

Lifetime Learning Institute
Courses Offered for Fall, 2019 Term
September 9 to November 1, 2019

TUITION NEWS . . . After holding the line against rising costs for eleven years, LLI has increased its per course tuition to \$30 to ensure the health and longevity of this unique organization—since 1977, talented instructors, great students, convenient locations and still the best bargain in town!

REGISTRATION INFORMATION: You can register **online** with a credit card and receive instant order confirmation, or you can register by mail as in the past. Either way the course fee is just \$30.

- To register online, make note of your desired course number(s) from the catalog and go to lliaustin.eventbrite.com **beginning Wednesday, August 14 at Noon**. You will need to provide an email address, a credit card number and a preferred phone number (which you enter in the home phone query, regardless of whether it's a cell or home phone). You'll receive a registration order receipt by email and your registration will be complete.
- To register by mail, complete a registration form, sign the form and mail it to the LLI office along with a check covering total course registration fees. If a class for which you register is filled or cancelled, you'll be notified before the start date. The information you provide on the mail-in registration form will be entered into the Eventbrite registration system for you by LLI registration staff and if you provide an email address, you'll receive a registration order confirmation and receipt from Eventbrite by email.
- **COST AN ISSUE FOR YOU?** There are a limited number of course fee waivers available each term. To request one, use mail-in registration and write "Requesting Fee Waiver" prominently on your registration card. Do not include payment. Sign your card. **Please note—one \$30 course waiver per person per term.**

Classes may fill quickly, so do not delay registering. Once classes begin there are no refunds, but you can transfer to an available class. Call the office, which will be staffed beginning **Wednesday, August 14**, or you can leave a phone message at any time and someone will get back to you.

Office 7703 N. Lamar, Suite 102, Austin, TX 78752
Telephone 512-206-4232

Brought to you by volunteers who believe that learning is one of life's most vital pleasures. In addition to all the instructors listed in this session's catalog, the following people volunteer for LLI.

EXECUTIVE COMMITTEE

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Elaine Stotts, Treasurer	
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Dorothy Martin, Immediate Past Director	Judy Reinhart, TA Coordinator
Gail Chavez, Office Administrator and Site Coordinator	John Marostica, Technology Coordinator

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<u>2018-2020 Term</u>	<u>2019-2021 Term</u>
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IN MEMORY

With fondest memories, we mourn the loss of Gordon Flack, former Advisory Council member, office volunteer and course facilitator; Jean Marostica, office volunteer and TA; George Traver, woodworking instructor; Elizabeth (Betsy) Warren, instructor of history for LLI in its earliest years; and Warren Pargaman, a long-time student in LLI's classical music appreciation class.

Our Thanks to LLI Institutional Partners for Fall, 2019

Ascension Lutheran Church
Belmont Village Senior Living Westlake Hills
Bethany United Methodist Church
Christ Lutheran Church
Corazón Latino Dance Studio
Covenant Presbyterian Church
Crestview United Methodist Church
Faith Lutheran Church
Genesis Presbyterian Church
Highland Park Baptist Church
Lamar Senior Activity Center
Northwest Recreation Center
Overture Arboretum
Overture Domain
Pegasus Senior Living Parmer Woods
Renaissance Austin
St. Luke United Methodist Church
St. Martin's Lutheran Church
St. Matthew's Episcopal Church
Triumphant Love Lutheran Church
The Village at the Triangle
United Christian Church
Unity Church of Austin
Unity Church of the Hills
Westlake Hills Presbyterian Church
Westminster Presbyterian Church
Westover Hills Church of Christ

Schedule at a Glance

Monday Morning

1. Chair Yoga
2. Tatting
3. Spanish Upper Level
4. A History of Information Sharing
5. Social Justice and Religion in Latin America
6. Etymology of English Words
7. Beginning Bridge
8. TED Talks Discussion Group (same as Thurs.)
9. T'ai Chi for Arthritis

Monday Afternoon

10. Calligraphy—Italic
11. Great Books—Counterparts
12. Political Economics
13. Zentangles—Line and Pattern Drawing
14. How to Listen to Classical Music

Tuesday Morning

15. What to Know before You Go
16. French Intermediate
17. Spanish Beginner 1B
18. Find Your Ancestors
19. The Secret of True Happiness
20. Emotion and Meaning in Arts-Visual/Verbal
21. Women Artists of Latin America
22. Men and Women Fitness and Nutrition
23. Art of Bobbin Lace

Tuesday Afternoon

24. LGBT Images in Film Pre/Post Hays Code
25. Intermediate Knitting and Crocheting
26. Celtic Christianity
27. History of Renaissance and Reformation
28. Nazi-Looted Art
29. Body/Mind/Spirit Yoga
30. Great Poets, 17th and 18th Century
31. Cuba Libre
32. French Conversation

Wednesday Morning

33. Estate Planning and Probate
34. Everyone Has a Story—Write Yours Now
35. German Intermediate
36. Earth, Wind and Fire—Physical Geology
37. Writing Memoirs
38. Genealogical Research Workshop
39. Religions of India
40. Birds of Central Texas
41. Basic Quilting
42. Intermediate Heaven Nature Contemplation
43. Beginning Recorder
44. Basics of Investing
45. Therapeutic Yoga

Wednesday Afternoon

46. Mixed Media Arts
47. Beginning Quilting
48. Yoga for the Third Stage of Life
49. Italian Beginner 2
50. Hatha Yoga
51. The Short Story—Jhumpa Lahiri
52. Basics of Investing

Thursday Morning

53. German Beginner 1
54. Mah Jongg
55. Current Social/Cultural Topics in the Spanish-Speaking World
56. French Beginner 2
57. U.S. Foreign Relations Discussion Group
58. Extraterrestrial Life
59. Consort Recorder
60. German Beginner 2

Thursday Afternoon

61. Lifestory Writing
62. Texas Legislature—How Laws are Really Made
63. Journaling Your Journey
64. Play Better Bridge
65. Seniors in Films—Comedy
66. TED Talks Discussion Group (Same as Mon.)
67. Biblical Greek 1
68. Art and All Things for Which we are Grateful
69. PCs to Phones and More—Simple Advice
70. Films—The Documentary
71. T'ai Chi (Taiji) and Qigong
72. Yoga Fit

Friday Morning

73. Folk Guitar
74. Your Memoirs—Your Written Legacy
75. Mosaics and More—Open Studio
76. Advanced Quilting—Little Red Seventeen
77. Spanish Beginner 2
78. Entomology—Get to Know the Insects
79. Writing for the Non-Writer
80. Knitting and Crocheting
81. Line Dance
82. Yin Yoga

Friday Afternoon

83. Zumba Gold
84. Write Your Story—It's Easier than You Think

Monday Morning—8 Meetings Unless Otherwise Noted

- 1. CHAIR YOGA—BEGINNING PRACTICE** Students use straight-backed chairs for support as they move in gentle, modified yoga movements. The class consists of seated poses and modified standing poses using chairs as needed for stability. No floorwork exercises. Increased flexibility, strength, and range of motion can result from gentle movement through simple poses. Students should wear comfortable, loose-fitting clothing. Limit 35.
Linda Gibson
9:30—10:30 A.M. Monday, Starts Sept. 9
Covenant Presbyterian Church, Eaton Hall
3003 Northland Drive (78757)
- 2. TATTING—AN ELEGANT, INEXPENSIVE HANDICRAFT**
Tatting produces durable, beautiful lace for edgings, collars, bookmarks, ornaments, even jewelry. Once you learn the basic technique of constructing knots and loops, it is fun, economical and portable. Websites such as www.tattedtreasures.com provide many examples and inspiration. Beginners should call the instructor at 512-345-1256 regarding materials. Limit 12.
Jo Saunders
10:00—Noon Monday, Starts Sept. 9
Ascension Lutheran Church
6420 Hart Lane (78731)
- 3. SPANISH UPPER LEVEL—CONVERSATION/BOOK CLUB** This course is conducted entirely in Spanish, and it is designed for persons with some proficiency in the language. During the first hour, the students present informally on any topic followed by a short discussion, a basic grammar review and discussion of an advanced grammar topic. During the second hour the instructor guides a discussion based on the preassigned readings for the week. Questions based on the reading are then discussed, bringing attention to grammatical and idiomatic phrases. **Note:** This course is integrated with an ongoing year-long Spanish program. Attempts are made to have a new project coincide with the LLI term. Limit 30.
Mary Fischer
10:00—Noon Monday, Starts Sept. 9
Genesis Presbyterian Church Fellowship Hall
1507 Wilshire Boulevard (78722)

Monday Morning—8 Meetings Unless Otherwise Noted

4. **A HISTORY OF INFORMATION SHARING: WRITING, LIBRARIES, BOOKS AND COMPUTERS** Five lectures will cover the social and technological history of the evolution of shared information from early history to the present. After a glance at the ancient and medieval worlds, we concentrate on the origin of printing and the creation of a new print world. We will then explore how computers and digitization have changed how we find information and use it. Our sixth and last class takes place at the new downtown Austin Central Library where we will have a guided tour of one of the newest libraries in the United States. Please bring \$5 for handouts. Our instructor is a retired librarian with long experience in public, university, and corporate libraries. Limit 20. **6 classes.**

Olga Bornstein Wise

10:00—Noon Monday, Starts Sept. 9

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

5. **SOCIAL JUSTICE AND RELIGION—LATIN AMERICAN LIBERATION THEOLOGY** People interested in religion, history, or Latin America will enjoy this eye-opening exploration of Latin American Liberation Theology, an approach to Christianity that was viewed as very controversial in the 1970s but is now supported by Pope Francis and other world religious leaders. Over 50 years ago, the Second Conference of Latin American Bishops declared that the poor should take center stage in Christian theological reflections, and that the cultural, economic, and political realities of Latin American and Caribbean societies should (must) shape their religious thinking and practice. This course will be an introduction to the issues and challenges that Liberation Theology has addressed since the early 1970s, against the backdrop of five centuries of colonial and neocolonial history. Our text, which students should get, will be Bingemer, Maria Clara: *Latin American Theology. Roots and Branches*, Maryknoll, NY: Orbis Books, 2016, available in paperback. Further readings and videos will be shown and made available at our class website: <http://www.voith-usa.com/social.justice.html> . Our instructor holds graduate degrees in History of Evangelization in Latin America and in History and Ethnohistory, and brings his own experience working on the front lines of the Liberation Theology movement in South America. Limit 20.

