

Tuesday

9:00 - 9:50

SN12T

Human Memory

Marie A. Blunt, M.Min.

Location: FLI Rm 6

How accurate is a witness's memory of a crime? Do brain training programs work? Why do I repeatedly remember disturbing information even when I don't want to? And perhaps most pressing...How can I improve my memory as I age? The main goal of this course is to share a basic understanding of the concepts in human memory and learning. To achieve this goal, we will explore concrete techniques for becoming more productive learners, learn about the ways our memory can get us into trouble (and what to do about it), and discuss the philosophical nature of what it means to live a healthy and meaningful life with your memory system. **First class begins September 24.**

Max: 20 Min: 7 8 weeks

9:00 - 10:20

CT21T

Basic Computer Skills

Amanda Ding, M.S.

Location: FLI Rm 5

Basic computer skills and simple introduction of Windows 10 including using Word, creating and sending emails and internet searching. Students must bring their own computer to class.

Max: 8 Min: 4 10 weeks

9:00 - 10:20

LF13T

French 101A -- Beginning French

Jerry Gloster, M.A.

Location: FLI Rm 4

Elementary Beginning course in the French language—a new beginning for students new to the language or those who really need an intense refresher course. Text: *French for Beginners* by Angela Wilkes, Passport Books, any edition. As soon as you sign up for the class, if you do not already have the text, go online and order it immediately. Books come from Britain and take a couple of weeks or so to arrive. Watch Pricing. Most are way overpriced, but if you search carefully, you can find copies at a decent price. *Copy fee: \$3.00, due to instructor at the first class.*

Max: 10 Min: 3 8 weeks

9:00 - 10:20

CT72T

PC Computer - Photos & Documents

Phil Bertoni, MNS

Location: FLI Rm 1

Students will learn how to work with photos & illustrations - resizing, cropping, color enhancing, inserting text captions, etc. Uploading photos from cameras & smart phones to your PC's as well as downloading photos & illustrations from the internet and your email accounts will be discussed in detail. Inserting these images into Word documents and creating greeting cards will be a focus. Creating newsletters and flyers will be discussed. You will need your own lap-top computer. Only one computer software program will be required: Microsoft Word installed on your computer.

Max: 12 Min: 5 10 weeks

9:00 - 10:50

HF15T

Pickleball 101-A

Terry Wiseman

Location: FLI Gym



Pickleball is the fastest growing sport in the United States. It is easy to learn, fun to play and accessible at any fitness level and at every age. It is played with players of 2 or 4 on one court, like tennis, but using paddles instead of rackets. This course will teach you the rules and fundamentals of the sport of pickleball - serves, dink, lob, 3rd shot drop, drives and strategies. FLI will supply the paddles and balls for the class. *Equipment Fee: \$15.00, due to instructor at the first class.*

Max: 12 Min: 6

5-week session, Sept. 10 - Oct. 8

9:00 - 10:50

HF16T

Pickleball 101-B

Terry Wiseman

Location: FLI Gym

This is a second offering of the course above. Same description and fees. *Equipment Fee: \$15.00, due to instructor at the first class.*

Max: 12 Min: 6

5-week session, Oct. 15 - Nov. 12

9:15 - 10:15

HF52JFT

Stretching, Toning & Yoga

Dottie Wallace, M.S.

Location: Jewish Federation

This class is a combination of exercises to strengthen and tone muscles of the whole body, as well as yoga practice for balance and relaxation purposes. You need to bring a Yoga mat to sit, a large towel and a stretchy

Tuesday

band. This class meets twice each week, on **Tuesday and Thursday**.

Max: 15 Min: 10 10 weeks

10:00 - 11:20

HL61T

Fall Garden and Plant Care

Greg Leyes

Location: Ginger Valley Garden Center

All things garden and growing at Ginger Valley Garden Center with Greg Leyes. Greg will be focusing on 'the usual suspects' this fall, or the most common lawn and garden difficulties. These include preparing your lawn for winter, pruning, perennials, bulbs, preventing frost damage and caring for houseplants.

Max: 25 Min: 5 10 weeks

10:30 - 12:20

CT13T

iPad Photo Editing Workshop

Richard Sunshine, Ph.D. and Jane Keller

Location: FLI Rm 5

This workshop will use a \$2 and a \$5 app on the iPad to edit photos and create collages. The photo editing will include removing unwanted features, adding images, changing background, and adjusting the exposure and color in selected areas of student photos, and adding text. The apps will provide many of the features of Photoshop Elements at a much lower cost.

