

LLI—One of Austin's Gems

What is LLI? We are older adults who simply enjoy teaching, learning, and making interesting new friends. For 46 years, Lifetime Learning Institute (LLI) of Austin has provided non-credit, daytime, convenient and affordable classes to adults 50 years of age and over. Thanks to Austin's great mix of people, we have been both stable and always renewed.

We are an independent, nonprofit, all volunteer organization—the participants in classes staff the program and determine its policies. A program of over 60 classes each term for approximately 1000 students is administered by a volunteer Board of Directors, with a cadre of volunteers serving as course teacher's aides (TAs) and essential committee workers. Instructors receive a small honorarium and great satisfaction.

Every year about 20 Austin churches and other community-minded institutions partner with LLI to provide classroom space, keeping our tuition as low as possible. We offer two 8-week terms a year, a fall term beginning mid-September and a spring term beginning mid-February. There are no memberships—just register for a course or inquire about teaching for our organization.

Visit the LLI Website

www.lliaustin.org

for more information and photos.

LLI BOARD OF DIRECTORS

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Vice President, Open
Elaine Stotts, Treasurer

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PROGRAM COMMITTEE Lissa Anderson, Jerry Buttrey, John Cole, Bunny Davis, Josefina Gibbs, Sigrid Knudsen, Evan Nave, and Julie Sanford

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ONLINE REGISTRATION Gail Chavez, Mary King, Elaine Stotts

ADMINISTRATIVE HELPER Ree Nurnberger

SITE LIAISON Sally Hamilton

IN MEMORY

With fond memories we honor the loss of Jody Kelly and Lisa Belli, two long-time, active LLI students and TAs. Like so many LLI participants, they were amazing.

Lifetime Learning Institute (LLI)
Courses Offered for the Spring 2024 Term
February 12 to April 5, 2024

HOW TO REGISTER Students can register online or by mail for just \$30 per course. Registering online as soon as registration opens is the best way to get into classes you want, especially for smaller classes.

TO REGISTER ONLINE Make note of your desired course number(s) from the printed catalog or from the Course List tab on the LLI website. Then go to lliaustin.org and click REGISTER on any page to link to Eventbrite, beginning at NOON on Wednesday, January 24. You'll need to provide an email address, a preferred phone number (which you enter in the home phone query, regardless of whether it's a cell or home phone) and a credit card or Pay Pal to complete your registration. After making your course selections on Eventbrite, you'll receive confirmation by return email. Scroll down through your confirmation email to see that the courses you registered for are listed.

TO REGISTER BY MAIL Complete a registration form, sign the form and mail it to the LLI office with a check covering total course registration fees. Mail-in registrations will be processed in the order received beginning on Wednesday, January 24. The information you provide on the mail-in registration form will be entered into the Eventbrite registration system for you. A confirmation will be sent to the email address you provide on the form. If a class for which you register is filled or cancelled, you will be notified immediately, to choose another course or request a refund.

CLASSES MAY FILL QUICKLY. The fastest way to register is by doing it yourself (or with the help of a friend) online. ONCE CLASSES BEGIN, THERE ARE NO REFUNDS, but you can transfer to an available course. Call the office, which will be staffed by volunteers beginning Wednesday, January 24, through Thursday, February 8. You may leave a message at 512-206-4232 at any time.

COST AN ISSUE? Thanks to the LLI Scholarship established in memory of former Director Dorothy Martin, you can attend one course **FREE** per semester. Use the mail-in registration form and write "Requesting Fee Waiver" prominently on it. Sign your registration form and mail it in **without** a check to the office.

Office 7703 N. Lamar, Suite 250, Austin, TX 78752
Telephone 512-206-4232
Website www.lliaustin.org

Our Thanks to LLI Institutional Partners for Spring, 2024

Abiding Love Lutheran Church

Ascension Lutheran Church

Belmont Village Senior Living Westlake Hills

Bethany Lutheran Church

Christ Lutheran Church

Conley-Guerrero Senior Activity Center

Dittmar Recreation Center

Genesis Presbyterian Church

Lamar Senior Activity Center

Northwest Recreation Center

St. Matthew's Episcopal Church

Shepherd of the Hills Lutheran Church

Tarrytown United Methodist Church

The Church at Highland Park

The Village at the Triangle

Triumphant Love Lutheran Church

United Christian Church

Unity Church of Austin

Violet Crown City Church

Westminster Presbyterian Church

Westover Hills Church of Christ

Schedule at a Glance

Monday Morning

1. Hiking the Austin Area
2. Everyone Has a Story—Write Yours
3. More Advice about Electronic Devices
4. Beginning Zentangle®
5. Spanish Upper Level
6. TED Talks Discussion
7. Genealogy—Family Trees and More!
8. Tatting
9. “No Drama” Democracy
10. Great Books of the Western World

Monday Afternoon

11. Watercolor Painting
12. Continuing Zentangle®
13. Italian for Beginners
14. Intermediate Bridge
15. From PCs to Phones—Simple Advice
16. Genealogy—Scottish and Irish Roots
17. Calligraphy—Italic

Tuesday Morning

18. Beginning Recorder 2
19. Beginning Yoga 1
20. Romance and Art of Bobbin Lace
21. Dance Class for the Ages—Belly Dancing
22. Our Blue Planet Oceans
23. Emotion and Meaning In the Arts
24. French Intermediate
25. Sew Like a Pro
26. Healthy Heart Fitness
27. Spanish Intermediate Level—News
28. The Estate Planning, Probate, and Guardianship Process
29. Intermediate Alto Recorder 2
30. Intermediate Yoga

Tuesday Afternoon

31. Films for the Wisdom Journey
32. History of Europe in the Middle Ages
33. Intermediate Knitting and Crocheting
34. Early Film Efforts of Film Greats, 3
35. Practical Psychology For the Second Half
36. Fundamentals of Investing
37. Conversational French

Wednesday Morning

38. Writing Memoirs—Our Stories Matter
39. Birds of Central Texas Part 2
40. Spanish for Beginners 2B—Más Adelante
41. The Journey to Joy
42. German Intermediate
43. Our Place in the Cosmos
44. Recorder Consort
45. Isabel Allende and *A Long Petal of the Sea*
46. The Estate Planning, Probate, and Guardianship Process

Wednesday Afternoon

47. Open Studio Painting
48. Spanish Beginning Level 1B, *Destinos*
49. The Birth of Modern Sci-Fi Films, Part 2
50. Italian Intermediate

Thursday Morning

51. Birding 101
52. Beginning Knitting and Crocheting
53. Extraterrestrial Life
54. Medicare and You—Get All your Questions Answered

Thursday Morning Cont.

55. Nazi-Looted Art
56. Poetry Appreciation
57. German Advanced Beginner
58. Meditation
59. History of the Reconstruction Period

Thursday Afternoon

60. Open Art Studio for All Skill Levels
61. French Beginner
62. Mat Pilates
63. Texas Is Lost
64. Weather, Climate, and Climate Change

Friday Morning

65. Your Memoirs—Your Written Legacy
66. Advanced Quilting—A Quilt with Pizzazz!
67. Preparing for Life’s Final Chapter
68. Adventures in Botany
69. Folk Guitar for Beginners

Friday Afternoon

70. Zumba Gold®
71. T’ai Chi (Taiji) and Qigong
72. Yoga—Functionally Fit

Monday Morning—8 Meetings Unless Otherwise Noted

- 1. HIKING THE AUSTIN AREA** Enjoy some easy trails in and around Austin (several may not be in the city limits). Everyone will need a car or other transportation. Participants should be able to walk several miles at a medium steady pace. Wear shoes and clothing appropriate for the weather. Bring water. A list of hikes and more information will be provided before the first meeting. 8 classes. Limit 30.