José A. Gomes Moreira

10:00—Noon Monday, Starts Sept. 9

Highland Park Baptist Church, Room 203

5206 Balcones Drive (78731)

Monday Morning—8 Meetings Unless Otherwise Noted

- 6. ETYMOLOGY—THE SOMETIMES STRANGE AND FUNNY ORIGIN OF ENGLISH WORDS** English is a relatively new language with roots in many older ones such as Latin, Greek and German. We constantly adopt new words, some made up and others adapted from earlier words or expressions. In this class, we will look at the origin of selected words to better understand our language. We will explore both common and uncommon words. Everyone will learn some new ones. We'll also look at origins of place names and answer questions such as: what's the relationship between the state and the country of Georgia, what's the Island in Rhode Island, what is the longest place name in the United States, and where are the islands of San Serriffe. **6 classes.** Limit 50.

Ezra Lippincott

10:00—Noon Monday, Starts Sept. 9

Northwest Recreation Center

2913 Northland Drive (78757)

- 7. BEGINNING BRIDGE** This course is for people who have never played bridge, or those who may have played some in the past but want a refresher or update. We will use the book *Bridge Basics 1: An Introduction* by Audrey Grant, available on Amazon or other places. In class you will play example hands from the book, and for each example hand, explanations of techniques for bidding and play are given in this book. It is recommended that you obtain a copy. Limit 20.

Jack Graham

10:00—Noon Monday, Starts Sept. 9

Renaissance-Austin

11279 Taylor Draper Lane (78759)

- 8. TED TALKS DISCUSSION GROUP** (PLEASE NOTE: The classroom for this class is up a full set of stairs; there is no elevator. It is repeated on Thursday P.M. in a downstairs meeting room.) Does a wide range of viewpoints stimulate you? Then TED Talks is for you! With its agenda to make great ideas accessible and spark conversation, TED is a non-profit global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. Devoted to spreading ideas, usually in the form of short, audio/visual presentations (20 minutes or less), TED Talks cover a wide variety of topics, from science to business to global issues, a clearinghouse of free knowledge from a range of inspired thinkers and a community of curious individuals willing to engage with ideas and with each other. Participants view 3-4 TED Talks per week outside of class (web access/internet connection required); then gather in class to

Monday Morning—8 Meetings Unless Otherwise Noted

TED TALKS DISCUSSION (Cont.)

discuss these ideas. NOTE: TED Talks are not shown in class. In preparation for the **first** class, participants should view the following three TED Talks. Go to the website (<https://www.ted.com/>) and search for these presenters and titles: Sal Khan “Let's use video to reinvent education”; Atul Gawande “How do we heal medicine?”; and David Christian “The history of our world in 18 minutes”. For specific questions, please email the facilitator, Michelle d’Arcy, at tedlliaustin@gmail.com . Limit 20.

Michelle d’Arcy
10:00—Noon Monday, Starts Sept. 9
St. Luke United Methodist Church,
Upstairs Classroom 3
1306 West Lynn Street (78703)

- 9. T’AI CHI FOR ARTHRITIS—BEGINNING PRACTICE** The first six movements of the form are a gentle, easy-to-learn t’ai chi introduction. This t’ai chi form was designed by a physician for people who are older and have joint problems. Students can expect to enhance balance, build strength and improve coordination. The class consists of warm-ups, t’ai chi practice, and instruction on safe movement. Wear comfortable, loose-fitting clothing and flexible-soled shoes. Limit 35.

Linda Gibson
10:30—11:30 A.M. Monday, Starts Sept. 9
Covenant Presbyterian Church, Eaton Hall
3003 Northland Drive (78757)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 10. CALLIGRAPHY—ITALIC** In this course we’ll learn and practice the Italic style of calligraphy. Italic was developed during the 15th century Italian Renaissance. Emphasis will be on making a variety of greeting cards and addressing envelopes. Other projects will be included as desired by class members. A supply list will be given at the first session. Note: Left-handed students should contact the instructor before the class begins at lmayes1@austin.rr.com . **6 classes.** Limit 20.

Lois Mayes
1:00—3:00 P.M. Monday, Starts Sept. 9
Faith Lutheran Church
6600 Woodrow Avenue (78757)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 11. GREAT BOOKS DISCUSSION— COUNTERPARTS** The Great Books Foundation anthology, *Counterparts*, presents 20 pairs of contrasting texts that take opposing views on issues or contend with ideas presented by other scholars. Together they offer a range of perspectives on topics such as art and war, love and fidelity, gender, aspiration, and death. The class uses *shared inquiry* to discuss these works, combining both *interpretive discussion* (interpretation and meaning conveyed by the author's words), and *evaluative discussion* (weighing the significance of the selection in a larger context – how do the author's words speak to us?). In preparation for the first class participants should read both selections from LOVE (*The Little Mermaid* by Hans Christian Andersen and *The Pangs of Love* by Jane Gardam) and ASPIRATION (*Facing West from California's Shores* by Walt Whitman and *The Golden West* by Daniel Fuchs). It is helpful to read Introduction/Preface materials. *Counterparts* is available through the Great Books Foundation in print and e-book format at: <https://store.greatbooks.org/colleges-book-groups/recently-published-titles/counterparts.html> . Selected readings may be available online. For specific questions, please email the facilitator, Michelle d'Arcy, at gbliaustin@gmail.com . Limit 20.

Michelle d'Arcy

1:00—3:00 P.M. Monday, Starts Sept. 9

St. Luke United Methodist Church,

Downstairs Classroom

1306 West Lynn Street (78703)

- 12. POLITICAL ECONOMICS AND A NEW VIEW OF AMERICAN HISTORY** The study of political economy was part of a basic college education from the mid-1700s through World War II, when economists wanted to make the discipline more of a science than a social study, and the academic disciplines split. But this course seeks to demonstrate that studying either government without fundamental macroeconomic theory OR macroeconomics without appreciating the corrective tools provided by governmental entities is folly. It puts the two fields back together to give us a better understanding of the major events in American history. Is government really too big? Should we do away with the Federal Reserve? Adopt a balanced budget amendment? Break up the big banks? We'll explore these questions in a

Monday Afternoon—8 Meetings Unless Otherwise Noted

POLITICAL ECONOMICS (Cont.)

seminar setting. Our instructor is a trial attorney with experience in all three branches of government service, state and federal, and lifelong interests in public policy and institutional macro-economics. Expect a small fee for handouts. Limit 20.

Erwin McGee, JD

1:00—3:00 P.M. Monday, Starts Sept. 9

St. Martin's Lutheran Church

606 West 15th (78701)

- 13. ZENTANGLES—LINE AND PATTERN DRAWING** This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The process increases focus and creativity while providing artistic satisfaction along with an increased sense of personal well-being. No drawing skills are required for taking this class! After registering, contact the instructor for a list of inexpensive supplies at cherryt@austin.rr.com . Limit 30.

Cherry Taylor

1:00—3:00 P.M. Monday, Starts Sept. 9

United Christian Church

3500 W. Parmer Lane (west of MoPac) (78727)

- 14. HOW TO LISTEN TO CLASSICAL MUSIC** By focusing on different ways of listening and understanding, we enrich and deepen our enjoyment of classical music. We will listen to representative masterworks and discuss their style, form, and meaning. The selection of works changes from semester to semester. Questions to be raised include the role of interpretation and the importance of rehearsing music. No formal musical background is required. Limit 35.

Hanns-Bertold Dietz, PhD

2:00—4:00 P.M. Monday, Starts Sept. 9

Westminster Presbyterian Church

3208 Exposition Boulevard (78703)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 15. WHAT TO DO AND KNOW BEFORE YOU GO** This class will help you think and talk about final matters with more comfort and ease. You'll learn from subject-matter experts who welcome questions and have nothing to sell. To prepare you for making informed choices, we'll discuss prices at local funeral homes and cemeteries; prepaid funeral contracts; hospice care; organ, tissue, and whole body donation. You'll be invited to participate in relaxed, small group discussions to help you incorporate your end-of-life values and priorities into healthcare directives specifying what interventions you would or would not want should you be unable to speak for yourself. Completion of advance directives requires some reading and thoughtful consideration between several class sessions. Please bring \$10 to first class session for extensive handouts. Limit 20.

