharp and have a good time too! Group puzzle(s) provided. *Puzzle fee: \$5.00, due to instructor at the first class.*

Max: 15 Min: 5 10 weeks

11:00 - 12:00

LG42JFM

Intermediate German

Ron Cosner, M.A.

Location: Jewish Federation

Studies will continue in grammar contexts of past perfect and future tenses, verbs using certain prepositions, and if time with separable and inseparable prefixes. *Fables and Emil* will be continued as well as *Pimsleur* and video listening. *Copy fee: \$5.00, due to instructor at the first class.*

Max: 12 Min: 4 10 weeks

11:00 - 12:20

RP61M

Understanding Societal Conditioning

Deborah Dwyer

Location: FLI Rm 4

Gain a greater understanding of the existing unconscious beliefs and patterns that have created the structures of racism in our society. Explore the historical roots that shape perceptions and lead us away from a true regard for ourselves and all people. Increase awareness, effectiveness and compassion to better play a part in a healing solution for our community.

Max: 15 Min: 5 10 weeks

11:30 - 12:50

HF35M

Aging Gracefully Through Exercise, Nutrition, and Brain Health

Jim Turnbo III

Location: FLI Rm 5

This class will cover ten points to living a long, healthy and active life. The course is interactive, with both lecture and application periods. As the course finishes, everyone will be armed with the tools to keep them healthy until they take their last breath. As a student, you will have a completed workbook for reference to use whenever you want.

Max: 25 Min: 8 10 weeks



12:00 - 3:00

LT32M

Haiku Poetry & Other Japanese Forms

Elinor Huggett

Location: FLI Rm 1

Read and write haiku. Haiku poetry is a short unrhymed poem recording the essence of a moment in which nature is linked to human nature. **Beginning students start Noon to 1 p.m.** Previous students start 1 p.m., the class ends at 3 p.m.

Max: 12 Min: 5 10 weeks

Monday

12:00 - 12:50

DN52M

Line Dance

Kim Meiss, B.A., NTA Instr.

Location: FLI Gym

Come join me for a fun hour of exercise (both physical and mental). Improve your balance and coordination while challenging your memory and getting a whole lot of laughs. For examples of dances learned in previous semesters, go to YouTube.com and search "Forever Learning Line Dance".

Max: 35 Min: 20 10 weeks



This class is open to all students who have studied German previously and wish to review/renew their knowledge of the language. The class will begin with the current chapter studied at the end of the last semester. The textbooks for the class are *Ultimate German* (Beginner-Intermediate) and *Mastering German Vocabulary, A Thematic Approach*. Both are available at Amazon.com. This class will highlight common situations and vocabulary experiences while traveling in a German speaking area. Key grammatical structure, phrases, and cultural topics will also be explained.

Max: 12 Min: 5 10 weeks

12:30 - 1:50

LF24M

Comprehensive French: Intermediate - Advanced

Monika Wayne, M.A. and Susan Van Fleit M.S.

Location: FLI Rm 2/3

This class will practice reading, writing, listening and speaking. The first part of the class will focus on intermediate level French and will use *Easy French, Step by Step* (Nurna Bell Rochester, McGraw Hill) for grammar; *Easy French Reader 3rd edition* (McGraw Hill) for reading, *Pimsleur* for listening and videos for listening and writing. The last part of the class will emphasize speaking skills and provide advanced grammar review using *Discovering French Rouge*, Euro Edition. A few textbooks are available from the teacher. *Copy fee: \$3.00, due to instructor at the first class.*

Max: 25 Min: 5 10 weeks

12:30 - 1:50

AC33M

Bags! Bags! Bags!

Sue Schneider and Sharyl Dawes

Location: FLI Rm 4

Make unique and inexpensive bags for yourself or to give as gifts. Use a rotary cutter, simple patterns, and your favorite fabrics, to make novel bags for every need. Even the zipper applications are simple. Beginner and experienced sewers welcome. Materials needed: 5 coordinating Fat Quarters of cotton fabric. Material Fee: \$10.00 to instructor for zippers, interfacing, and shared materials. Instructors will have sewing machines, cutting mats, rotary cutters and irons.

Max: 8 Min: 4 8 weeks

1:00 - 2:20

LG53M

Reviewing German

Bertha Gunn, M.A.