Carol Biesemeier, Facilitator

9:30—11:30 A.M. Monday, Starts Feb. 12

For the first class, meet by the entrance to the
Zilker Pool House

2201 William Barton Drive (78746)

- 2. 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 funny, poignant, sad, spiritual, and meaningful stories. 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 to the class. Listening to the stories of others frequently sparks memories of our own, which we can add to our list of stories to write. At the end of the semester, we will produce a class book to which I encourage you to contribute your stories. Need more info? Email the instructor at gayle-opie@austin.rr.com or call 512-704-6558 and leave a message with your name and phone number. Limit 12.

Gayle Opie, Facilitator

9:45 A.M.—12:15 P.M. Monday, Starts Feb. 12

Unity Church of Austin

5501 US Hwy 290 (78735)

- 3. MORE ADVICE ABOUT YOUR ELECTRONIC DEVICES—INTERMEDIATE** This class takes off from basics to cover more in-depth knowledge about phones, tablets and PCs. It is recommended for students who have completed FROM PCs TO PHONES AND MORE—SIMPLE ADVICE ABOUT YOUR ELECTRONIC DEVICES or those who use technology daily. Is artificial intelligence, smart fitness trackers, organizing your desktop, or

Monday Morning—8 Meetings Unless Otherwise Noted

MORE ADVICE, Cont.

when to buy new devices on your mind? We can discuss these and other advanced topics identified by a short student survey. The instructor uses real-life examples to illustrate tech problems and solutions. Limit 15.

Linda Gibson

10:00—Noon, Monday, Starts Feb. 12

Violet Crown City Church

1300 Morrow Street (78757)

- 4. BEGINNING ZENTANGLE® DRAWING** The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns one pen stroke at a time. No drawing skills are required. This class will take a craft-oriented approach, working on a different project during each class. Although this class is specifically organized for a student new to Zentangle®, experienced students are also welcome. The instructor is a Certified Zentangle® Teacher. Please bring supply fee of \$20 to the first class. Contact the instructor for more information at pat@tittizer.us . **Note: No class on March 11; course extends 1 week.** Limit 15.

Pat Tittizer

10:00—Noon, Monday, Starts Feb. 12

United Christian Church, Room 2

3500 West Parmer Lane (78727)

- 5. SPANISH UPPER LEVEL—CONVERSATION/BOOK CLUB** This course is conducted entirely in Spanish and is designed for persons with proficiency in the language. The first hour includes student presentations, followed by discussion to include questions and answers about grammar, vocabulary, and the presentations. The second hour of class is dedicated to small group discussions of the reading for the week. This course is integrated with an ongoing year-long Spanish program. Limit 30.

Rosa Zúñiga

10:00—Noon Monday, Starts Feb 12

St. Matthew's Episcopal Church

8134 Mesa Drive (78759)

Monday Morning—8 Meetings Unless Otherwise Noted

6. **TED TALKS DISCUSSION GROUP** If you enjoy learning and discussing new ideas and hearing a variety of viewpoints, this class is for you. TED talks are concise (under 18 minutes) video talks from top people in their field that are meant to inspire, inform and enlighten viewers on a variety of topics, including science, politics, global issues, human development, and relationships, among others. You will view two to four TED talks per week OUTSIDE of class (web access/internet connection required). Then we will discuss them in class, learning from and being respectful of each other's varying responses and ideas. For specific questions, please email the facilitator at maryjaneburson@gmail.com. Limit 15.

Mary Jane Burson, Moderator

10:00—Noon Monday, Starts Feb. 12

The Church at Highland Park, Burchette Room
5206 Balcones Drive (78731)

7. **GENEALOGY—FAMILY TREES AND MORE!** In this class, we will learn tips and techniques for U.S.-based genealogy research. We will cover how to create a research plan, use Ancestry.com to build a tree (plus Newspapers.com, FindAGrave.com, Fold3.com) and how to use FamilySearch.com. We will find birth, marriage, death, and burial records, passenger lists and passports, censuses, directories, and historic and current maps, occupation and/or military records, and more. We will discuss how to scan and edit photos and images, use Google Drive (and other Cloud-based repositories), research on social media (Facebook) and use other research sites (Library of Congress, state resources, etc.) to help you build a family story. Please bring \$3 to first class for handouts. Laptops can be used if desired but are not required. **6 Classes.** Limit 21.

Phyllis Zumwalt

10:00—Noon, Monday, Starts Feb. 12

St. Matthew's Episcopal Church, Rm B-13
8134 Mesa Drive (78759)

PASS IT ON---

www.liaustin.org

Monday Morning—8 Meetings Unless Otherwise Noted

8. 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, tatting 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 Feb. 12

Ascension Lutheran Church

6420 Hart Lane (78731)

9. “NO DRAMA” DEMOCRACY—POLITICS, HUMANS AND THE

FOUNDERS' INSIGHT Are you ready to get beyond the political “noise” and “drama”? As a senior, your attained life wisdom can offer peace of mind well into your golden years while calming your political discussions and allowing you to effectively influence others, especially the younger generations of your family. Seniors are uniquely qualified to better understand and appreciate the existential goals and politically artistic design of democracy. Learn how democracy serves to elevate both human consciousness and conscience, as was intended by the American founders and framers. This course will offer essential political science concepts that are commonly missing in high school and college classes, while also guiding you through a self-exploration and personal assessment of your earliest political influences and learning. Our instructor is a retired college political science professor and certified life coach with varied career experiences in public service and local governance. Limit 15.

Gregory Garlow

10:00—Noon Monday, Starts Feb. 12

Triumphant Love Lutheran Church, Upper Room

9508 Great Hills Trail (78759)

10. GREAT BOOKS OF THE WESTERN WORLD The Great Books Foundation, established in 1947, promotes lifelong education through the reading and discussion of outstanding literature. Its aim is to encourage all people to participate in a “Great Conversation” with the authors of significant works in the Western canon. We’ll discuss one selection each week from *Great Conversations 1*, an anthology of classic and contemporary works, including *The Epic of Gilgamesh* (author unknown), *Prometheus*

Monday Morning/Afternoon—8 Meetings Unless Otherwise Noted

GREAT BOOKS, Cont.

Bound (Aeschylus), *Of Friendship and Of Solitude* (Francis Bacon), *Pensées* (Blaise Pascal), *Self-Reliance* (Ralph Waldo Emerson), *Out of the Cradle Endlessly Rocking* (Walt Whitman), *Democracy in America* (Alexis de Tocqueville), and *An Enemy of the People* (Henrik Ibsen). This is a discussion class; it is not a lecture. Each week, we'll share our thoughts about the piece—the author, the period in which the piece was written, and the piece's significance. If you enjoy good intellectual discussion, this course is for you. We're looking for people who can commit to 2 hours per week of reading homework. We're also looking for folks who are excited enough about these selections to commit to near-100% attendance. If this describes you, please sign up! The book *Great Conversations 1* is readily available from Amazon and other sellers for as little as \$6. Just Google "amazon books great conversations 1". The book cover of the correct edition is colored white-over-dark gray, and the authors are Born and Whitfield. Order your book by January 25th at the absolute latest so you'll have it in time to prepare for the first class. Our first reading, *Gilgamesh*, is rather long. Questions? Call/text the moderator at 512-694-3669.

