

# Wednesday

**9:00 - 11:20** **HF42W**

## Building Better Caregivers

**Leah Kelly Schrock and April Pierce**

**Location: FLI Rm 1**

The purpose of Building Better Caregivers is to enable caregivers to learn the tools and techniques to help them find ways to manage stress and fatigue, periods of depression, increased health concerns, and better handle difficult situations including triggers and care partner challenging behavior. **Last 6 weeks: Oct 9, 16, 23, 30, Nov 6, and 13.**

**Max: 15 Min: 8 6 weeks**

**9:00 - 9:50** **HF61W**

## Zumba Gold: Fitness and Fun

**Karin Speicher, Cert. Instr.**

**Location: FLI Gym**

Come join us for a Zumba fitness class designed especially for Seniors. You will get a total body workout with music that uses Latin dance moves and rhythms. Routines will be easy to learn and follow. Wear comfortable clothing and bring a hand towel and bottle of water along with a "ready to party" mood.

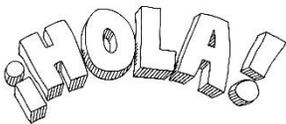
**Max: 60 Min: 10 10 weeks**

**9:00 - 10:20** **LS13W**

## Spanish - Advanced Beginning

**Nancy Sechrest, M.A.**

**Location: FLI Rm 4**



This is a continuation of Beginning Spanish. We will be using Basic Spanish by Dorothy Richmond starting with chapter 6. This is an

attempt to consolidate advanced beginning students into one class in order to enable our teaching staff to serve our students more efficiently. If you are joining us from Bob Hamma's class, wait until after first class to purchase the book.

**Max: 15 Min: 8 10 weeks**

**9:00 - 9:50** **BF21W**

## Investing in your Retirement Years

**Steve Carlock**

**Location: FLI Rm 5**

In this class you will learn how to use investments such as CD's, stocks, bonds, mutual funds, and annuities to help you secure your retirement. This class explains each investment and how it fits into your overall retirement portfolio. We will discuss investing to control taxes,

outpace inflation, and to protect your hard-earned assets for you and your heirs.

**Max: 15 Min: 5 10 weeks**

**9:00 - 9:50**

**HF31W**

## Easy Fun 8 Form T'ai Chi Chuan

**Cecelia Hossler**

**Location: FLI Upper Room**

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**

**9:00 - 9:50**

**PD22TW**

## Effective Speaking

**Paul Stevenson, M.A.**

**Location: Trine University 1**

Be a memorable part of family gatherings and special occasions. Effective speaking looks at the basic principles of oral communication with particular emphasis on purpose, organization and delivery. Styles include informative, persuasive, and commemorative speeches.

**Max: 12 Min: 6 8 weeks**



**9:00 - 10:20**

**AC31W**

## Knitting Basics

**Marilouise Hagenberg, M.A., M.S.**

**Location: FLI Rm 6**

Learn basic knitting skills including the garter and stockinette stitch, casting on, binding off, how to read patterns, and gauging. This course is for individuals with no previous or minimal knitting experience, wishing to learn a new hobby. Classes are working sessions.

*Material Fee: \$5.00, due to the instructor at the first class.* **Class meets: Sept. 11, 18, Oct. 2, 23, 30, Nov. 6, and 13. No Class: Sept 25, Oct 9, and Oct 16.**

**Max: 6 Min: 3 7 weeks**

**10:00 - 11:50**

**MU11W**

## Silvertones

**Maretta Hershberger, M.A.**

**Location: FLI Upper Room**

Silvertones is a glee club for seniors, focusing on performance of music that is both fun and entertaining, as well as serious. No auditions! Silvertones is available for performances at venues from retirement centers to

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private parties and service clubs and presents a public concert at the end of each semester. Fall music focuses on holiday music, but we continue to build a repertoire that can be used year-round. Great camaraderie adds to the fun.