Nancy Walker, Coordinator

10:00—Noon Tuesday, Starts Sept. 10

Genesis Presbyterian Church, Fellowship Hall
1507 Wilshire Boulevard (78722)

- 16. INTERMEDIATE FRENCH** This is the course for those with some background in French who want to expand their vocabulary; improve pronunciation, reading and listening comprehension; and learn to communicate in French. Limit 25.

Betty Clough

10:00—Noon Tuesday, Starts Sept. 10

Highland Park Baptist Church, Room 225
5206 Balcones Drive (78731)

- 17. SPANISH BEGINNER 1B** Episodes from an interactive online video course give the class a story to talk about and suggest new vocabulary and situations to practice speaking. You should already be familiar with the subject pronouns, and the present tense of regular verbs, as well as some basic nouns, adjectives and prepositions. Goals for the course include expanding vocabulary, improving listening comprehension and speaking skills, and learning more present tense verbs, along with direct commands. Please bring \$2 to the first class for handouts. Limit 20.

Jann Randle

10:00—Noon Tuesday, Starts Sept. 10

Lamar Senior Activity Center
2874 Shoal Crest Avenue (78705)
(near 29th and N. Lamar)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 18. FIND YOUR ANCESTORS** Exploring records to learn about your ancestors—who they were, where they lived, what they did—has never been easier or more exciting. The Austin Genealogical Society encourages and supports such searches, using methods old and new. Each session is presented by a member of the society, covering a variety of topics. Beginners and experienced researchers are welcome. Please bring \$3 to the first class for copies. Limit 20.

Inez Eppright, Coordinator

10:00—Noon Tuesday, Starts Sept. 10

Triumphant Love Lutheran Church,
Community Room

9508 Great Hills Trail (78759)

- 19. THE SECRET OF TRUE HAPPINESS** Happiness is a state of mind that requires a strong value system, along with certain practices, skills and attitudes. This course will provide participants with some of the best knowledge currently available on such topics as spirituality, love, faith, service, prayer, meditation, marriage and family life, positive thinking, mirth and gratitude, all of which contribute to a happier state of mind and a more peaceful life. Our instructor is the author of the recent book, *The Secret of True Happiness*, as well as other books on world religions, meditation and the afterlife. **6 classes.** Limit 30.

Farnaz Masumian

10:00—Noon Tuesday, Starts Sept. 10

Unity Church of Austin

5501 W. Hwy 290 Service Road (78735)

- 20. EMOTION AND MEANING IN THE ARTS—VISUAL AND VERBAL ARTS** In this ongoing seminar exploring how the arts affect us and why they matter, the course this term will compare and contrast the visual and verbal arts. If a picture is worth a thousand words, it is also true that short stories and poems are verbal pictures that concisely depict people, scenes, and actions. Whereas artists use paintbrush, chisel, or camera to create their images, authors paint with words. What these otherwise diverse arts have in common is that their “meanings” are often emotional appeals to the heart rather than messages addressed to the head. In-depth discussion will focus on specific works ranging widely among periods of fine art and literature. Genres will include paintings, photographs, sculptures, lyric poems and short stories. Registrants must provide an email address because all

Tuesday Morning—8 Meetings Unless Otherwise Noted

VISUAL AND VERBAL ARTS (Cont.)

works for discussion will be provided by email. The instructor has taught literature in college; published poetry and criticism of the arts, including photography; and curated art exhibitions for a museum of which he was a trustee. Limit 18.

Joseph Longino, PhD

10:00—Noon Tuesday, Starts Sept. 10

Westover Hills Church of Christ, Room 203

8332 Mesa Drive (78759)

- 21. EXTRAORDINARY WOMEN ARTISTS IN LATIN AMERICA** Come discover some of Latin America's women artists! You are probably already familiar with Frida Kahlo, and perhaps you have heard of Gabriela Mistral or Sor Juana Inés de la Cruz--and their work will be included. But have you seen, heard, or read the work of Lola Alvarez Bravo, Violeta Parra, Elena Poniatowska, or Marjorie Agosín, to name a few of our artists? The goal is to introduce you to creative women in Latin America beyond those who might be known, even popular, in the United States. The course features twentieth-century artists in several countries, including Mexico, Chile, Argentina, Peru, Panama, and the United States. Art forms include painting, photography, textiles, folk art and craft, music, film, and literature. Connections will be made to the broader aesthetic and historical contexts of the works under consideration, including, when relevant, suggestions for experiencing the arts while traveling in Latin America. This course is taught in English. Please bring \$5 for course materials. Limit 30.

Catharine E. Wall

10:00—Noon Tuesday, Starts Sept. 10

Westover Hills Church of Christ, Room 201

8332 Mesa Drive (78759)

- 22. MEN AND WOMEN FITNESS AND NUTRITION FUN** Join this class for an energizing total body workout with muscular strength training to promote cardiovascular health and improve balance. Maintain your independence and a healthy lifestyle of proper nutrition with a variety of physical activities including TEXERCISE, yoga and T'ai Chi. This expert on senior fitness and community resources offers a 90-minute class with flexibility stretching, deep breathing to increase mind-body relaxation and endurance exercises to keep our bones strong. Wear exercise clothing/shoes and bring your hand weights and water. Limit 20.

Rusty Cribbs

10:00—11:30 A.M. Tuesday, Starts Sept. 10

Ascension Lutheran Church

6420 Hart Lane (78731)

Tuesday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 23. ROMANCE AND ART OF BOBBIN LACE** Ever wonder how laces such as Belgian, Swiss, or Chantilly are made? You will learn the basic techniques of weaving lace using bobbins, which may lead to using other threads, yarn, and/or wire to create your own designs. Bring a box of straight pins, scissors, pin cushion and “cover cloth” (a large cloth table napkin or any piece of fabric about 18 inches square). Bring \$5 to the first class for materials. Limit 12.

Karen Hickman

10:30 A.M.—12:30 P.M. Tuesday, Starts Sept. 10

Pegasus Senior Living (formerly Brookdale)

12429 Scofield Farms Drive (78758)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 24. LGBT IMAGES IN EARLY 20TH CENTURY FILMS AND IMPACT OF THE HAYS CODE** This course will focus on how the LGBT community was portrayed in early twentieth century films and the impact of the Hays Code. Silent movies include *Yankee Doodle in Berlin* (cross-dressing), *The Flesh and the Devil* (Garbo in a love triangle with two men), and *Pandora’s Box* (scandalous lesbian subplot). Early talkies include *Madchen in Uniform* (German schoolgirl crush), two films with prominent sissy characters (*It’s Love I’m After* and *Easy Living*), and *Dracula’s Daughter*. Also included is *The Celluloid Closet*, a documentary about the history of LGBT characters in cinema and Hays Code regulations. Michael Sirmons is a retired Professor of English and avid film buff who studied cinema history in college. The highlight of his 36-year teaching career was a course he developed on Gay and Lesbian Writers. Limit 16.

Michael Sirmons

12:45—3:00 P.M. Tuesday, Starts Sept. 10

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 25. INTERMEDIATE KNITTING AND CROCHETING** Students with some experience knitting or crocheting can continue at their own pace. Bring practice yarn and needles or hook to the first class. The instructor, an accomplished artist, has taught knitting and crocheting for more than 20 years. Call the instructor at 512-259-1146 with questions about the class. Limit 12.

Pat Tittizer

1:00—3:00 P.M. Tuesday, Starts Sept. 10

Pegasus Senior Living (formerly Brookdale)

12429 Scofield Farms Drive (78758)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 26. FROM THE DRUIDS TO ROMAN CATHOLICISM—CELTIC CHRISTIANITY REVISITED** If one were to sum up the totality of Celtic Christianity with one word, the word would be “wholeness.” A Wholeness – a worldview – that informs the entirety of life. A Wholeness found in her history, liturgy and practical theology. In our fragmented world, this Wholeness speaks to all of us. The course will serve as an introductory class for those new to Celtic Christianity and a refresher for those who have previously taken the course. This time we will dig deeper into the antecedents of Celtic Christianity (both “pagan” and Christian) while exploring her contribution to Roman Catholicism and then to Protestantism. The course will also offer suggestions on how we might apply Celtic Christianity to our own faith traditions. Limit 20.

Frank Mills

1:00—3:00 P.M. Tuesday, Starts Sept. 10

St. Martin’s Lutheran Church

606 W. 15th Street (78701)

- 27. EUROPE IN THE RENAISSANCE/REFORMATION PERIOD, 1350-1650** This course studies the history of Europe in the pivotal period of transition from the Middle Ages to the Early Modern World. Artistic developments in the Renaissance and religious developments in the Reformation will enjoy special consideration to be sure, but since political, economic, social, intellectual, scientific, and military developments were inextricably intertwined with these movements, they will also receive their due emphasis. Included will be the development of Italian city-states and growth of national states, especially in England, France, and Spain. We will examine developments in trade and industry in Europe, overseas colonization, and growth of the third estate. In other fields, we consider the expansion of literacy and education, new philosophical ideas, mysticism and scientific revolution. Of course, we must examine major wars, including the Wars of Religion in France, the Thirty Years’ War, and the English Civil War. Please bring \$3 to the first class to cover the cost of course materials. Limit 25.