Note: No class on Feb. 19 or April 1; course extends 2 weeks.

Limit 15.

Leonard Hough, Moderator

10:00—Noon Monday, Starts Feb. 12

Tarrytown United Methodist Church

2531 Exposition Boulevard (78703)

Monday Afternoon—8 meetings Unless Otherwise Noted

- 11. BASIC WATERCOLOR PAINTING** This class will offer basic watercolor painting instruction for the beginner, but more advanced students are welcome to enjoy an open watercolor studio. You will need to purchase your own brushes, watercolor paints, and watercolor paper. No prior painting experience is necessary, but any kind of drawing experience will be helpful. The focus, though, will be simply to remove any fear or inhibitions to creativity. Limit 20.

Cherry Taylor

1:00—3:00 P.M. Monday, Starts Feb. 12

United Christian Church

3500 W. Parmer Lane (78727)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 12. CONTINUING ZENTANGLE® DRAWING** Continue exploring the myriad possibilities of the Zentangle® method. Learn new tangles and use previously learned tangles in new ways. Try new techniques. Complete a large project and work on weekly small projects. Prerequisite: a Beginning Zentangle® course. A fee of \$20 paid in class covers materials provided by the instructor. **(Note: No class on March 11; course extends one week).**
Limit 15.

Pat Tittizer

1:00—3:00 P.M. Monday, Starts Feb. 12

United Christian Church

3500 West Parmer Lane (78727)

- 13. ITALIAN FOR BEGINNERS** This course is for students with very little or no knowledge of the Italian language. You will learn the alphabet, greetings used in Italy, how to introduce yourself and others, and basic, everyday words including useful travel phrases. Grammar will also be taught. A book is required, title to be announced at the first class. Please bring \$2 for handouts. *Grazie e arrivederci!* Limit 20.

Tina Polo

1:00—3:00 P.M. Monday, Starts Feb. 12

Triumphant Love Lutheran Church, Upper Room

9508 Great Hills Trail (78759)

- 14. BRIDGE—INTERMEDIATE LEVEL** Learn to play better bridge. For people who have played before and want to update their bidding and play-of-the-hand. This is a learn-by-doing class. You will play a lot of practice hands, each focused on some features of the "Standard American" system as taught in Audrey Grant's book and used by most players today. The content will be tailored to the skill level of the students attending. Limit 20.

Jack Graham

1:00—3:00 P.M. Monday, Starts Feb. 12

The Church at Highland Park, Burchette Room

5206 Balcones Drive (78731)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 15. 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. The cloud, smart phone basics, passwords, backups, upgrades, security, and sharing data between devices will be topics. In addition, a short student survey will guide the selection of other topics. The instructor uses real-life examples and specializes in making the complex simple. Limit 15.

Linda Gibson

1:00—3:00 P.M. Monday, Starts Feb. 12

Violet Crown City Church

1300 Morrow Street (78757)

- 16. GENEALOGY—RESEARCHING YOUR SCOTTISH AND IRISH ROOTS** Find out about your Scottish and Irish ancestors. To effectively search Scotland records, you may need to pay for credits to use ScotlandsPeople.com, but many free resources will also be shared. For Ireland research (Republic of Ireland and Northern Ireland), many records were lost in the 1922 Four Courts Building fire. For both focus areas, other resources (free and for a fee) will be introduced. Records to be searched will be vital records (parish records and more recently, civil records), military records, passenger lists, passports, census records, directories, historic maps, school, guild, workhouse records, and more. Please bring \$3 to the first class for handouts. Laptops can be used if desired, but are not required. **6 Classes.** Limit 21

Phyllis Zumwalt

1:00—3:00 P.M. Monday, Starts Feb. 12

St. Matthews Episcopal Church, Rm. B-13

8134 Mesa Drive (78759)

- 17. CALLIGRAPHY—ITALIC** In this class students will 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. **6 Classes.** Limit 20.

Lois Mayes

1:00—3:00 P.M. Monday, Starts Feb. 12

St. Matthew's Episcopal Church

8134 Mesa Drive (78759)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 18. BEGINNING SOPRANO (TENOR) RECORDER 2** Continue learning to play the recorder. This course covers all the notes (fingerings) in the everyday range of the recorder, time signatures and rhythms through sixteenth notes, several major and minor scales, and sight-reading with confidence. We will play multi-voice pieces (duets and trios) with other class members. You will need to have the following materials and bring them to each class: the recorder you used in Beginning Soprano Recorder 1, a music stand, and *Sweet Pipes Recorder Book - Vol. 1 Soprano* instruction book, by Burakoff and Hetrick. Other materials will be provided, including audio clips and sheet music created by the instructor, and made available on a website. This course is intended for students continuing from BEGINNING SOPRANO RECORDER 1. If you were not enrolled in that class, please contact the instructor at 512-825-4252 or richter@haus.org. This course, followed by Intermediate Soprano Recorder, can be preparation for joining the Recorder Consort, also offered through LLI. Limit 8.

Susan Richter

9:15—10:30 A.M. Tuesday, Starts Feb. 13

Christ Lutheran Church

300 E. Monroe Street (78704)

- 19. BEGINNER YOGA 1** This class is designed as an introduction to the practice of Yoga. It is a slower-paced class, focused on developing clear and safe alignment in basic yoga postures called 'Asanas'. You will learn gentle stretches, simple breath work, and relaxation techniques to help you become comfortable with Yoga. Bring a Yoga mat and wear loose, comfortable clothing. Limit 20.

Zareen Shah

9:30—10:30 A.M. Tuesday, Starts Feb. 13

Unity Church of Austin

5501 W. US Hwy 290 (78735)

- 20. 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 and Pat Tittizer

10:00—Noon Tuesday, Starts Feb. 13

United Christian Church

3500 W. Parmer Lane (78727)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 21. DANCE CLASS FOR THE AGES—BELLY DANCING** Calling all Queen-agers and Goddesses from 50-100. Belly dancing is a great way to exercise, gain strength, increase balance and range of motion and just have fun! In this beginning class you will learn the proper position, the basic steps, isolation of movements, four basic rhythms and a short choreography. Wear regular workout clothes and soft-soled shoes (or bare feet). Restrictive clothing such as blue jeans and running shoes are not recommended. Our instructor teaches a melding of American styling with classical Egyptian. She took her first belly dance class in 1972 and has been teaching all levels of classes since 1986. She has performed locally and in other states and continues to study the dance, attending workshops and sponsoring them, bringing instructors in from across the U.S., as well as from Germany and Tunisia. Her philosophy is: *Life isn't about waiting for the storm to pass...It's about learning to dance in the rain.* Please bring \$2 to the first class for handouts. The music, should you wish to have it, is available on CD for \$5 or thumb drive for \$10. Limit 25.

Jeanette Cunningham

10:00—11:30 A.M. Tuesday, Starts Feb. 13

Dittmar Recreation Center

1009 W. Dittmar Road (78745)

- 22. OUR BLUE PLANET OCEANS—GIVING, PROVIDING, SUSTAINING LIFE** By 2050 the world human population will increase from 3 billion to 10 billion. From where will all those people get food, clean water, and precious metals? How can the oceans sustainably provide their bounty? We need to apply our creative energies to developing 70% of the earth's surface to provide a better life for all creatures on earth. The key is understanding how the oceans work and how oceans impact life on earth. Only 20% of the oceans have been explored. We have a lot of learning to do quickly. This course examines

- Blue Planet Dynamics—how the earth became the “Goldilocks” planet of our solar system
- Keystone Species—how certain species keep everything in balance
- The Role of Whales in a thriving ocean and clean atmosphere
- Sustainable Fisheries—from hunting wild fish to farming fish
- Water, Water Everywhere; Not a Drop to Drink—Having enough fresh water for 10 billion people

Tuesday Morning—8 Meetings Unless Otherwise Noted

OUR BLUE PLANET OCEANS, Cont.