Max: 8 Min: 5 10 weeks

10:30 - 12:50

SP11T

The Golden Age of Cinema

Randall Matthews

Location: FLI Rm 2/3

Our class will enjoy watching a classic movie each session. We will frame the movie with an instructor introduction and a summary analysis by both the instructor and the class. Discussion about the movie follows.

Max: 25 Min: 5 10 weeks

10:30 - 11:50

LF23T

French 101C

Jerry Gloster, M.A.

Location: FLI Rm 4

Advanced Beginners Class. Continues from Fall semester 2018 and Spring semester 2019. The class is for those already with a rudimentary knowledge of French or those who need a refresher course. Those who know a little French should have no problem catching up. Will do a brief review the



first class day. For those completely new to French, I will provide extra tutoring to help you keep up. Text: *French for Beginners* by Angela Wilkes, Passport Books, any edition. As soon as you sign up for the class go online and order the text. Books come from Britain and take a couple of weeks or so to arrive. Watch Pricing. Most are way overpriced, but if you search carefully, you can find copies at a decent price. *Copy fee: \$3.00, due to instructor at the first class.*

Max: 12 Min: 4 8 weeks

11:00 - 12:20

LT81T

Can You Forgive Her? by Anthony Trollope

James Field, M.D.

Location: FLI Rm 6

This novel presents a story of romance and politics in



Victorian England, told with Trollope's characteristic irony and wit. We will discuss the weekly reading assignments in class. Any complete edition of the novel may be used.

Max: 20 Min: 5 10 weeks

11:00 - 12:20

SP41T

Sign Language: Beginning/Continuing

Marcia Haslett, M.Ed.

Location: FLI Rm 1

Our course will help you learn and continue your skills using a Visual Language. An introduction to hearing loss followed by lots of practice using basic conversational vocabulary, fingerspelling, and the importance of gesture/mime, facial expression, eye-gaze and body language. Sign it to say it! *Copy fee: \$4.00, due to instructor at the first class. Sign book available from instructor at first class, \$11.00.*

Max: 13 Min: 3 10 weeks

12:00 - 12:50

MU63T

Yes, You Can: Sing Handel's "Messiah"

Mark Beudert, Ph.D.

Location: First Presbyterian Church

Improve your choral singing by improving your understanding of Handel's "Messiah," culminating in a Community Sing-Along performance in South Bend this December! Requirements: a love of choral singing. Class will meet at the First Presbyterian Church, 333 W. Colfax, South Bend.

Max: 15 Min: 5 10 weeks

Tuesday

12:30 - 1:20

MU31T

Introduction to the Accordion

Bill Schmitt MPA

Location: FLI Upper Room

The accordion is a favorite traditional instrument of many cultures, and we'll use it to take enjoyable looks at cultural music and the accordion's role, as well as the playing and performing - polkas and way beyond. Ability to read music is not required but will be useful.

Accordions will be available for rental at low fee plus safety deposit. Bill Schmitt has been an accordionist since grade school, but in recent times has adopted new sounds and performances thanks to a digital accordion that celebrates both traditional and modern music. He is active with The Music Village as instructor and 'jammer,' and he wants to share his love of the instrument as part of people's cultural heritage and community life.

Max: 8 Min: 3 8 weeks

1:00 - 1:50

PD11T

Issues in Aging

Kirsten Sharpe

Location: FLI Rm 2/3

This will be a seminar course with a different speaker/expert each week to assist students with a variety of issues we all face as we enter the third age of our lives. Students must register for the entire series at a single class fee. Speakers will include:
Luis Zapata, VP Financial Wellness, 1st Source Bank - What is identity theft, how it happens, how to prevent it, and what to do if it happens to you.

Tammy Higginbotham, CarePatrol - What is the difference between In-Home Care & Home Health Care?
Kirsten Sharpe, The Realtor for Seniors, Managing Broker & Owner of Sharpe Realty - Overwhelmed by the Thought of Moving, Where to start and what to expect.
Mike Snyder, Prairie Publications - Music's effect on keeping you young & sharp.

Paul Eash, Elder Care Attorney - POA, Guardianship and other elder law topics.

Cyndy Searfoss, Foundation for Hospice - Hospice 101: what you need to know about hospice and palliative care.

Shauna Luthringer, Palmer Funeral Home - Funeral pre-planning and how that provides guidance and peace of mind to your family.

Bret Forsyth, Edward Jones - Making your money last in retirement - plan for the expected & prepare for the

unexpected.

Jim Turnbo III, Fitness and Nutrition expert, author and speaker - How regular exercise, balanced nutrition, and brain training can help you age gracefully.

Officer James Burns, South Bend Police Dept. - Personal safety: how to stay safe inside and outside your home.