John Dahmus, PhD

1:00—3:00 P.M. Tuesday, Starts Sept. 10

Unity Church of Austin

5501 West US Hwy 290 Service Road (78735)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

28. NAZI-LOOTED ART This course examines the greatest theft of art and cultural valuables in history and its continuing impact today. From 1933 to 1945, the Nazis confiscated over half a million objects of art. While the western Allies refused to acknowledge the legitimacy of these confiscations, many heirs of Nazi victims are still trying to recover their ancestors' art. Using films, Power Point presentations and class discussions, the class begins by exploring the history of looting art during times of conflict, from the Romans through Napoleon. Then we focus on Hitler's views on art, the development of the Nazi aesthetic, and confiscations from German museums and private collections in Germany, Belgium, the Netherlands, and France. We'll consider the role of the "Monuments Men" after the allied invasion of Europe, the discovery of Nazi caches of art, and initial attempts to restitute such art. Finally, we examine legal restitution efforts after the war, more recently, and currently. Our instructor taught art law at Harvard Law School until his retirement in 2008, taught a seminar on art law at the University of Texas Law School, and taught several summer art law seminars in Freiberg, Germany. Limit 30.

Terry Martin

1:00—3:00 P.M. Tuesday, Starts Sept. 10
Westover Hills Church of Christ, Room 201
8332 Mesa Drive (78759)

29. BODY, MIND AND SPIRIT YOGA This course provides opportunities to enhance vitality through moving the body, breath exercises, and meditation. The movements address flexibility, strengthening, joint mobility and balance from a variety of positions (standing, seated, and on the floor). Note that options will be available for those who wish to be seated in a chair for part or all of the class. Dress comfortably and bring any yoga props that you want to use. A blanket, a yoga mat, and/or a cushion are suggested, and yoga blocks or straps are optional. **This is a beginner-friendly class and all levels are welcomed.** You will have two teachers experienced with seniors to monitor and guide you. Limit 25.

Nancy Kirby and Sarah Goodfriend

1:00—2:00 P.M. Tuesday, Starts Sept. 10
Northwest Recreation Center
2913 Northland Drive (78757)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 30. GREAT POETS** From Milton and the Cavaliers to the Pre-Romantics and Blake, we'll discuss poetry of the 17th and 18th centuries. All poems will be available online. Limit 20.

Linda Ringer Leff

1:30—3:30 P.M. Tuesday, Starts Sept. 10

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 31. CUBA LIBRE** The Trump administration has recently re-imposed travel restrictions for Americans wanting to go to Cuba. Presumably such measures are intended to foster regime change in the "Troika of Tyranny"—Cuba, Venezuela and Nicaragua—as dubbed by U.S. National Security Advisor John Bolton. For more than 60 years, the U.S. has attempted to change the government of Cuba, a policy that has cost hundreds of millions of dollars and not a few lives. What is it about that peculiar island nation which has made that task so difficult? This course will attempt to describe how Cuba's unique history has made it such a tough nut to crack. We will see and discuss three films by Tomás Gutierrez Alea to enliven the class and consider how history has made us the best of enemies. Limit 25.

Jerry Buttrey

1:30—3:30 P.M. Tuesday, Starts Sept. 10

Westover Hills Church of Christ, Room 203

8332 Mesa Drive (78759)

- 32. CONVERSATIONAL FRENCH** Join us to practice speaking in French about current events, culture, readings and/or movie excerpts shared in class. The course is designed for those with some proficiency in the language, but enthusiastic intermediate students are welcome, too. Limit 15.

Mireille Seewann

2:00—4:00 P.M. Tuesday, Starts Sept. 10

Ascension Lutheran Church

6420 Hart Lane (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

33. NAVIGATING THE ESTATE PLANNING, PROBATE AND GUARDIANSHIP PROCESS WITH AN ATTORNEY AT THE HELM

We will begin with what is contained in an Estate Plan including a Last Will and Testament, Medical Power of Attorney, Statutory Durable Power of Attorney, Directive to Physician, HIPAA Release, and, if necessary, a Trust agreement. Then, we navigate through the Probate process from the filing of an Application to the closing of the Estate, as well as what happens if you or a loved one passes away without a valid Will. We review how real and personal property and various other assets pass upon a death. We will then cover what it means to be incapacitated and how the Guardianship Application and Appointment process works. Along the way, we will discuss typical costs to hire an Attorney to assist you in preparing the various planning documents and court proceedings. We conclude with a review of Federal Trust, Estate and Gift taxes. Limit 30. **6 Classes.**

Andrea V. Comsudi, Attorney and
Counselor at Law

9:30—11:30 A.M. Wednesday, Starts Sept. 11
St. Matthew's Episcopal Church
8134 Mesa Drive (78759)

34. EVERYONE HAS A STORY—WRITE YOURS NOW The object of this course is to get your family/personal stories on paper. Studies have shown that most family stories fade beyond two generations. Our lives are filled with stories—funny, poignant, sad, spiritual, meaningful. You have stories only you can write. Most of us have wished we could ask about our families, but there's no one left to ask. Leave that written legacy for others and save them that frustration. They will thank you for it. There is no instruction, but we will discuss stories and the process of writing – don't worry, it's painless. Each member should expect to write one story each week to bring and read in class. Listening to the stories of others frequently sparks memories of our own so we add to our list of stories to write. At the end of the semester, we will produce a class book to which you are encouraged to contribute your stories. Need more info? Call the instructor 512-704-6558. Leave a message for return call. Limit 12.

Gayle Opie

9:45 A.M.—12:15 P.M. Wednesday

Starts Sept. 11

Unity Church of Austin

5501 W. Hwy. 290 Service Road (78735)

Wednesday Morning—8 Meetings Unless Otherwise Noted

35. INTERMEDIATE GERMAN—HERZLICH WILLKOMMEN!

By now we are at the transition from A2 to B1 level, having covered almost all the basic standard grammar once. For the fall semester we will tackle the subjunctive (grammar wise), while we keep reading together and trying to speak more as we go. It is strongly recommended to work a little at home to reinforce what we've touched on in class. Please contact me if you have any questions: deutsch2henrike@gmail.com . Please bring \$3 to the first class for copies. Limit 20.

Henrike Belz

10:00—Noon Wednesday, Starts Sept. 11

Crestview United Methodist Church

1300 Morrow Street (78757)

36. EARTH, WIND, AND FIRE—ASPECTS OF PHYSICAL GEOLOGY

Learn how plate tectonics controls the distribution of earthquakes, volcanoes, and Andean-type mountain ranges; about predicting the next big quake; behavior of rivers and deltas; why New Orleans is doomed and the Tower of Pisa leans. We will explore fossil fuels, fracking, groundwater, caves, climate cycles, global warming, and other fascinating phenomena. Limit 25.

Earle F. McBride

10:00—Noon Wednesday, Starts Sept. 11

Faith Lutheran Church

6600 Woodrow Avenue (78757)

37. WRITING MEMOIRS You wish you knew your ancestors' stories. If you don't write your family stories, your grandchildren will also have to wish. Here's an opportunity to dip into your memory and write your stories to share and save for the younger generations of your family. Don't let your stories be lost! We write them at home, read them to the class, and can contribute them to the Class Book. This is not a class on how to write. No instruction is given, but we learn from each other. Limit 30.

Glenda Bell and Marilyn Ross, Coordinators

10:00—Noon Wednesday, Starts Sept. 11

Highland Park Baptist Church, Room 203

5206 Balcones Drive (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 38. GENEALOGICAL RESEARCH WORKSHOP** This course is called a workshop because it is designed to teach more about *how* to do genealogical research than about *what* to research. Topics will be more about how to find the information you need as opposed to sharing what was found. “Brick walls” are all about not being able to find that one piece of information you need. We will learn about programs, internet sites and tools that can help you with your brick walls. You will hear from some great presenters and get to spend 8 weeks networking with other genealogists, learning and exchanging ideas. The instructor is the organizer for AustinGenSIG, an active member of both Austin and Williamson County Genealogical Societies, and an experienced presenter. Please bring \$3 to the first class for handouts. Limit 30.