- Who Owns the Oceans?—Sovereignty limits and mineral mining at 20,000 feet
- Mapping the Oceans to Understand Them.

Our ever-popular instructor, retired Naval officer and business executive, brings his love of sailing and world history to bear on his LLI courses. **6 Classes.** Limit 50.

Todd Clayton

10:00—Noon Tuesday, Starts Feb. 13

The Village at the Triangle

4517 Triangle Avenue (78751)

- 23. EMOTION AND MEANING IN THE ARTS – GOOD, BAD, OR INDIFFERENT?** In this ongoing seminar exploring how the arts affect us and why they matter, the course this term will take a clear-eyed look at value judgments in the arts. The remark “My kid could have painted that” sums up the topic. What could be more basic to appreciating art than to know what a work of art is, whether it is good or bad, and why this is so? Yet beware the snobbish opprobrium that awaits all who venture here. Tired of academic faddism, nonsensical theory, and evaluative relativism in discussions of the visual, verbal, and performing arts? Want to spend eight weeks in the company of common sense and works of art from diverse genres? This course is for you. For receiving class assignments and materials for discussion, an email address is a *must*. Limit 20.

Joseph Longino, PhD

10:00—Noon Tuesday, Starts Feb. 13

Westover Hills Church of Christ, Room 203/204

8332 Mesa Drive (78759)

- 24. FRENCH INTERMEDIATE** This course is conducted entirely in French. Our textbook, *Encore une Fois* by Henry L. Herbst and Hale Sturges II, guides students in reading comprehension of Petit Nicolas stories, vocabulary building and review, grammar review, and pronunciation. Limit 25.

Betty Clough

10:00—Noon Tuesday, Starts Feb. 13

Westover Hills Church of Christ, Room 201

8332 Mesa Drive (78759)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 25. SEW LIKE A PRO** Have you always wanted to make your own clothes but didn't know how, or maybe you just aren't satisfied with your level of garment sewing? This course will give you the knowledge to take your "homemade" clothing to "handmade and high-end". It is not a traditional hands-on sewing class but an exploration of sewing high-end garments on your own, including the language of sewing, preparing for projects, and understanding the fundamentals at every level so that you have a solid foundation and the best chance of making a garment you will actually want to wear. A beginner-friendly class, it will also be informative for experienced sewers. By the end of this course, you will have a firm understanding of sewing machines, patterns, tools, and fabrics. Working on a project on your own at home is optional. Each class will be around 40 minutes of formal class time, with 1 hour of discussion/show-and-tell/individual projects or free sewing time for those students who choose to work on a project. If the class is interested, we can add basic pattern blocks to the lesson plans. You will need to bring a notebook/sketchbook and a glue stick or tape. For this course, you do not need a sewing machine but are encouraged to bring yours if you want to do some sewing at the end of class. **Note: No class on March 5; course may extend one week.** Limit 15.

Raeven K. Harris

10:00—Noon Tuesday, Starts Feb. 13

The Church at Highland Park, Burchette Room
5206 Balcones Drive (78731)

- 26. HEALTHY HEART FITNESS** MEN and WOMEN will be inspired and encouraged to follow an independent, happy lifestyle with a balanced diet by using these 10 ways to improve your heart health provided by the American Heart Association. With fun physical activities and energizing TEXERCISE exercises, we'll have a total body workout for muscular strength and cardiovascular health and stretching with breathing patterns to increase mind and body relaxation. Learn a variety of stress busters for a healthier heart plus the magic of meditation. Research shows we can live longer and healthier with proper nutrition and daily exercise. It's never too late to start exercising your 650 muscles! Dress in comfortable fitness attire and wear your walking shoes. Bring hand weights and water or electrolyte drink. Limit 15.

Rusty Cribbs

10:00—11:30 A.M. Tuesday, Starts Feb. 13

Ascension Lutheran Church
6420 Hart Lane (78731)

Tuesday Morning—8 Meetings Unless Otherwise Noted

27. INTERMEDIATE SPANISH—NEWS FROM LATIN AMERICA

This course uses the online service *News in Slow Spanish* (intermediate level) to provide reading and listening experience on topics concerning political, cultural and scientific news with a focus on Latin America. You will read a weekly compilation of news and prepare to discuss it informally in small groups in class. The remaining class time is spent discussing and practicing grammatical structures and vocabulary and relevant cultural references from the news items. We'll spend some time on the formation and use of the past subjunctive and some other selected language topics. Students need to be familiar with present, imperfect, and preterit tenses in the indicative mood. Some acquaintance with the present subjunctive is advisable. Students must be able to use a computer or tablet outside of class to read the weekly news and view videos that complement news stories and provide listening practice with a variety of regional dialects. A group (reduced rate) subscription to *News in Slow Spanish* (about \$10 per month for 2 months) is required. Bring \$1.50 to class for handouts. Limit 22.

Jann Randle

10:00—Noon Tuesday, Starts Feb. 13

Lamar Senior Activity Center

2874 Shoal Crest Avenue (78705)

28. 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 one passes away without proceedings. We conclude with a review of Federal Trust, Estate and Gift taxes. **This is the same course as #46. 6 Classes.** Limit 20.

Andrea V. Comsudi, Attorney and
Counselor at Law

10:00—Noon Tuesday, Starts Feb. 13

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

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 29. INTERMEDIATE ALTO RECORDER 2** Continue learning to play the recorder, with other students. This course is for students who have completed the first session of intermediate recorder, using the "Sweet Pipes Recorder Book - Vol. 2 Alto" instruction book. Students who have prior experience with playing alto recorder and would like a refresher are also welcomed, after speaking with the instructor. You will need to have these materials and bring them to each class: the recorder you used in Intermediate Alto Recorder 1; a music stand, and "*Sweet Pipes Recorder Book - Vol. 2 Alto*" instruction book, by Burakoff and Hetrick. Other materials will be provided throughout the semester, including audio clips and sheet music created by the instructor, and made available on a website. Once this course is completed, you should be prepared to join the Recorder Consort, also offered through LLI. Limit 8.

Susan Richter

10:45—Noon Tuesday, Starts Feb. 13

Christ Lutheran Church

300 E. Monroe Street (78704)

- 30. INTERMEDIATE YOGA** This course is recommended for students with prior Yogic practice and basic understanding of Yogic postures and breath work. 'Asanas' or Yoga postures selected for this class will emphasize range of motion, flexibility, balance, and strength. Bring a Yoga mat and wear loose comfortable clothing. Limit 20.

Zareen Shah

10:45—11:45 A.M. Tuesday, Starts Feb. 13

Unity Church of Austin

5501 W. US Hwy 290 (78735)

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Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 31. FILMS FOR THE WISDOM JOURNEY** Using classic films dating from 1990 to 2011, we will see often-overlooked messages of kindness, forgiveness, diversity, mortality and more. Enjoy watching, eating popcorn and discussing the films in six two-and-a-half to three-hour gatherings. **6 Classes.** Limit 25.