**Max: 40 Min: 5 10 weeks**

**10:00 - 10:50 HP41TW**

**Great Decisions 2019**

**Paul Stevenson, M.A.**

**Location: Trine University 1**

Great Decisions is a national, grassroots foreign policy discussion program produced annually by the Foreign Policy Association. Each meeting will cover a current global affairs issue with a video and discussion. Topics for 2019 are Refugees and Global Migration; The Middle East: Regional Disorder; Nuclear Negotiations: Back to the Future?; The Rise of Populism in Europe; Decoding U.S. - China Trade; Cyber Conflicts and Geopolitics; The United States and Mexico: Partnership Tested; and State of the State Department and Diplomacy. **This is a repeat of the Spring course.**

**Max: 30 Min: 6 8 weeks**

**10:00 - 10:50 DN31W**

**Beginning Hawaiian Dance**

**Becky Albrecht**

**Location: FLI Gym**

Hula and Hawaiian dances are gentle forms of movement that work the muscles responsible for balance and coordination. First time students are welcome, and all will find this ancient dance beneficial physically and emotionally. *Copy fee: \$1.00 due to instructor at the first class.*

**Max: 25 Min: 5 10 weeks**

**10:30 - 12:20 CT15W**

**iPhone Basics**

**Richard Sunshine, Ph.D., Jane Keller and Marilouise Hagenberg, M.A., M.S.**

**Location: FLI Rm 5**

Become acquainted with the iPhone and have fun while you expand your skills in this hands-on class. This class will focus on the basics, but will also cover tips, tricks, and apps which save time and steps and provide new features as time permits. An iPhone with the current iOS 12 operating system is required. Since the iOS 13 operating system that Apple will release in mid-September will not be usable on all our devices, this semester's course will focus primarily on iOS 12. Some

features of the new operating system will be highlighted in the last classes. Future semesters will require the new operating system. *Copy fee: \$3.00, due to instructor at the first class.*

**Max: 8 Min: 4 10 weeks**

**10:30 - 11:50**

**LS24W**

**Spanish - Intermediate**

**Nancy Sechrest, M.A.**

**Location: FLI Rm 4**

This is a class continuing from previous semesters. We will be starting chapter 7 of the text *Situaciones* by Valette-Valette.

**Max: 15 Min: 6 10 weeks**

**11:00 - 12:20**

**HF11W**

**Trekking through Autumn**

**Jamie Hartzke**

**Location: St. Patrick's County Park**

Put on your walking shoes and discover the beauty of autumn at St. Patrick's County Park! We'll walk the scenic park trails and enjoy the burst of colors among the fall foliage. Each walk will be approximately 50-60 minutes. Optional: bring a sack lunch and enjoy a picnic afterwards. Location: St. Patrick's County Park.

Wednesdays: **Sept. 18, 25, Oct. 2, 9, 16.** *Cost: \$15.00 per person to the parks, please pay at first class.* **No FLI Tuition.** For questions contact Jamie Hartzke, 574-277-4828

**Max: 40 Min: 5 5 weeks**

**11:00 - 12:20**

**LT21W**

**Short Stories: The Changing Landscape of Literature**

**Sonia Gernes, Ph.D.**

**Location: FLI Rm 2/3**

In the text for this course, author Lorrie Moore chooses her favorite stories from each decade of the 20th and 21st Centuries as published in the popular series, *The Best American Short Stories of 19\_\_*. As always, we will analyze the stories from a literary perspective, looking at how each author handles the elements of fiction to portray his/her vision of life at a particular historical period. Students will be expected to read the assigned story prior to class and be prepared to discuss it. Discussion questions will be handed out prior to the class. Text: *100 years of the Best American Short Stories*, edited by Lorrie Moore, Houghton Mifflin, 2005. **First class begins September 25.**

**Max: 24 Min: 8 8 weeks**

# Wednesday

11:00 - 12:20

HP42TW

## Major Congressional Committees

### Mid-Century (1947-1954)

John Patrick O'Leary, JD

Location: Trine University 1

A remarkable look at three major Congressional Committees that had a lasting effect on the American political landscape. We will look at 1) The House Un American Activities Committee (with an emphasis on the Hollywood) 2) Keufaver Hearings (Organized Crime) and 3) Army - McCarthy Hearings (1954).

Max: 24 Min: 5 5 weeks

11:00 - 11:50

HL51W

## Football 101

Nan Tulchinsky

Location: FLI Rm 6

This class is an introduction to football. It will give you an idea of the levels of football, the equipment players wear, rules of the game, definition and explanation of positions and responsibilities for each position player. Some nuances of the game will be discussed. *Copy Fee: \$5.00 due to instructor at the first class.*

Max: 20 Min: 5 8 weeks



11:30 - 12:50

AC81W

## Digital Photography Workshop

Bernadette Clemens-Walatka B.A.