John Marostica

10:00—Noon Wednesday, Starts Sept. 11

Northwest Recreation Center

2913 Northland Drive (78757)

- 39. SURVEY OF INDIA’S RELIGIOUS LANDSCAPE** With nearly 1.4 billion people, India hosts all the major world religions. Three of the world’s largest five religions originated in India. This enormous diversity of religious practice is as ancient as Indian society itself. But as times change, the traditions within each religion are changing, as are the relationships among religion, civic life, and politics. This seminar will examine some highlights of this diverse, complex, and exciting aspect of Indian society. The class is more a journalistic overview of the topic than a scholarly discussion of theology or a deep dive into any of the faiths discussed. Among the topics of the six lectures: the religious landscape in Indian society in terms of diversity and demographics; the major ‘native’ or home-grown Indian religions – Hinduism, Buddhism, Jainism, and Sikhism; the practice of Islam and Christianity in India; the influences of Zoroastrianism and Judaism; and the current religious landscape in Indian society and politics, including inter-faith relationships, effects of Hindu nationalism on the society, and challenges and issues of individual faiths. Limit 50. **6 Classes.**

Anand Kruttiventi

10:00—Noon Wednesday, Starts Sept. 11

The Village at the Triangle

4517 Triangle Avenue (78751)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 40. BIRDS OF CENTRAL TEXAS** With more than 400 different species possible in Travis County, it is a great place to take up bird watching. This course with slideshows and time for Q&A is suitable for new, casual and “new to Austin” birders. Topics include the well-equipped birder, basic identification, behavior and vocalizations, migration, attracting birds, where to go birdwatching and conservation challenges. The focus will be on charismatic species that are fairly easily seen or heard like owls, hummingbirds, raptors, purple martins, chimney swifts, expected backyard birds, ducks and water birds. One session will be a field trip, and we may also step outside our meeting place to check for birds. An experienced teacher and avid birder, our instructor has taught for Travis Audubon, the Native Plant Society, Austin’s Wildlife Habitat Steward Program and many local groups. She gardens for birds with 75 species on her yard list. Please bring \$1 to the first class for handouts for the course. **Note: 1-week delayed start. 7 classes.** Limit 25.

Jane Tillman

10:00 – Noon Wednesday, **Starts Sept. 18**

Triumphant Love Lutheran Church, Upper Room
9508 Great Hills Trail (78759)

- 41. BASIC QUILTING** This course is for first-time quilters, those with little quilting experience and those who wish to refresh their skills. Discussions will include an introduction to quilting tools and how to use them, fabric selection, how to achieve accurate sewing and its importance, pressing techniques, and quilting instruction resources. Each week a completed basic quilt patch will be presented, along with explanation of how the patch was constructed. Students will then machine-sew that patch in class. Then they will be given a block pattern in which that patch design is used, so they can sew the block at home and bring it to the next class for show and tell. If the student does not have a portable sewing machine to bring to class, he/she may construct all the patches and blocks outside of class. Supplies: Quilting tools—9 ½” x 9 ½” quilting ruler, 18” x 24” rotary cutting mat, and a rotary cutter (approximate cost \$50). Contact joycegullett@gmail.com for tool-buying suggestions and a list of other needed miscellaneous sewing supplies, e.g., scissors, fabric, thread, ripper, pins. Limit 12.

Joyce Gullett

10:00—Noon Wednesday, Starts Sept. 11

Unity Church of the Hills

9905 Anderson Mill Road (78750)

Wednesday Morning—8 Meetings Unless Otherwise Noted

42. HEAVEN NATURE CONTEMPLATION, INTERMEDIATE LEVEL—A FORM OF SHENG ZHEN MEDITATION IN MOTION AND STILLNESS

Both exercise and meditation, this course for all levels of fitness is ideally suited for those desiring the experience and benefits of meditation without sitting still. The simple movements of Sheng Zhen in Motion can improve health, balance emotions, open the heart, and elevate the spirit, allowing you to experience the sacredness of the body. You will become physically strengthened, with a suppler and more flexible spine. This flexibility does not develop from pushing the body's limits but rather from letting go, from allowing the Qi (the universal energy) to take over from the will. Through the practice, Qi flows through the body, gradually doing its work of opening the heart, releasing the suppleness and compassion of the original, true human heart—a heart full of compassion and grace. The movements of Heaven Nature are practiced standing, wearing loose comfortable clothing, either barefooted or wearing light, flat shoes. **Prior experience** with Sheng Zhen Meditation, T'ai Chi or Qigong is highly desirable. Limit 20.

Sheila Wojcik, PhD, LMT

10:00—11:30 A.M. Wednesday, Starts Sept. 11

Bethany United Methodist Church,

Lighthouse Assembly Room

10010 Anderson Mill Road (78750)

43. BEGINNING RECORDER Learn to play alto (or soprano) recorder with other beginning students. Being able to create beauty with a musical instrument, especially playing in groups, is a fulfilling social and communal experience that can lift your spirits. Low physical demand means you can do it all your life. For this class, you should already know at least some rudiments of reading music (from playing piano, singing in choir, or being in junior high band 40 years ago, for example), but do not have to have played any wind instrument. By the end of the course, you will be able to produce a beautiful sound, know all the basic fingerings, and play simple duets with other students. You will need to have these materials, and bring them to each class:

- An alto recorder (plastic preferred; Yamaha or Aulos recommended. Easily available on Amazon or through a music store). If you want to play soprano recorder instead, please contact instructor.
- A music stand (also available online or at stores)
- *The Recorder Guide* instruction book, by Kulbach and Nitka. Available online used, typically between \$5-15 (about

Wednesday Morning—8 Meetings Unless Otherwise Noted

BEGINNING RECORDER (Cont.)

\$25 new). Instructor also has several copies that can be purchased for \$8 each while supply lasts.

This course can be preparation for joining the Recorder Consort group, also offered through LLI. Limit 8.

Susan Richter

10:00—11:30 A.M. Wednesday, Starts Sept. 11

Christ Lutheran Church

300 East Monroe Street (78704)

- 44. BASICS OF INVESTING WORKSHOP** No matter what your age, you need to be well informed about investments and financial planning. This course offers an easy way to learn how to save, invest and work toward your financial goals. Whether you are just starting out or want to learn something new, the workshop will give you real-world strategies that are easy to follow. In this workshop you'll learn:

- Key features of bonds, stocks and mutual funds
- Steps you can take to prepare for retirement
- How insurance can help protect against unexpected life events
- Basics of estate planning

A detailed workbook will be provided. Our instructor is a registered financial advisor and experienced presenter.

(This course is repeated on Wednesday P.M.) Limit 24.

Chris Cybulski

10:00—11:30 A.M. Wednesday, Starts Sept. 11

Lamar Senior Activity Center

2874 Shoal Crest (near 29th and N. Lamar)

(78705)

- 45. THERAPEUTIC YOGA** Ideal for beginner and intermediate levels, this is a holistic, eclectic approach to traditional yoga, designed to provide stress relief through pranic breathing techniques, flexibility of joints and spine through simple and safe postures, and an enhanced mind-body connection through better awareness of breath. You'll feel the difference! Bring a yoga mat and wear loose, comfortable clothing. Limit 25.

Zareen Shah

11:00—Noon Wednesday, Starts Sept. 11

Corazón Latino Dance Studio

500 W. William Cannon Drive, Ste. 400 (78745)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 46. MIXED MEDIA WORKSHOP** This workshop is for students with some skills in scrapbooking, painting or collage. Mixed media is art composed from a variety of mediums and materials. You will learn techniques and work with new materials such as yupo, deli and gampi papers, faux encaustic wax, alcohol inks, and resin, plus many more. Class projects will include handmade cards, altered objects, collage panels and art journaling. A supply fee of \$25 will cover ALL supplies you will need for class, at a cost lower than if purchased separately. Limit 12.

Kaye Labaj, Facilitator

12:45—3:15 P.M. Wednesday, Starts Sept. 11

Belmont Village Senior Living West Lake Hills

4310 Bee Cave Road (78746)

- 47. BEGINNING QUILTMaking** This course will take a beginning quilter through learning to cut accurately, sew accurately and produce a quilt top. We will also have an overview of the quilting process to finish the quilt. You will need your own copy of our text, *Start Quilting with Alex Anderson* (3rd Edition). There also will be an expense for acquiring the basic supplies for the course, as well as the fabric and batting for the project. Students will need to bring their sewing machines to some classes, but **not** the first class. **7 classes.** Limit 8.

Susan Tennison

1:00—3:00 P.M. Wednesday, Starts Sept. 11

Christ Lutheran Church

300 East Monroe Street (78704)

- 48. YOGA FOR THE THIRD STAGE OF LIFE** In Sri Ramaswami's book *Yoga for the Three Stages of Life*, he states that when one is young practicing yoga āsanas as an art and exercise is appropriate. However, as one gets older, one seeks to maintain reasonable mobility using a more modest āsana practice and puts more focus on Yoga breathing practices (prāṇāyāma), meditation, and the study of Yoga philosophy. This course will follow that approach: modest āsana practice, prāṇāyāma practice, and meditation. Interspersed between these practices will be discussions about the history and philosophy of Yoga based on selections from the Yoga Sutras and *Bhagavad Gita*. The course is designed so that by the last session, you will have developed a Yoga practice consisting of āsana, prāṇāyāma and meditation that you can use or add to your daily practice. This course is appropriate for beginners as well as experienced Yoga enthusiasts. The poses

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

YOGA FOR THE THIRD STAGE OF LIFE (Cont.)

used will be standing poses (most of which can also be done sitting), so you will not need a yoga mat. Please wear comfortable clothing and bring a bottle of water. Jim Maxwell is a Registered Yoga Teacher (300+ hrs) and a Licensed Professional Counselor. Limit 25.