Judith Helburn

1:00—4:00 P.M. Tuesday, Starts Feb. 13

Westover Hills Church of Christ

8332 Mesa Drive (78759)

- 32. THE HISTORY OF EUROPE IN THE MIDDLE AGES (300—1500)**

This course will cover the history of Europe from the reign of the Roman Emperor Constantine (306-337) up to but not including the Renaissance and Reformation. Church and State were intimately connected throughout this period. This course will study the cooperation and conflict between these two entities, and their own internal growth and/or decline. Included in the course will be discussion of the fall of the Roman Empire, the German invasions, the Christian conversion of Europe, the Byzantine and Muslim worlds, Charlemagne and the Franks, feudalism, the High Middle Ages (when several important conflicts between Church and State occurred), medieval intellectual and artistic developments, and the Late Middle Ages (when the power of the papacy declined, at the same time as the power of some kings expanded). Class outlines will be sent before each class to the e-mail address you provide at the time of registration. Limit 30.

John Dahmus

1:00—3:00 P.M. Tuesday, Starts Feb. 13

Shepherd of the Hills Lutheran Church

3525 Bee Cave Road (78746)

- 33. 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 30 years. Call the instructor at 512-364-3147 or email pat@tittizer.us with questions. Limit 18.

Pat Tittizer

1:00—3:00 P.M. Tuesday, Starts Feb. 13

United Christian Church

3500 West Parmer Lane (78727)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 34. EARLY EFFORTS OF THE FILM GREATS, 3** We'll watch first or early film features from the pre-code 1930s-50s with actresses such as Jean Harlow and directors such as Alfred Hitchcock in Britain. All are examples of creativity and promise, all from my personal collection. None have been previously shown in the course. Correct email address is important as students receive emails at least once a week with film background and other film-related news. Limit 30.

Betsy Tyson

1:00—3:00 P.M. Tuesday, Starts Feb. 13

Westminster Presbyterian Church, Classroom 10
3208 Exposition Boulevard (78703)

- 35. PRACTICAL PSYCHOLOGY FOR THE SECOND HALF OF LIFE**

Drawing on your own experience and education, this class will explore tools that help navigate the second half of life. The class begins with a developmental theory that addresses lifelong yearnings and areas of central concern, called temperaments. Then we study psychological types, useful for navigating relationships, problem-solving, and personal change. Next we examine our psychological “heritage,” reviewing best experiences and relationships for a customized guide-map in life-planning. We look at masculine and feminine archetypes and practical tools such as dream work, journaling, and daily positive focus, which can provide balance in mature years. Finally, we examine how our life story is part of a larger cultural narrative, and how we can become intentional in what we wish to give to the next generation. **Note: No class on March 5; course extends one week.** Limit 20.

Richard (Nick) Grant

1:00—3:00 P.M. Tuesday, Starts Feb. 13

The Church at Highland Park, Burchette Room
5206 Balcones Drive (78731)

- 36. FUNDAMENTALS OF INVESTING** The investment world is full of lingo, jargon, and terminology. It can be difficult to understand with so many buzzwords, charts, and graphs. This course goes over the basic terminology and strategy around investment and retirement planning. Whether you are just starting out or want to learn something new, the workshop will bring you back to the basics so you can become a more educated investor. You'll learn
- Key features and strategy of bonds, stocks and mutual funds
 - Cash-flow planning in retirement
 - Basics of Medicare

Tuesday Afternoon/Wednesday—8 Meetings Unless Otherwise Noted

FUNDAMENTALS OF INVESTING, Cont.

- Basics of estate planning

Our instructor is a registered CFP (Certified Financial Planner) and a popular presenter. Limit 20.

Chris Cybulski

1:30—2:30 P.M. Tuesday, Starts Feb. 13

Lamar Senior Activity Center

2874 Shoal Crest Avenue (78705)

- 37. CONVERSATIONAL FRENCH** Join us to practice speaking in French about current events, culture, short stories, grammar, 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

1:30—3:30 P.M. Tuesday, Starts Feb. 13

Ascension Lutheran Church

6420 Hart Lane (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 38. WRITING MEMOIRS—OUR STORIES MATTER** Writing our stories down may be one of the most important things we do. In our own vernacular and style, we write the narrative of the experiences and people of our lives so they can be visited and revisited by ourselves and by those who follow us. Story is how we explain, understand, and reconcile our values, our ideas and how we live our lives. Through story we expand our horizons as we learn about the lives and culture of others. We write the stories at home, read them in our class, and learn from each other. Occasionally we may share artifacts from our life stories and write/talk about their importance to us. We will also share tips for writing and publishing memoirs. Class members choose which of their stories will be published in our semester book. Don't let your stories be lost. Limit 18.

Glenda Love Bell, Coordinator

9:30—11:30 A.M. Wednesday, Starts Feb.14

The Church at Highland Park, Burchette Room

5206 Balcones Drive (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 39. BIRDS OF CENTRAL TEXAS PART 2** This class is suitable for people who have taken Birds Part 1 or who have some birding experience. There will be four to five field trips (weather permitting) and the remaining sessions will be in the classroom. Field trips to various parks will take place within about a 30 minute drive of the Highway 183/N. Mopac intersection. Plan to dress for the weather and expect to walk up to a mile and a half on mainly level surfaces, which may not be paved. A few locations may not have restrooms available. You will get more practice with field ID, and, while part 1 focused on backyard birds, this class will acquaint you with the broader diversity of birds that occur in Travis County. Classroom topics will include migration, owls, raptors and bird vocalizations. An experienced teacher and avid birder, our instructor has taught for Travis Audubon, the Native Plant Society and many local groups. She gardens for birds, with 98 species on her yard list. Limit 18.

Jane Tillman

10:00—Noon Wednesday, Starts Feb. 14

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

- 40. SPANISH FOR BEGINNERS 2B—¡MAS ADELANTE!** This fourth-LLI-semester course assumes students already know basic Spanish vocabulary and pronunciation and have some knowledge of present and past tense verbs. We will practice those, add the compound tenses with *haber*, and more. You'll speak, work, and play games with your table partners in Spanish. Expect to do homework using free, online resources and more. It's a fun course for serious students. Bring a notebook for organizing handouts and a good Spanish-English dictionary. Please bring \$3 to the first meeting for copies. Limit 25.

Julie Sanford

10:00—Noon Wednesday, Starts Feb. 14

Westover Hills Church of Christ, Room 201
8332 Mesa Drive (78759)

- 41. THE JOURNEY TO JOY** This course examines some of the best knowledge currently available on topics such as spirituality, love, faith, service, prayer, meditation, marriage and family life, positive thinking, mirth, and gratitude, each of which makes unique and important contributions to a happier state of mind and a more peaceful life. The class is based on the

Wednesday Morning—8 Meetings Unless Otherwise Noted

THE JOURNEY TO JOY, Cont.

instructor's book, *The Secrets of True Happiness*, about which Dr. Stephen Post, best-selling author of *Why Good Things Happen to Good People*, has said "I can easily state that this is the finest book on happiness that I have ever read with regard to both content, style, and potential to transform lives." **6 Classes.** Limit 25.