Location: FLI Rm 1

This course is a workshop, with emphasis on the elements of the image (the art) with limited technical discussion. The moderator serves as a facilitator and coach. Each week, there will be an assignment of four printed 8" by 10" photographs to share, starting with the second week. Participants share their own work and participate in gentle group discussions with like-minded friends. Several local stores print 8" by 10" photos for about \$2.00 each. We will be printing four 8 x 10 inch photos and mounting them on 11 x 14 Bristol board with acid free glue stick. This will be illustrated in the first session.

Max: 14 Min: 6 8 weeks

### FLI at Trine University

Trine University has graciously offered Forever Learning the use of two classroom spaces. Please note our Trine classes are scheduled on Wednesdays only this semester.

12:00 - 1:50

HF43W

## Matter of Balance

Leah Kelly Schrock

Location: FLI Upper Room

Too many of us are falling down and 1 in 5 falls result in serious injury. It is becoming more and more important to learn how to manage falls, manage our concerns about falling, and improve our activity levels. We will learn to make changes to our environment which reduce our fall risks and set goals for increasing physical activities. We will also do gentle stretching, range of motion, and flexibility exercises. This is a falls prevention class- we will not be discussing or demonstrating how to fall.

Max: 20 Min: 5 8 weeks

12:30 - 1:50

RP33W

## Plotinus, Philo, and Paul:

### The Killer P's of Early Christianity

Chris Miller, M.A.

Location: FLI Rm 6

As a boy when I drank milk, I imagined Archangel Gabriel dictating to Matthew and Mark. Later, when I began to drink wine, I discovered Thomas Aquinas listening to Aristotle and the 20th century Karl Rahner ingesting the philosophy of Heidegger as each constructed a distinct theology. This class presumes that it has always been done that way, and that early Christianity emerged from a matrix that not only produced such intellectual giants as the pagan Plotinus, the Jew Philo, and the enigma St. Paul, but that each thinker influenced and molded it. Maybe Matthew listened to the whisperings of Gabriel, but he could not have shut out the booming voices of these three. Come on out to see if this presumption is convincing. *Copy fee: \$5.00, due to instructor at the first class.*

Max: 15 Min: 5 10 weeks

12:30 - 1:50

SP36W

## Comedy Thru the Ages

Andrew Betts, MA

Location: FLI Rm 5

Explores a great variety of comedy such as Vaudeville, Radio and TV sitcoms, cartoons, stand-up routines, and more. Instructor was a professional comedian.

Max: 15 Min: 5 10 weeks



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**12:30 - 1:50** **LT24W**

**As I Lay Dying**

**Steven Gable, M.D.**

**Location: FLI Rm 2/3**

*As I Lay Dying* was written by William Faulkner in 1930. It was his 5th novel. Modern Library ranked it 35th on its list of the 100 best English-language books. Set in Yoknapatawpha County, Mississippi, it employs 15 different narrators to tell the story of the burial of Addie Bundren.

**Max: 30 Min: 5 10 weeks**



**12:30 - 1:20** **AC11W**

**Origami - Folding Paper Craft**

**Rie Yamazaki**

**Location: FLI Rm 4**

Have you done origami before? It's folding paper and make a shape. Beginners are welcome. Let's have fun together. We will make some flower, bookmarks, also Christmas ornaments. *Material fee: \$5.00 for origami paper, due to the instructor at the first class.*

**Max: 12 Min: 4 6 weeks**

**12:30 - 2:20** **BF11TW**

**Legal Opportunities and Issues for Those 60 and Better**

**Douglas Germann, Sr., JD**

**Location: Trine University 1**

What are you facing these days? This is a course directed by you: your questions become our course outline. For instance, you can learn about:

- The crisis of paying for long-term care and nursing homes
- Guardians and POAs
- Alzheimer's and dementia
- The long-term care labyrinth
- Medicaid
- Wills
- Trusts
- How to choose the right nursing home or assisted living
- End of Life conversations and choices
- What help is there in our community?
- Living Wills, DNR, POST, and other advance directives
- How to be an executor
- How to be a POA

Special note: For the first class, we will be showing an excerpt from a film called "Consider the Conversation," about how we are treated by our medical system and our culture as we approach death, and what is the best

way to get the amount and kind of care we want. **No class on Oct. 16.**

**Max: 16 Min: 8 6 weeks**

**1:00 - 2:20** **DN42W**

**Old Time Ballroom Dancing**

**Kate Shoupe and Richard Allen**

**Location: FLI Gym**

Do you enjoy social dancing? Come and try Old Time dancing, it's easy to learn, a sociable experience, and enjoyable exercise. All dancers perform the same sequence of moves based on ballroom dance steps and music: waltz, polka, cha cha, tango, two-step, swing, foxtrot, and schottische. Come and take a whirl on the dance floor!