James Maxwell

1:00—3:00 P.M. Wednesday, Starts Sept. 11

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 49. ITALIAN BEGINNERS 2** If you have had Italian Beginners 1 and wish to continue to improve grammar, vocabulary and conversational skills, this is the course for you. The instructor is a native speaker of Italian and an experienced language teacher. She will advise about level readiness and textbook at the first class meeting. Please bring \$2 to first class for handouts. **Note: to enroll in this BEGINNERS 2 class, some knowledge—one or two semesters—of Italian is required. One-week delayed start; class extends one week.** Limit 20.

Tina Polo

1:00—3:00 P.M. Wednesday, Starts **Sept. 18**

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 50. HATHA YOGA** How many times have you thought about entering a yoga class only to reconsider because you felt you weren't flexible, young enough to participate, or just simply did not have the confidence? My belief is, if you breathe, you can do yoga. I am a senior yoga teacher and I am aware of the negative aspects of aging. I stress *breath, mobility* and *stability*. Yoga can help you feel more vital, confident and may neutralize many age-related issues, as well as help to relieve stress and keep you "present." Quieting the mind, linking breath with movement and self-awareness can bring steadiness and ease into your life both on and off the mat. This is not a beginner class but rather a gentle Hatha practice for those who are familiar with some yoga poses. Required props are: a mat, 2 blocks, an 8' yoga strap, and a yoga blanket or large towel. Wear comfortable clothing and don't forget your water bottle. Let's practice together! Limit 20.

Nancy Goldman

1:00—2:15 P.M. Wednesday, Starts Sept. 11

Ascension Lutheran Church

6420 Hart Lane (78731)

Wednesday /Thursday—8 Meetings Unless Otherwise Noted

- 51. THE SHORT STORY** We'll discuss Jhumpa Lahiri's two collections of short stories, *Interpreter of Maladies* and *Unaccustomed Earth*, both available in paperback on Amazon. Limit 25.

Linda Ringer Leff

1:30—3:30 P.M. Wednesday, Starts Sept. 11

Highland Park Baptist Church, Room 203

5206 Balcones Drive (78731)

- 52. BASICS OF INVESTING WORKSHOP** No matter what your age, you need to be well informed about investments and financial planning. This course offers an easy way to learn how to save, invest and work toward your financial goals. Whether you are just starting out or want to learn something new, the workshop will give you real-world strategies that are easy to follow. In this workshop you'll learn:

- Key features of bonds, stocks and mutual funds
- Steps you can take to prepare for retirement
- How insurance can help protect against unexpected life events
- Basics of estate planning

A detailed workbook will be provided. Our instructor is a registered financial advisor and experienced presenter.

(Same course as Wednesday A.M.) Limit 20.

Chris Cybulski

1:30—3:00 P.M. Wednesday, Starts Sept. 11

Overture Arboretum

10600 Jollyville Road (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 53. Guten Morgen!—German Beginner 1** This course is for true beginners in the German language. No prior experience requested. Whether you want to explore the German language for the very first time or think it might be good to start from scratch, this class is for you. Our instructor is a native speaker and experienced teacher. Please bring \$3 to the first class for course handouts. Limit 20.

Henrike Belz

9:30—11:00 A.M. Thursday, Starts Sept. 12

Crestview United Methodist Church

1300 Morrow Street (78757)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 54. MAH JONGG** Learn to play the age-old game of Mah Jongg, which quickly is becoming the most popular game played by both women and men of all ages. It is a great social game to enjoy with friends or you can play competitively at tournaments. Mah Jongg is similar to Rummy, using tiles instead of cards; players learn to make runs and sets. Your teacher is a Master Mah Jongg player, ranking in national and local tournaments. She'll teach you National Mah Jongg rules and social/tournament strategy. Each student will need to purchase the National Mah Jongg League, Inc. Official Standard Hands and Rules Card 2019. Cards are available on the National Mah Jongg League website www.nationalmahjonggleague.org or Amazon. The price is \$8 for a standard card or \$9 for the large print. **Note: no class on Oct. 24; 7 classes.** Limit 20.

Gail Radke

9:45—11:45 A.M. Thursday, Starts Sept. 12

Lamar Senior Activity Center

2874 Shoal Crest (near 29th /N.Lamar) (78705)

- 55. CURRENT EVENTS IN THE SPANISH SPEAKING WORLD—SPANISH INTERMEDIATE 3** Intermediate and advanced students will practice reading and speaking, using online Spanish-language news and social/cultural publications. Each will choose one country to follow in online periodicals (from a list provided by instructor), and in class we'll share and discuss the social, political and other cultural aspects of the articles. We'll increase our vocabularies and fine-tune grammar while gaining insight into the different countries. Please bring a notebook for keeping vocabulary, worksheets, and notes. Our instructor is a native speaker and experienced instructor of Spanish. Limit 20.

Jorge A. Hidrobo, PhD

10:00—Noon Tuesday, Starts Sept. 12

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 56. FRENCH BEGINNERS 2** Emphasizing vocabulary development, pronunciation, reading and listening comprehension and conversation, this course is for students who have completed Beginning French 1 or those who have some knowledge of basic French. **Note new room assignment.** Limit 30.

Betty Clough

10:00—Noon Thursday, Starts Sept. 12

Highland Park Baptist Church, Room 134

5206 Balcones Drive (78731)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 57. GREAT DECISIONS 2019—U.S. FOREIGN RELATIONS** Class sessions will follow the 2019 edition of *Great Decisions*. It contains eight chapters on eight different issues, one for each class session. The text chapters will be followed sequentially. Find more information and order a copy of *Great Decisions 2019* (\$30) at the website (http://www.fpa.org/great_decisions/?act=gd_materials) For a summary of the individual chapters, please go to (http://www.fpa.org/news/index.cfm?act=show_announcement&announcement_id=418). Please be prepared to discuss Chapter 1 during the first class. Don't be concerned if you disagree with the solutions offered in each chapter, as it is preferable for all sides of an issue to be covered from different perspectives. The only rules are that one can disagree with the book or with statements made by others in the class, provided verifiable facts and logic are followed, and one is not disagreeable. Participation in class discussions is strongly encouraged. Sometimes, original solutions are arrived at this way. However, if you prefer to listen to the class discussions only without necessarily participating, please let the instructor know, preferably by text at 512-577-5140 or by email at raulrezav@yahoo.com, or at the first class meeting. Limit 22.

Raúl Reza Vásquez
10:00—Noon Thursday, Starts Sept. 12
St. Martin's Lutheran Church
606 W. 15th Street (78701)

- 58. EXTRATERRESTRIAL LIFE** Are we alone in the universe? We will explore the essential steps that lead to humans dominating this planet. The first steps involve an astronomical exploration of our universe. Is there anything special about our galaxy, our star, the sun, or the planet we inhabit? Chemistry and biology dominate the next steps. How did life arise on our planet? Could this process occur elsewhere in the galaxy? Does intelligence arise as a natural consequence of a rich, threatening environment? Is our galaxy sterile, feral, fallow or filled? Finally, what about UFOs? Our instructor is a retired Senior Research Scientist, now an amateur astronomer, still affiliated with UT's McDonald Observatory. **6 Classes.** Limit 50.

G. Fritz Benedict
10:00—Noon Thursday, Starts Sept. 12
The Village at the Triangle
4517 Triangle Avenue (78751)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 59. CONSORT RECORDER** This course is for those who already read music and have some previous experience playing one or more sizes of recorder. A "consort" is an ensemble of soprano, alto, tenor, and bass recorders. We learn and play music from the Medieval and Renaissance periods to the present. If you enjoy playing recorder music and would like to be part of a consort, then this group is for you. To register as a new member, please first contact the group facilitator at 512-825-4252 or richter@haus.org. She will provide more information about what's needed for the course. Limit 20.

Susan Richter

10:15—Noon Thursday, Starts Sept. 12

Genesis Presbyterian Church

1507 Wilshire Boulevard (78722)

- 60. GUTEN TAG!—GERMAN BEGINNER 2** We will continue to learn about the cases (Accusative and Dative) and their different applications, as well as working on verb conjugation through different times while enhancing our vocabulary. The class may be split into two groups to accommodate a range of advancement among students who have attended two or more classes before. Please contact me if you have any questions, at deutsch2henrike@gmail.com . Please bring \$3 to the first class for course materials. Limit 20.

Henrike Belz

11:15 A.M.—1:15 P.M. Thursday

Starts Sept. 12

Crestview United Methodist Church

1300 Morrow Street (78757)

LLI...

Convenient Locations

Free Parking

Expert Instructors

Congenial Classmates

and

The Best Bargain in Town!

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 61. THE CRAFT OF LIFE-STORY WRITING** This course will teach you the basics of turning memory fragments into polished stories. During short presentations each week, you will learn about the importance of story elements like structure, beginnings and endings and plot, and how to make stories compelling with dialogue, description, and personal reflection. We'll cover how memory works, versions of truth, and boundaries of disclosure. Be prepared to write a brief story at home each week to read in class. By the end of the course, you will have at least half a dozen stories you can take pride in sharing with family and friends. Limit 12.