Farnaz Masumian

10:00—Noon Wednesday, Starts Feb. 14

Unity Church of Austin

5501 W. US Hwy. 290 (78735)

- 42. GERMAN INTERMEDIATE** This class may be considered B1 level according to the CEFR. This means you'll be able to talk about most topics at least in simple language, construct more complicated sentences, listen to longer audio clips, and start explaining new vocabulary mostly in German. Most explanations by the teacher are in German. If you are not sure whether this class is right for you, try this placement test:

<https://learngerman.dw.com/de/übung-3/1-36782618/e-36783167> and/or contact the instructor via email (deutsch2henrike@gmail.com)

Ich helfe gerne! Bis bald! Ich freu' mich drauf!

Please bring \$5 for copies to the first class. Limit 16.

Henrike Belz

10:00—11:30 Wednesday, Starts Feb. 14

Violet Crown City Church

1300 Morrow Street (78757)

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Wednesday Morning—8 Meetings Unless Otherwise Noted

- 43. OUR PLACE IN THE COSMOS—CAN KNOWLEDGE OF THE EVOLVING UNIVERSE GUIDE HUMANITY?** One of America's great thinkers and writers on the history of world cultures, Thomas Berry, called for an integration of scientific understanding of the physical universe with the humanities, arguing that an understanding of who and what we are in relation to the cosmos should guide our behavior and beliefs. It must start with knowing the story of the cosmos and Earth. This course provides a sampling of current knowledge of the cosmos, its components, history, processes, and those of our solar system, the Earth, development of life on Earth, other major Earth events, and human history. A large order! But considering the current physical challenges on Earth and questions and opportunities for the future, Berry's writings from the 1980s (along with those of other social scientists and scientists) have proven prescient. Participants will consider how this knowledge should affect our behavior and beliefs, or not. We will have Power Point presentations, a movie, and discussion. Please bring \$5 to the first meeting to cover course handouts. Limit 24.

Peter Boone, PhD

10:00—Noon Wednesday, Starts Feb. 14

Bethany Lutheran Church

3701 W. Slaughter Lane (78749)

- 44. RECORDER CONSORT** 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, with occasional use of other sizes. 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 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 Wednesday, Starts Feb. 14

Genesis Presbyterian Church, Sanctuary

1507 Wilshire Boulevard (78722)

Wednesday Mornin—8 Meetings Unless Otherwise Noted

- 45. ISABEL ALLENDE AND A LONG PETAL OF THE SEA (LARGO PÉTALO DE MAR)** Learn about the work of Chilean writer Isabel Allende, then read and discuss her recent novel *A Long Petal of the Sea* (*Largo pétalo de mar*, 2019). This historical novel is a love story set against a backdrop of war, migration and exile, and dictatorship in Spain, France, and Chile during the period from 1938 to 1994. In addition to small-group and whole-class discussions of the book, we will examine in depth the rich and multifaceted historical background of Allende's fictional story: the Spanish Civil War, the poet-diplomat Pablo Neruda and the mission of the *SS Winnipeg*, and the Pinochet dictatorship in Chile. Our discussions will be complemented with a variety of relevant interdisciplinary materials, including literary texts, visual art, film and music, and historical resources. The course is taught in English; you may read the book in English or Spanish and participation in Spanish is welcome. Austin Public Library has many copies of the novel in both English and Spanish. Audible has both Spanish and English versions of the audiobook. Local bookstores and online sources also carry new and used copies in your preferred language. Please bring \$3 for course handouts.

Note: One-week delayed start. 6 Classes. Limit 40.

Catharine E. Wall

10:00—Noon Wednesday, Starts **Feb. 21**

The Village at the Triangle

4517 Triangle Avenue (78751)

- 46. 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. We conclude with a review of Federal Trust, Estate and Gift taxes. **Note: One-week delayed start; no meeting on March 13. This course is the same as #28. 6 Classes.** Limit 20.

Andrea V. Comsudi, Attorney and
Counselor at Law

10:00—Noon Wednesday, Starts **Feb. 21**

Abiding Love Lutheran Church

7210 Brush Country Road (78749)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 47. OPEN STUDIO PAINTING** This course is designed to accommodate painters who have some experience, as well as experienced painters who enjoy painting on their own and with others in a safe and socially distanced environment. You may use acrylic, non-volatile oils, or watercolor paints. Bring your own supplies and paint whatever you wish. Class members will cooperate to clean up the area completely after every session.

Note: Instructor may request masks be worn in class. Limit 12.

Jeanne Ann Epstein

12:45—3:30 P.M. Wednesday, Starts Feb. 14

Belmont Village Senior Living Westlake Hills

4310 Bee Cave Road (78746)

- 48. SPANISH BEGINNER 1B WITH *DESTINOS*** This continuation course may fit your needs if you have *some* acquaintance with Spanish developed in long-ago classes, while living abroad or in the community. As a prerequisite, you should be able to understand basic sentences about **present** time to a limited extent and have some basic vocabulary. In this course, we'll be using episodes from the vintage video course *Destinos*, to give us a story and characters to talk about and a focus for building vocabulary. Additional YouTube videos will be assigned to use at home to provide more comprehensive information about Spanish grammar. Students graduating from LLI Spanish 1A will continue to build their vocabulary, add more irregular verbs, the most common reflexive verbs, and direct and indirect object pronouns that are part of language used in conversation at every level. A reasonably priced general Spanish grammar text *may* be required. Expect a \$1.50-\$2 charge for course handouts. Limit 22.

Jann Randle

1:00—3:00 P.M. Wednesday, Starts Feb. 14

Lamar Senior Activity Center

2874 Shoal Crest Avenue (78705)

- 49. THE BIRTH OF MODERN SCI-FI FILMS, Part 2** This course is an extension of the Fall 2023 term and will cover a new set of eight of the best, well-known sci-fi films released between 1953 and 1956. During the 1950s, the science fiction film as we know it today was born. In the 10 years from 1950 to 1960, more than 200 sci-fi films were made. Many of these have become classics. Several have won Oscars and Hugos. They have influenced the work of numerous modern-day filmmakers. The political, social, and scientific factors that influenced these ground-breaking

Wednesday Afternoon/Thursday—8 Meetings

MODERN SCI-FI FILMS, Cont.

movies will be discussed before we watch the film. Welcome to the golden age of science fiction films! Limit 25.

Michael Hendrickson

1:00—3:00 P.M. Wednesday, Starts Feb. 14

Westover Hills Church of Christ, Rm. 201

8332 Mesa Drive (78759)

- 50. ITALIAN INTERMEDIATE** If you can describe people and places, understand the main point of a simple conversation, write short sentences, and read an intermediate-level textbook in Italian, this course is for you. Grammar will be taught, and speaking Italian in class is strongly encouraged. Our required text is *Italian Self-teaching Guide* by Edoardo A. Lèbano, Second Ed. available online, in used book sources, or at Barnes and Noble. The instructor is a native speaker of Italian and an experienced language teacher. Please bring \$2 to the first meeting for handouts. Limit 20.

Tina Polo

1:00—3:00 P.M. Wednesday, Starts Feb. 14

Triumphant Love Lutheran Church, Upper Room

9508 Great Hills Trail (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 51. BIRDING 101** The Austin area is a great place to bird. We will have four classroom sessions and four field trips in the immediate Austin area. Classroom sessions will introduce students to the birds that live in Central Texas year-round as well as those that pass through during the spring migration and those that breed here. Other topics will be equipment, bird identification tips, how to attract birds to your yard and places to bird in the Austin area. Although the class is geared toward the beginning birder, all skill levels are welcome. The classroom sessions will be from 10:00—Noon on Thursdays; **field trips will be 8:00—10:00 A.M.** Participants can expect to walk up to a mile and a half on mainly level surfaces that may not be paved. The instructor has been birding for over 40 years and is a Master Birder and Master Naturalist. Limit 20.