**Max: 30 Min: 8 10 weeks**

**1:00 - 2:50** **AC61W**

**Needlepoint**

**Margaret Whitmer**

**Location: FLI Rm 1**

Needlepoint is embroidery done on canvas. There are so many different stitches. It's very exciting to choose and do. We will make a sampler with certain stitches to start, then student will choose their own. Great opportunity to design. Students need to bring lots of worsted weight yarn #4 and scissors. We need lots of yarn so ask others for scraps (1yd.+). We'll be working on 7 count plastic canvas so everyone can see. If you need additional light bring it with you. *There will be a beginner's kit of \$6.00 due to instructor at the first class.*

**Max: 10 Min: 3 10 weeks**

**1:00 - 2:30** **SN32W**

**Fall at Fernwood**

**Wendy Jones, B.A. Steve Bornell, B.S., Corey Hopwood, B.S., and Ralph Reitz, B.S., M.S.**

**Location: Fernwood Gardens**

*All classes are 1:00-2:30pm – please consider lunch beforehand in the Fernwood Café.*

*\$7.00 per program (Fernwood's senior admission rate), payable at Fernwood the first day of class.*

*Please visit [www.fernwoodbotanical.org](http://www.fernwoodbotanical.org) for directions and more information.*

**Wednesday, September 11: Fall Birds & Migration-** Fall is a busy time for birds, as they prepare for a long migration ahead or bulk up for the winter season to come. Naturalist Wendy Jones shares insight into the world of birds in the fall and the amazing migrations that many of them are making. Indoor presentation

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with feeder observation, bring binoculars or use those at Fernwood.

**Wednesday, September 25: Fall Garden Facelift-** Now that you've been through the high seasons of spring and summer in the garden, fall is a great time for re-evaluating your displays, dividing and regrouping tired plantings and augmenting them with complementary additions. Horticulturist and Botanist Ralph Reitz shares the phenology of flowers, fruit, and foliage for this beautiful season. Indoor presentation.

**Wednesday, October 9: Plants for Fall Interest-** October is an ideal planting time – Manager of Facilities and Grounds Steve Bornell introduces noteworthy trees, shrubs, and perennials, including some lesser-known varieties, that provide fall interest in the yard and garden. Indoor presentation

**Wednesday, October 23: History and Ecology of the St. Joseph River-** It is a defining feature of the Michiana area, but how much do you know about the St. Joe River? Naturalist Corey Hopwood reviews the history of this great waterway and discusses the plants and animals that call it home. Indoor presentation followed by an easy walk on the nature trails.

**Wednesday, November 13: Weather, Climate Change, and the Environments of the Future-** Thanks to climate change, there is a new normal for our weather these days, and that has far-reaching impacts on the plants, animals, and environments of the world. Naturalist Wendy Jones explains how all are inter-connected and what you can do to reduce your impact on the health of our planet. Indoor presentation. **No FLI Tuition.**  
**Max: 12 Min: 1 5 sessions over the semester**

**2:00 - 3:20 HF21W**

## Hatha Yoga

**Jeanne Cook, M.A.**

**Location: FLI Upper Room**

Yoga for beginners and continuing students. Yoga postures (asanas), yoga breathing techniques (pranayama), and deep relaxation. Practice emphasizes the mind as well as the body in this very traditional yoga of India. Improve flexibility, balance, and sense of well-being. You will need to bring your own mat, blanket, or towel to lie on.

**Max: 20 Min: 5 10 weeks**

**2:00 - 2:50 PD21W**

## The New Retirementality

**Dorothy J. Mincy M.A.**

**Location: FLI Rm 5**

Come to learn and participate in thoughtful discussions that will answer the following questions: What will I do with my time in retirement? How will I fulfill a purpose? How am I qualified to "give back" and make a difference? Learn how Maslow meets retirement and the things that are important as you make a meaningful transition. Find out what the Prosperous Retirement Wheel looks like that has nothing to do with money!! In this course, we will discuss many of the concepts introduced in Mitch Anthony's book: *The New Retirementality: Planning Your Life and Living Your Dreams at Any Age You Want*, 3rd edition. Purchase of the book is optional.