Max: 30 Min: 5 10 weeks

1:00 - 2:20

RP42T

The Case for Christian Mysticism Amid the Present Church Crisis (Part II)

LeRoy Friesen, OCDS, Ph.D.

Location: FLI Rm 5

This course, devoted entirely to discussion, is a sequel to that offered in the spring term under the same title. The format will be the same ten questions which framed the spring offering. Sources of recommended preparatory reading: 1) the convener's notes circulated in spring term; 2) B. McGinn (ed.), *The Essential Writings of Christian Mysticism*. Modern Library, 2006; & 3) T. Merton, *A Course in Christian Mysticism*. Liturgical Press, 2017. This course being more "intermediate" than "introductory," persons not previously in convener's classes are asked to check with him before registration. All students are expected to share responsibility for centering the class discussion around two poles: the content of the western/Latin mystical tradition ("minority report"); & personal responses & experiences vis-à-vis that tradition in the present ecclesial situation.

Max: 18 Min: 4 10 weeks

1:00 - 2:50

AC62T

Huck Embroidery (Swedish Weaving)

Margaret Whitmer

Location: FLI Rm 4

Huck embroidery, also known as Swedish Weaving, is an embroidery skill from the 30's and 40's. It involves picking up raised threads of fabric and running embroidery threads through them. During the first few weeks, we will learn the basics and alternatives on Huck toweling. We will practice many stitches and try a few other materials. All students will be encouraged to explore possibilities. Many images are online. Pinterest is good. Students need only bring scissors, embroidery floss and magnification, if needed. *Beginning kit is \$8.00, due to instructor at the first class, to get everyone started.*

Max: 10 Min: 3 10 weeks



Tuesday

1:00 - 2:20

AC91T

Yes, You Can: Act in a Play

Mark Beudert, Ph.D.

Location: South Bend Civic Theatre

Join an existing group of theater buffs to explore, plan, design, and rehearse a production of "Circle Mirror Transformation," Annie Baker's award winning play about a group of amateurs finding out life and love by being in...an acting class!

Requirements: a love of theater and the ability to tell a joke or recite a poem.

Max: 15 Min: 5 10 weeks

THEATER

1:00 - 2:20

AC61T

Theatre Stagecraft and Design: An Introduction

Sam Jones

Location: South Bend Civic Theatre

Are you great with your hands? Do you love to dabble in arts and crafts, or is building and using power tools the thing that excites you? Learn about the art of designing and creating everything you see in a play that doesn't include you actually getting on stage! This class will allow students from all skill levels to work one-on-one with professional designers and a retired award-winning architect as you learn the art of scenic design, set building, costume construction, scenic painting, light design, and sound design. You will have the opportunity to work through the entire design process of a show as you work with your peer Forever Learning acting class on creating the fully produced final production!

Whether you are looking to be creative or simply make some new friends, the theatre is the place to be!

Max: 15 Min: 5 10 weeks

1:00 - 2:50

HL31T

Chinese Mahjong

Cecelia Hossler and Linda Ong

Location: FLI Rm 6

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

MU42T

Beginning Guitar

David Denlinger

Location: FLI Upper Room

Introduction to Acoustic guitar. Beginner level. Taught in partnership with the Music Village and Forever Learning. Limited number of guitars are available to borrow or rent. *Copy fee: \$1.00, due to instructor at the first class.*

Max: 20 Min: 10 8 weeks

2:00 - 2:50

LG14JFT

German: Intermediate Level

Monika Wayne, M.A.

Location: Jewish Federation

This class continues to study German grammar, vocabulary and practices all language skills: reading, writing, listening and speaking. No textbook is necessary. Students will read short texts, watch videos in German and give small reports on various topics.

Copy fee: \$5.00 due to instructor at the first class.

Max: 10 Min: 4 10 weeks

2:00 - 2:50

SP35T

How We Measure the Universe

Roger Chrastil, M.A.

Location: FLI Rm 2/3

How big is a billion? A trillion? From nanoseconds to light years, we are bombarded with extremes of measurement. What do they all mean? In this course, we will try to bring short times, long distances and water spinning down the drain into perspective. From prime numbers to the Wisdom of the Crowd, let's see what sense we can make of it all. No heavy math is needed, just a curious mind.

Max: 15 Min: 5 10 weeks

3:00 - 3:50

MU41T

Beginning Ukulele

David Denlinger

Location: FLI Upper Room

Students will learn the basics of note names, chords and rhythm patterns. Popular songs will be taught with a basic understanding of reading music and tablature as well as reading a lyric/chord sheet. Students should provide their own instrument. *Copy fee: \$1.00 due to instructor at the first class.*

Max: 20 Min: 10 8 weeks