Chris Gunter

10:00—Noon Thursday, Starts Feb. 15

Triumphant Love Lutheran Church

9508 Great Hills Trail (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

Thursday Morning—8 Meetings Unless Otherwise Noted

- 52. BEGINNER KNITTING AND CROCHETING** You can learn from the beginning or get help with a project. Bring practice yarn and needles or hook to the first class. The instructor, an accomplished artist, has taught knitting and crocheting for over 30 years. Call 512-364-3147 or email pat@tittizer.us with questions about this course. Limit 15.

Pat Tittizer

10:00—Noon Thursday, Starts Feb. 15

United Christian Church

3500 W. Parmer Lane (78727)

- 53. 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 Feb. 15

The Village at the Triangle

4517 Triangle Avenue (78751)

- 54. MEDICARE AND YOU—GET ALL YOUR MEDICARE QUESTIONS ANSWERED** Take a deep dive into traditional and replacement Medicare, as well as how to handle needs beyond what Medicare will cover. We'll examine real examples of how the program works, use of Medicare for specific needs, and coverage of costs when Medicare shuts off. If you are now on Medicare, are approaching Medicare eligibility, or considering Medicare benefits for a loved one, this is a course for you. It will give you a firm grasp of how to maximize your benefits, what types of plans are available, and as a bonus, how to keep marketers from calling you so much! Our instructors are insurance brokers with a focus on educating the community. Limit 24.

Raeven Harris and Cassie Walden

10:00—Noon Thursday, Starts Feb. 15

Westover Hills Church of Christ

8332 Mesa Drive (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

55. 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 more than half a million objects of art. Although 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 reconstitute 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 UT Law School upon his subsequent move to Austin, and taught several summer art law seminars in Freiberg, Germany. Limit 30.

Terry Martin

10:00—Noon Thursday, Starts Feb. 15

Shepherd of the Hills Lutheran Church

3525 Bee Cave Road (78746)

56. POETRY APPRECIATION CIRCLE Do you love poetry? For many people, poetry provides a new means of seeing the world, speaking to and for us in a meaningful way. This is an opportunity to meet with other poetry lovers to share and talk about verse in a nonacademic setting, and encounter poems and poets that are new to you. This is *not* a poetry-writing class. Participants will bring one or two favorite published poems to read aloud and share with the group. Discussion will be along the lines of why a poem speaks to the person who brought it, or why this is a favorite poet. Prior to each meeting, participants will be notified how many will be in class so they can bring hard copies of their selections for those coming to that session, if possible (or at least one copy for the facilitator). The week after each meeting, everyone will receive digital copies of the poems. Limit 15.

Bronwyn Bowen, Facilitator

10:00—Noon Thursday, Starts Feb. 15

The Church at Highland Park, Burchette Room

5206 Balcones Drive (78731)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 57. GERMAN ADVANCED BEGINNER** This class works at the end of A1 beginning A2 level according to the CEFR. This means you can already apply quite a few standing phrases, but also start basic communication and write more complicated sentences. You already have a solid understanding of the cases (nominative, accusative and dative), can form the conversational past and start building dependent clauses. A lot of explanations can already be done in German. If you are not sure this class is right for you, try this placement test <https://learngerman.dw.com/en/placement-test-a1/1-36696748> . Limit 16.

Henrike Belz

10:00—11:30 A.M. Thursday, Starts Feb. 15

Violet Crown City Church

1300 Morrow Street (78757)

- 58. MEDITATION** The practice of meditation is becoming increasingly common among people from all walks of life, encouraged in high-level corporate sessions, during coffee breaks and before academic tests and sports competitions. Every day, more of us are being introduced to meditation practices that have been cherished since ancient times. In this course you will learn about the many benefits of meditation and practice various meditation and visualization techniques, including mantra meditation, single-object meditation, breath-awareness meditation, meta meditation, and mindfulness of the present moment. The class features multimedia-based lectures, guided meditation, and relaxation video clips. Our text is the instructor's book, *The Divine Art of Meditation*, the result of almost a decade of research on the subject. **6 Classes.** Limit 17.

Farnaz Masumian

10:00—Noon Thursday, Starts Feb. 15

Abiding Love Lutheran Church

7210 Brush Country Road (78749)

Thursday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 59. HISTORY OF THE RECONSTRUCTION PERIOD** This course covers United States history from 1865 to 1915, focusing on slavery, emancipation, Reconstruction, “redemption” and Jim Crow. Abolitionist writings and the ideology of slavery will be presented. Other political and economic aspects will be covered, including political issues of Reconstruction and the readmission of the former Confederate states, civil rights, the election of 1876, the rollback of political participation by former slaves, and the struggle for equality led by such figures as Frederick Douglass, Booker T. Washington, and W.E.B. Dubois. Supplementary excerpts from primary and secondary historical sources will be provided online. Limit 30.

Frank T. Pool

10:00—Noon Thursday, Starts Feb. 15

Bethany Lutheran Church

3701 W. Slaughter Lane (78749)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 60. OPEN ART STUDIO** This is a gathering of people who love to do art, be it painting with oils, watercolor, acrylic or pastels, or pencil drawings or any other visual medium. It is not a course with instruction, but an occasion where we each work on our own art, and sometimes we share what we know—our mistakes as well as our triumphs. We learn from each other every time we meet. All visual art mediums are welcome, such as painting (non-volatile oils or other media), collage, gelli printing, alcohol inks, Zentangle®, etc. Our coordinator is a working artist, mostly in oil, sometimes in watercolor or pastels. Bring your own supplies, share your art and be inspired by fellow artists! Group members will help clean the area after each session. Limit 18.

Karen Golden

12:30—3:30 P.M. Thursday, Starts Feb. 15

United Christian Church

3500 W. Parmer Lane (78727)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 61. FRENCH BEGINNER** This continuation course emphasizes vocabulary development, pronunciation, reading and listening comprehension. It is suitable for those who have never studied French, as well as those who have some knowledge of the language. We will do a lot of group work to facilitate conversation in French. A variety of sources will be used, including Monarch's *Clear and Simple French*, some video lessons, and some audio lessons from Pimsleur. Limit 25.

Betty Clough

1:00—3:00 P.M. Thursday, Starts Feb. 15

Westover Hills Church of Christ, Rm. 201

8332 Mesa Drive (78759)

- 62. MAT PILATES** This class is an introduction to mat Pilates, a low-impact workout that concentrates on strengthening many muscles of the body with an emphasis on the smaller and deeper stabilizing muscles (deep core muscles). Pilates can improve our posture and reduce lower back pain. We will also work on balance and flexibility. Participants should be able to go from a standing position to the floor and back without assistance. Class is done barefoot. Bring a yoga mat and wear comfortable clothes (yoga attire is fine). The instructor is an AFAA certified group fitness instructor and a Primary Pilates instructor. Limit 20.