Location: FLI Rm 5

1:00 - 2:20

MU21M

Explore Your Voice

Mike Snyder

Location: FLI Upper Room

Students who enroll in "Explore Your Voice" will have a lot of fun! Through the easy, relaxing vocalises they will learn in class as "warmups," they will learn breathing technique and purify their tone. Each student will choose one or two songs to sing, and during the learning process learn better phonation (sound production) and articulation (pronunciation) skills. The last day of this 10-week class will be an in class recital that will feature students singing the songs they prepared with their teacher during the semester.

Max: 15 Min: 10 10 weeks

1:00 - 1:50

RP51M

Apparitions of the Blessed Virgin Mary

Deacon Brian Miller B.A.

Location: FLI Rm 6

We will study apparitions of Our Lady starting with Mary's appearance to the Apostle James of Saragossa, Spain and others, including Guadalupe, Fatima, Lourdes, Akita, Garabandal and Medjugorje (ongoing apparitions).

Max: 30 Min: 12 10 weeks

1:00 - 1:50

DN53M

Just Dance

Kim Meiss, B.A., NTA Instr.

Location: FLI Gym

This class is designed for participants who have taken line dancing in previous semesters and would like the opportunity to practice the dances they've already learned without being exposed to new material. Minimal verbal cuing from the instructor as needed.

Max: 40 Min: 20 10 weeks

Monday

1:00 - 4:00

HL11M

Bowling at Chippewa

Brent Banulis

Location: Chippewa Lanes

Haven't bowled in 30 years? No problem. Neither have many of us. Join Brent and a dozen other seniors for an informal, fun time every Monday. Fee of \$5.50 per week pays for three games and prizes. House shoes and balls are available at the Chippewa Bowl, which is at 225 West Chippewa Avenue (off South Main Street), South Bend.

No FLI Tuition.

Max: 30 Min: 5 10 weeks

1:00 - 1:50

HF31SFM

Easy Fun 8 Form T'ai Chi Chuan

Cecelia Hossler

Location: Southfield Village

Are you sore and tired from working out? Too old to exercise? Too busy? Then Easy 8 Form T'ai Chi Chuan is perfect for you, regardless of your age, gender, or level of fitness. The 50 minute exercise a day will increase your strength, energy, flexibility, and emotional outlook. It also lowers blood pressure, reduces blood sugar, and relieves arthritis pain.



Max: 20 Min: 6 10 weeks

2:00 - 3:20

SN11M

The Psychology of Personality

Peg Snyder, Psy.D.

Location: FLI Rm 2/3

This course will include information about many types of normal personalities as well as types of personality disorders. You will be able to evaluate your own personality and learn coping strategies to use when living or working with those who have difficult personalities. Included is a section on maintaining brain health as we age.

Max: 25 Min: 5 8 weeks

2:00 - 3:50

HL31SFM

Chinese Mahjong

Cecelia Hossler and Linda Ong

Location: Southfield Village

Mahjong is a Chinese game of skill, strategy, and calculation. It is considered a "mind sport" and is fun and interesting to play. The game is played with four players using a collection of tiles divided into five or six suits. You will learn the basics of the official game and strategy tips

for playing. Researchers believe that playing the game is beneficial for individuals with the beginning signs of dementia, cognitive, and memory difficulties. So, come challenge your mind with Chinese Mahjong.

Max: 12 Min: 4 10 weeks

2:00 - 2:50

LF34M

Intermediate French: Read and Think French

Jerry Gloster, M.A.

Location: FLI Rm 4

Improve your French skills as you broaden your knowledge of Francophone culture. *Read & Think French* contains more than 100 fascinating articles that reveal the enchanting diversity of Francophone culture. Written in French, these readings provide insight into many aspects of French-speaking life and the diversity of its culture, from Parisian bakeries to camping in Guadeloupe, and from the markets of Senegal to the maple harvest of Quebec." This book provides extensive vocabulary aid, so you do not have to hardly look up any unknown words. Activities include reading, writing, listening to, and speaking French.

The text we will be using is *Read & Think French*, premium 2nd ed., by the editors of *Think French* magazine, published by McGraw Hill Education, c2017. *Copy fee: \$2.00, due to instructor at the first class.*

Max: 12 Min: 3 8 weeks

2:00 - 3:20

SN22SFM

The Universe

James Powell, Ph.D.

Location: Southfield Village

The Universe is a series of lecture presentations explaining the origin of creation from the very beginning (The Big Bang) up to the present time (Now) with all the twists and turns needed to create a habitable planet with living creatures. Topics



in the six class sessions are: The Ancient Universe, Astronomy and Telescopes, The Cosmos, The Galaxies and Stars, The Solar System and Planets, and The Earth. The presentations require little or no prior scientific knowledge.

Max: 15 Min: 4 6 weeks