Sharon Lippincott

1:00—3:00 P.M. Thursday Starts Sept. 12

Belmont Village Senior Living West Lake Hills
4310 Bee Cave Road (78746)

- 62. INSIDE THE SAUSAGE FACTORY--THE TEXAS LEGISLATURE AND HOW LAWS ARE REALLY MADE** In the wake of the 140-day Regular Session of the 86th Legislature earlier this year, this course will provide a close-up look at the legislative process, the leadership and members of the Texas House and Senate, and the lobbyists and interest groups that seek to influence them. Class members will learn how legislators craft the biennial state budget as well as how to identify and review the content and legislative history of some of the most interesting bills and resolutions as they made their way through the process--or fell by the wayside. The course will include audio-video presentations, outside speakers, and an optional field trip to the Capitol. Our course instructor spent 16 years as a legislative and Congressional staffer and later served as a legislative and regulatory policy analyst for the Texas Dental Association and as a legislative liaison for the Texas Department of Transportation. Limit 25.

Jay Bond

1:00—3:00 P.M. Thursday, Starts Sept. 12

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 63. JOURNALING YOUR JOURNEY** Journaling is more than a way to record life experiences. It can help you get to know yourself better, provide a way to cope with stress, heal emotional wounds, and solve problems. It's an excellent means of exploring the truths revealed in our dreams. Research shows that people who journal about personal challenges and painful events have better

Thursday Afternoon—8 Meetings Unless Otherwise Noted

JOURNALING YOUR JOURNEY (Cont.)

health outcomes than those who do not engage in such self-reflection. In this course you'll learn several journaling techniques so you can find one or more that suit you best. You'll also learn guidelines for maintaining a successful journaling practice, including steps to maintain privacy. Bring a blank notebook and two pens or pencils. A laptop may also be used. There will be journaling exercises in each class followed by discussion of how the journaling process went. No one will be required to read journal entries aloud, but those wishing to share may do so. Between classes you'll be asked to journal using a designated technique. No writing experience necessary. **Note: 1-week delayed start; 6 Classes.** Limit 20.

Sheila Allee

1:00—3:00 PM, Thursday, starts **Sept. 19**

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 64. PLAY BETTER BRIDGE** Practice playing the game of bridge in a structured setting in order to increase your knowledge and confidence and have fun while doing it! Bridge hands will be selected and guided by the coordinator, and skilled bridge professionals will provide advisory assistance during the class. We will play each hand and analyze the outcome together with group discussion. Learning to score will be included. This course is intended for people who already know the basics of playing bridge, and it is not appropriate for beginners. Limit 24.

Helen La Flare, Coordinator

1:00—3:00 P. M. Thursday, Starts Sept. 12

Highland Park Baptist Church, Room 134

5206 Balcones Drive (78731)

- 65. IMAGES OF SENIORS IN COMIC FILMS** This course will focus on portrayals of senior characters, either in starring or featured supporting roles, in a wide variety of comedies. Titles include two Swedish movies (*A Man Called Ove* and *The 100 Year-Old Man Who Climbed Out the Window and Disappeared*), *The Best Exotic Marigold Hotel*, *Nebraska*, *Dr. Strangelove*, *The Producers*, *A Room with a View*, and a documentary on Carol Channing. The instructor picked personal favorites that should provoke

Thursday Afternoon—8 Meetings Unless Otherwise Noted

IMAGES OF SENIORS IN COMIC FILMS (Cont.)

laughter and lively discussion after the screenings. Michael Sirmons is a retired Professor of English and avid film buff who studied cinema history in college. Limit 16.

Michael Sirmons

1:00—3:00 P.M. Thursday, Starts Sept. 12

Overture Domain

3100 Kramer Lane (78758)

- 66. TED TALKS DISCUSSION GROUP** (PLEASE NOTE: This section is the same as the Monday morning course). Does a wide range of viewpoints stimulate you? Then TED Talks is for you! With its agenda to make great ideas accessible and spark conversation, TED is a non-profit global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. Devoted to spreading ideas, usually in the form of short, audio/visual presentations (20 minutes or less), TED Talks cover a wide variety of topics, from science to business to global issues, a clearinghouse of free knowledge from a range of inspired thinkers and a community of curious individuals willing to engage with ideas and with each other. Participants view 3-4 TED Talks per week outside of class (web access/internet connection required); then gather in class to discuss these ideas. NOTE: TED Talks are not shown in class. In preparation for the **first** class, participants should view the following three TED Talks. Go to the website (<https://www.ted.com/>) and search for these presenters and titles: Sal Khan “Let's use video to reinvent education”; Atul Gawande “How do we heal medicine?”; and David Christian “The history of our world in 18 minutes”. For specific questions, please email the facilitator, Michelle d’Arcy, at tedlliaustin@gmail.com . Limit 20.

Michelle d’Arcy

1:00—3:00 P.M. Thursday, Starts Sept. 12

St. Luke United Methodist Church,

Downstairs Classroom

1306 West Lynn Street (78703)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 67. BIBLICAL GREEK 1** This course is open to anyone wishing to gain a basic knowledge of the grammar, vocabulary, and syntax of biblical Greek. The course starts off with an introduction to the Greek alphabet, its pronunciation, and then moves into the basic grammar, an explication of cases, nouns and adjectives, and on into Greek verbs. Grammar explanations will be illustrated by New Testament passages so that the grammar is not just a dry set of rules apart from the actual texts. The course will move at the pace of the class. While it is intended for those with no exposure to Greek, for those with some previous knowledge of it (or Latin), we can work out a way for you to move ahead at your own pace. The instructor has found that this kind of course can get students reading the Bible in Greek remarkably quickly. There is no required textbook, but recommendations will be provided should anyone want to purchase one. There are a number of online resources, too. Please bring \$3 to cover the cost of handouts. Limit 20.

George Conklin
1:00—3:00 P.M. Thursday, Sept. 12
The Village at the Triangle
4517 Triangle Avenue (78751)

- 68. ART AND ALL THE THINGS FOR WHICH WE ARE GRATEFUL**
We will learn to use several mixed art media as we construct a visual gratitude journal. No artistic training is necessary, as this class calls on the creative spirit we were all born with. We'll explore several types of media and ways to use them to express ourselves in this fun and playful class. You are welcome to bring any art supplies you have, but all necessary supplies will be provided. Please bring \$10 materials fee to the first class. Limit 15.

Cherry Taylor
1:00—3:00 P.M. Thursday, Starts Sept. 12
United Christian Church
3500 W. Parmer Lane (west of MoPac) (78727)

- 69. FROM PCs TO PHONES AND MORE—SIMPLE ADVICE ABOUT YOUR ELECTRONIC DEVICES** This class will cover basic concepts and practical applications for any of your devices—laptop, PC or Apple, Android or iPhone, or tablets. You'll learn how to make the most of your electronic device, simplifying everyday tasks. Students will complete a short survey on their top device peeves to guide class direction. Topics range from "What is the Cloud?"

Thursday Afternoon—8 Meetings Unless Otherwise Noted

YOUR ELECTRONIC DEVICES (Cont.)

to buying or upgrading your devices. The instructor uses real life examples for up-to-date discussions and specializes in making the complex simple. Limit 20.

Linda Gibson

1:30—3:30 P.M. Thursday, Starts Sept. 12

Bethany United Methodist Church

10010 Anderson Mill Road (78750)

- 70. THE DOCUMENTARY** Documentary films can entertain, enlighten, inspire, persuade. We will watch short- and feature-length films from the U.S. and other countries. Offerings are both from directors who stayed with the form and filmmakers who became best known for fiction. No documentary shown in previous classes will be shown again. Correct email address is important, as students receive emails at least once a week with film background and other film-related news. **Note: No class Sept. 26 or Oct. 3; course extends one week. 7 Classes.** Limit 35.

Betsy Tyson

2:00—4:00 P.M. Thursday, Starts Sept. 12

Westminster Presbyterian Church

3208 Exposition Boulevard (78703)

- 71. T'AI CHI (TAIJI) AND QIGONG** These forms have been used for centuries as gentle, soothing, enjoyable exercises to increase circulation, enhance balance and concentration, and gently tone the body for health and well-being. We will do Qigong exercises developed for optimum health, as well as T'ai Chi (Taiji) forms. Wear comfortable clothes and shoes. The instructor has been practicing and teaching these forms since 1974—45 years! Limit 25.

Anya Rylander-Jones, PhD

2:00—3:30 P.M. Thursday, Starts Sept. 12

Westlake Hills Presbyterian Church

7127 Bee Cave Road (78746)

Thursday Afternoon/Friday Morning—8 Meetings

- 72. YOGA FIT** Using yoga exercises, we strengthen and tone the body, enhance flexibility in the joints, improve balance and focus, reduce stress, and improve circulation and concentration. Please bring a mat or blanket to class and wear comfortable, non-binding clothes. As with any exercise program, check first with your doctor, especially if there is any history of untreated high blood pressure, eye complications from disease, or other health concerns. The instructor has been practicing and teaching yoga since 1974—45 years! Limit 23.