Susan LeLaurin

1:00—2:00 P.M. Thursday, Starts Feb. 15

Northwest Recreation Center

2913 Northland Drive (78757)

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Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 63. TEXAS IS LOST** He was among the best and the brightest of his generation and he was given the most difficult of tasks. General Manuel de Mier y Terán was charged with finding the way to keep Texas within the Mexican union. But after several years of toil, he was forced to acknowledge that "Texas is lost." And with that sober judgment Mexico lost one of her best men, for the next day the general killed himself. This class considers Texas History from the arrival of Spanish settlers to statehood within the United States. Special reference is made to notable Mexicans who, like Mier y Terán, labored in vain for their beloved but star-crossed nation. Those Mexican patriots include Bernardo Gutiérrez de Lara, Juan Almonte, Juan Davis Bradburn, Antonio Diaz de León, and others. (And all the good guys like Austin, Travis, Houston and Lamar are there, too.) **7 Classes.** Limit 20.

Jerry Buttrey

1:30—3:30 P.M. Thursday, Starts Feb. 15

The Church at Highland Park, Burchette Room
5206 Balcones Drive (78731)

- 64. WEATHER, CLIMATE, AND GLOBAL CLIMATE CHANGE** What is the difference between weather and climate? What causes them both? And what about global climate change? To get some answers we will explore the atmosphere of the Earth—its structure, composition, processes, and the resulting weather patterns and events. We will examine what drives it all, such as variations in Earth's orbit and axial tilt, solar activity, volcanic action, greenhouse gases, land use, and natural feedback mechanisms. We will also learn about the data sources used by climate scientists: instrumental records, historical records, Paleo-proxy records, tree rings, sediments, ice cores, pollen and corals, carbon 14, and carbon dioxide. Finally, we will look at global climate models, severe weather events, global climate change and how we can respond to it. Please bring \$5 to the first meeting to cover course handouts. Limit 25.

Peter Boone, PhD

1:00—3:00 P.M. Thursday, Starts Feb. 15

Abiding Love Lutheran Church

7210 Brush Country Road (78749)

Friday Morning—8 Meetings Unless Otherwise Noted

65. 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 funny, poignant, sad, spiritual, and meaningful stories. 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 to the class. Listening to the stories of others frequently sparks memories of our own, which we can add to our list of stories to write. At the end of the semester, we will produce a class book to which I encourage you to contribute your stories. Need more info? Email the instructor at gayle-opie@austin.rr.com or call 512-704-6558 and leave a message. Be sure to include your name, phone number, and a brief message. Limit 12.

Gayle Opie, Facilitator

9:45 A.M.—12:15 P.M. Friday, Starts Feb. 16

The Church at Highland Park, Burchette Room
5206 Balcones Drive (78731)

66. ADVANCED QUILTING—A QUILT WITH PIZZAZZ! Experienced quilters will be able to experiment with color and value by working on one or more quilts in the style of Judy Sisneros' book, *9-Patch Pizzazz*. This technique will use a large-scale printed fabric or panels for a main emphasis and then we will add complementary and/or contrasting colors around it to make a quilt that can be very dramatic or very blended. Since these are known as "potato-chip quilts" (since you can't make just one!!), we will have an opportunity to try different combinations over the semester. Share your works in progress since part of the class will be to learn from the challenges experienced by class members. The quilts can be made to the size you desire, from wall-hanging size to bed-size quilts. **7 Classes. Note: No meeting on March 29; last class on April 5.** Limit 15.

Susan Tennison

10:00—Noon Friday, Starts Feb. 16

Christ Lutheran Church

300 East Monroe Street (78704)

Friday Morning—8 Meetings Unless Otherwise Noted

67. PREPARING FOR LIFE'S FINAL CHAPTER If the idea of discussing end-of-life matters makes you a bit uncomfortable, attending this class will help turn those apprehensions into opportunities for clarity and even some fascinating discoveries! Join us for a class made to empower you with reliable, and often intriguing, insights, so you can approach life's final chapter with confidence and peace of mind. During our time together, you'll learn from subject matter experts who are not here to sell anything but are eager to answer your questions and provide you with information about price variances at local funeral homes and cemeteries; prepaid funeral contracts; the comforting world of hospice care, the gift of organ, tissue, and whole-body donation, eco-friendly green burial options, and much more. Our sessions will invite you to engage in relaxed, small-group discussions, to help you identify your own end-of-life values and priorities and encourage you to review or complete your living will and other advance directives that state your wishes should you be unable to speak for yourself. For maximum benefit, we recommend taking time between class meetings to review and reflect on what you've learned. Please bring \$10 for extensive handouts to our first class meeting.

Limit 16

Nancy Walker and Alex Casas, Funeral Consumers Alliance of Central Texas
10:00—Noon Friday, Starts Feb. 16
Conley-Guerrero Senior Activity Center
808 Nile Street (78702)

68. ADVENTURES IN BOTANY Plants are the basis of our entire ecosystem. This course focuses on identification, discussion and understanding of the vegetation that surrounds us. Topics will include native and cultivated flowers, trees, and grasses, as well as identification resources, pollination, animal/plant relationships, life cycles and botanical curiosities. Whether we greet the plants outside on their turf or bring bits of them inside to study, the emphasis will be on getting up close and personal with our floral friends (except for poison ivy). Hiking is not required during class; all levels of fitness are welcome. Limit 25.

Valerie Bugh
10:00—Noon Friday, Starts Feb. 16
Shepherd of the Hills Lutheran Church
3525 Bee Caves Road (78746)

Friday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 69. FOLK GUITAR FOR BEGINNERS** 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, bass runs (individual notes played between chords) and playing scales. You'll 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 this website: <http://www.voith-usa.com/Guitar/index.html>. The website also has audio to help you learn. The book has a pdf file for each chapter. You can print them yourself, or printed copies are available for \$20. 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/Other/buyGuitar.pdf>. The instructor has 30+ years' experience teaching guitar. Limit 15.

Ray Voith

10:00—Noon Friday, Starts Feb. 16

St. Matthew's Episcopal Church Choir Room

8134 Mesa Drive (78759)

Friday Afternoon—8 Meetings Unless Otherwise Noted

- 70. 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 participation in a chair will be offered to students with limited mobility. Our instructor is an AFAA certified group fitness instructor and has been teaching Zumba Fitness programs for more than six years. Dress in comfortable clothes and secure rubber-soled shoes. Limit 30.

Giselle Miller

12:30—1:30 P.M. Friday, Starts Feb. 16

Northwest Recreation Center

2913 Northland Drive (78757)

Friday Afternoon—8 Meetings Unless Otherwise Noted

- 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 for 50 years. Limit 25.

Anya Rylander-Jones, PhD

1:30—3:00 P.M. Friday, Starts Feb. 16

Shepherd of the Hills Lutheran Church

3525 Bee Cave Road (78746)

- 72. YOGA—FUNCTIONALLY FIT** This course is NOT about strange, pretzel acrobatics, but rather strengthening and stretching, with enough balance and flexibility exercises to age well and be able to do what we want to keep doing. 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 for over 50 years. Limit 23.

Anya Rylander-Jones, PhD

3:00—4:00 P.M. Friday, Starts Feb. 16

Shepherd of the Hills Lutheran Church

3525 Bee Cave Road (78746)

PASS IT ON---

www.liaustin.org

Wanted: Volunteers

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

Are you a good teacher?

A good organizer?

A good detail person?

A graceful facilitator?

A person with computer talent?

Do you have contacts at a potential class site?

Then we may need you!

To volunteer as a Teacher Aide

Sign up for a course and then respond to the TA invitation for that course. If you serve, you will receive a free course in the following semester.

**To volunteer your computer talent
or willingness to serve in a leadership position,**
Call the office at 512-206-4232, leave a message.

**To submit a course proposal
as a potential instructor,**
Email Julie Sanford at jmpsanfor@gmail.com.