**Max: 12 Min: 5 6 weeks**

**2:00 - 2:50 HP57W**

## The Greatest Generation

**Carol Meaney Halperin, Ph.D.**

**Location: FLI Rm 2/3**

What they lived through, some of them, what they witnessed in their lifetimes is extraordinary. We start with the 1920s, and move into the Great Depression, the rise of Communism and Fascism internationally, WWII, the Baby Boom, Korea, the Cold War, and Vietnam. Or we will see how far we get. I will ask you to purchase 1 novel *The Last Convertible* (Anton Myrer), and 2 books, *Hitler and the Holocaust* (Robert Wistrich), and *The Feminine Mystique* (Betty Friedan), all available used through Amazon, plus I will copy some material from *America and Vietnam* (Albert Marrin). This is part lecture, part discussion, and will include Audio-Visual aids when possible. *Copy fee: \$5.00, due to instructor at the first class.*

**Max: 25 Min: 5 10 weeks**

**2:00 - 2:50 AC32W**

## Beginning Quilling

**Dahnean Roth**

**Location: FLI Rm 4**

Quilling is a paper filigree art of rolling strips of paper to form a variety of shapes and place them into a format to create virtually anything artistic. *Material Fee: \$20.00 due to instructor at the first class, for tools and materials.*

**Max: 12 Min: 5 10 weeks**

2:00 - 2:50

LH31JFW

**Hebrew - Intermediate**

**Chen Nissan, Israeli Emissary**

**Location: Jewish Federation**

This class is for participants who have Hebrew reading and basic grammar skills. We will study grammar and practice all four language skills: reading, writing, listening, speaking. Textbook: *Living Language - Hebrew*, by Living Language and Amit Shaked Pasman. **No class on Wednesday, October 9.** The instructor will offer a make-up class with the class input.

**Max: 12 Min: 4 10 weeks**

2:30 - 3:20

LS21W

**Spanish 1**

**Robert Hamma, M.A.**

**Location: FLI Rm 6**

Suitable for beginners or those needing to get back into speaking Spanish. This course will help you learn proper pronunciation and gain confidence in simple forms of conversation. You will practice speaking with one another in Spanish and learn vocabulary for use in travel or and ordinary daily conversations. We will use the book *Spanish in 10 Minutes a Day* by Kristine K. Kershul.

**Max: 18 Min: 6 10 weeks**

2:30 - 3:50

RP71TW

**Storytelling with a Long Purpose**

**Douglas Germann, Sr., JD**

**Location: Trine University 1**

Are we as good as humanity gets? Is this generation the pinnacle? Using storytelling as our medium, together we explore if and how we can intentionally grow a better humanity, and our responsibility to do so. Some tough questions for us:

- What is "a better humanity?" Caring, sharing, kind? Nurturing, honoring others?
- What are your biggest dreams for the 11th generation?
- What makes stories lasting?
- Should our stories teach or do something else?
- Is the 11th generation in danger?
- Is our generation the one to start tending the larger story?
- Can we ask penetrating questions? What questions would we not want to be asked?
- Are you willing to undertake a project so large, so sustained, you will never see the outcome?

**No class on Wednesday, Oct. 16.**

**Max: 16 Min: 4 10 weeks**

## Forever Travel

Presents a daytrip to

# Illinois Holocaust Museum & Educational Center

**Monday, September 23**

The third largest Holocaust museum in the world, this museum is dedicated to preserving the legacy of the Holocaust by honoring the memories of those who were lost and by teaching universal lessons that combat hatred, prejudice and indifference, wherever it happens.

We will travel to the museum by Cardinal Bus and enjoy a docent-guided tour. The visit will also include a boxed lunch, the Take-A-Stand Holographic Theater, a survivor speaker and a temporary exhibition – *Memory Unearthed: The Lodz Ghetto Photos of Henryk Ross*

We will depart Forever Learning Institute at 7:45 a.m. and return by 8 p.m. local time.

\$65.00 per person includes all expenses including travel, snack breaks, museum entrance and lunch.

**Our trip is sponsored by the Kurt and Tessye Simon Fund for Holocaust Remembrance**

*Register online only at  
ForeverLearningInstitute.org*

*Deadline is August 30*