Anya Rylander-Jones, PhD

3:30—4:30 P.M. Thursday, Starts Sept. 12

Westlake Hills Presbyterian Church

7127 Bee Cave Road (78746)

Friday Morning—8 Meetings Unless Otherwise Noted

- 73. FOLK GUITAR** Research has shown that there's nothing more effective for keeping aging brains alert and active than making music with other people. So why not learn to play acoustic guitar with like-minded folks? Students will learn basic guitar techniques, including tuning the guitar, chords to accompany songs, basic strum patterns for variety, bass runs (individual notes played between chords), playing scales, melody on bass strings (flat picking), and melody on treble strings (fingerpicking). Students will use these techniques to play and sing songs. Reading music is NOT TAUGHT in this course. A tablature notation will be introduced to show how the songs are played. An instruction book is available on the instructor's website: <http://www.voith-usa.com/Guitar/index.html>. The website also has audio to help you learn. The book consists of a pdf file for each chapter. You can print them yourself, or, if desired, printed copies are available for \$15. Each student must provide his/her own guitar. If you need help selecting a guitar, email instructor ahead of time at: ray.voith@gmail.com or read these notes: <http://www.voith-usa.com/Guitar/DataDisc/buyGuitar.pdf>. The instructor has 30 years' experience teaching this course at a community school. Limit 15.

Ray Voith

9:30—11:30 A.M. Friday, Starts Sept. 13

St. Matthew's Episcopal Church

8134 Mesa Drive (78759)

Friday Morning—8 Meetings Unless Otherwise Noted

- 74. YOUR MEMOIRS—YOUR WRITTEN LEGACY** The object of this course is to get your family/personal stories on paper. Studies have shown that most family stories fade beyond two generations. Our lives are filled with stories – funny, poignant, sad, spiritual, meaningful. And you have stories only you can write. Most of us have wished we could ask about our families but there’s no one left to ask. Leave that written legacy for others and save them that frustration. They will thank you for it. There is no instruction, but we will discuss stories and the process of writing – don’t worry, it’s painless. Each member should expect to write one story each week and read it in class. Listening to the stories of others frequently sparks memories of our own so we add to our list of stories to write. At the end of the semester, we will produce a class book to which you are encouraged to contribute your stories. For more info call Gayle Opie at 512-704-6558. Limit 12.

Gayle Opie, Facilitator

9:45 A.M.—12:15 P.M. Friday, Starts Sept. 13

Overture Arboretum

10600 Jollyville Road (78759)

- 75. MOSAICS AND MORE (OPEN STUDIO)** Do you find it easier to work on creative projects in a fun, supportive, and inspiring group? If so, this class is for you. Open to all previous Mosaics 101 students as well as anyone with a portable project to complete that is suitable for a group setting. No specific instruction will be provided though expertise will be shared. Stained glass, polymer clay, fiber, mixed-media, and collage artists are all welcome, as well as quilters, beaders, painters, knitters, or origami creators. Celebrate and share your creativity! Please contact instructor at ksitars@hotmail.com if you have questions. **7 Classes.** Limit 24.

Kathy Ortiz

10:00 A.M.—12:30 P.M. Friday, Starts Sept. 13

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 76. ADVANCED QUILTING—LITTLE RED SEVENTEEN** In this course we will try different hand techniques. Little Red Seventeen is a pattern for a small (10” x 12”) hexagonal quilt. We will use English paper piecing, applique, embroidery and hand quilting to finish this quilt mostly by hand. Each student will be required to purchase the pattern and will have the option of purchasing a kit. Join us for the fun of doing handwork. **7 Classes.** Limit 16.

Susan Tennison

10:00—Noon Friday, Starts Sept. 13

Christ Lutheran Church

300 East Monroe Street (78704)

Friday Morning—8 Meetings Unless Otherwise Noted

- 77. SPANISH FOR BEGINNERS 2** If you are acquainted with the basics of Spanish and know common verbs in the present tense, join us to learn a lot more. We'll first review pronunciation and pronoun use (all kinds), then tackle the past tenses and commands. Be prepared to speak a lot in small groups, play games, and do written homework this semester. We'll also use Spanish videos. Bring a notebook and a good Spanish-English dictionary to each class. With more (new) worksheets, there will be a \$3 fee for handouts for the course. Limit 25.

Julie P. Sanford

10:00—Noon Friday, Starts Sept. 13

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 78. ENTOMOLOGY—GET TO KNOW THE INSECTS** Join us for an intimate look at the minute creatures that rule the world. Of all the animal species on our planet, 4 out of 5 are insects! They are a major component of terrestrial ecosystems; include important pollinators, pests and recyclers; and are some of the most fascinating beings on Earth. We will explore this delightful fauna through colorful slideshow presentations, focusing on basic identification, behaviors, lifestyles and associations. One session will be a field trip, and we sometimes go outside to explore the area around our meeting place. Limit 20.

Valerie Bugh

10:00—Noon Friday, Starts Sept. 13

Northwest Recreation Center

2913 Northland Drive (78757)

- 79. WRITING FOR THE NON-WRITER** Most people want to write but never find the time or don't think they have it in them. This class will prove, beyond a shadow of a doubt, that if you have a point of view on anything, you can write. Please bring a notebook and a few fast writing pens. No other supplies needed. Please do not wear scented products such as perfumes, aftershave lotion, or heavy creams. Limit 25.

Jan Marquart, LCSW

10:00—Noon Friday, Starts Sept. 13

Renaissance-Austin

11279 Taylor Draper Lane (78759)

Friday Morning—8 Meetings Unless Otherwise Noted

- 80. KNITTING AND CROCHETING** You may knit or crochet, or both, in this class. Whether new to needlework or experienced, learn at your own pace. Bring practice yarn and needles or hook to the first class. The instructor, an accomplished artist, has been teaching knitting and crocheting for over 20 years. Call the instructor at 512-259-1146 with any questions about the class. Limit 15.

Pat Tittizer

9:30—11:30 A.M. Friday, Starts Sept. 13

United Christian Church

3500 W. Parmer Lane (78727) (West of MoPac)

- 81. LINE DANCE FOR FUN AND FITNESS** Learn how to dance this popular style that does not require partners. This course will help students develop better coordination and prepare for dancing in social venues and other ongoing classes in the Austin area. We'll learn beginner dances posted on www.copperknob.co.uk. Some dance experience will be helpful but is not required. Instructor will provide links to step sheets and demo videos on the Internet. Wear comfortable clothes and closed-toe, low-heel shoes. Limit 25.

Linda Fugate

10:30—11:30 A.M. Friday, Starts Sept. 13

Ascension Lutheran Church

6420 Hart Lane (78731)

- 82. YIN YOGA** Yin yoga is a floor-based form of practice designed to balance the yin (passive) with the yang (active) parts of our lives. Yin-style yoga, derived from Taoist teachings, works well in conjunction with acupuncture and other traditional Chinese medicine practices. This class emphasizes stillness; poses are held passively for several minutes at a time, creating deep stretches in the joints and connective tissue. The typical result is enhanced flexibility and a profound sense of well-being. Bring a yoga mat and (optional but recommended) a small (3'x5') blanket, and wear loose, comfortable clothing. The instructor has studied yoga for over 30 years and taught since 2013. Limit 25.

Cynthia Cooper

11:00—Noon Friday, Starts Sept. 13

Corazón Latino Dance Studio

500 W. William Cannon Drive, Ste. 400 (78745)

Friday Afternoon—8 Meetings Unless Otherwise Noted

- 83. ZUMBA GOLD** Zumba Gold® is the modified Zumba Fitness program that is everything a traditional Zumba class is—an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party—but at a lower intensity. We will focus on balance, range of motion and coordination. Students should be able to stand and move safely for 45 minutes, but a student with limited mobility will be offered modifications to participate in a chair. Our instructor is an AFAA certified group fitness instructor and has been teaching Zumba Fitness programs for over 6 years. Dress in comfortable clothes and secure rubber-soled shoes. **Note: 2-week delayed start; course extends 2 weeks.** Limit 25.

Giselle Miller

12:30—1:30 P.M. Friday, **Starts Sept. 27**

Northwest Recreation Center

2913 Northland Drive (78757)

- 84. WRITE YOUR STORY—IT'S EASIER THAN YOU THINK**

The object of this course is to get your family/personal stories on paper. Studies have shown that most family stories fade beyond two generations. Our lives are filled with stories – funny, poignant, sad, spiritual, meaningful. And you have stories only you can write. Most of us have wished we could ask about our families but there's no one left to ask. Leave that written legacy for others and save them that frustration. They will thank you for it. There is no instruction, but we will discuss stories and the process of writing – don't worry, it's painless. Each member should expect to write one story each week and read it in class. Listening to the stories of others frequently sparks memories of our own so we add to our list of stories to write. At the end of the semester, we will produce a class book to which you are encouraged to contribute your stories. Need more info? Call Gayle Opie at 512-704-6558. Leave a message for a return call. **Note: No class on Oct. 11; course extends 1 week.** Limit 12.

Gayle Opie, Facilitator

1:15—3:45 P.M. Friday, Starts Sept. 13

Overture Arboretum

10600 Jollyville Road (78759)

Wanted: Volunteers

**If you enjoy taking LLI courses, please remember
that LLI is an all-volunteer organization.**

Are you a good teacher?

Or a good organizer?

A handy person with audio-visual equipment?

A good detail person?

An enthusiastic team member?

A computer whiz?

A graceful facilitator?

Then we may need you!

*To volunteer as an administrator,
an office volunteer, or a Teacher Aide,
Call the office at 512-206-4232,
or submit a volunteer form.*

*To submit a course proposal
or nominate a potential instructor,
email Julie Sanford at jmpsanfor@gmail.com*