

Lifetime Learning Institute
Courses Offered for Spring, 2019 Term
February 11 to April 5, 2019

Since 1977, the Lifetime Learning Institute (LLI) has provided non-credit classes to adults 50 years of age and over in Austin. It's an independent, nonprofit organization staffed by volunteers, and every year more than 26 Austin churches and other community-minded institutions partner with LLI to provide classroom space, allowing LLI to keep tuitions as low as possible.

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 still just \$20.

- To register online, make note of your desired course number(s) from the catalog and go to lliaustin.eventbrite.com **beginning Wednesday, January 16 at Noon**. You will need to provide an email address, a credit card number and a preferred phone number (which you enter into 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 \$20 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, January 16**, 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.

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Elaine Stotts, Treasurer	Sidney South, TA Coordinator
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Jesse South, Administrative and Equipment Coordinator	Publicity Coordinator, Open

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<u>2018-2020 Term</u>	<u>2017-2019 Term</u>
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IN MEMORY

With fondest memories, we mourn the loss of Elizabeth (Betsy) Warren, an 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 Spring, 2019

Ascension Lutheran Church
Belmont Village Senior Living Westlake Hills
Bethany United Methodist Church
Brookdale Parmer Lane Assisted Living
Christ Lutheran Church
Corazon 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
St. Luke United Methodist Church
St. Martin's Lutheran Church
St. Matthew's Episcopal Church
Triumphant Love Lutheran Church
United Christian Church
Unity Church of Austin
Unity Church of the Hills
Westlake Hills Presbyterian Church
Westminster Presbyterian Church
Westover Hills Church of Christ
YMCA North

Schedule at a Glance

Monday Morning

1. Chair Yoga
2. Hiking Austin Trails
3. Tatting
4. Italian Intermediate
5. TED Talks Discussion Group (same as Thurs.)
6. Spanish Upper Level
7. Spain—Regions and History
8. T'ai Chi for Arthritis

Monday Afternoon

9. Zentangles—Line and Pattern Drawing
10. Calligraphy—Uncial
11. HVAC for Homeowners
12. Great Books—The Nature of Life
13. How to Listen to Classical Music

Tuesday Morning

14. Fitness for Men And Women
15. Find Your Ancestors
16. Spanish Advanced
17. Spanish Beginners 2B
18. French Intermediate
19. Introduction to Pablo Neruda
20. Emotion and Meaning in Arts-Children's Lit
21. Meditation and Life after Death
22. Spanish Beginner1A
23. Art of Bobbin Lace
24. What to Know before You Go

Tuesday Afternoon

25. LGBT Images, Silent Movies through 1933
26. Turning Your Life Experiences into Gold
27. History of Europe in the Middle Ages
28. French Conversation
29. Knitting and Crocheting
30. Nazi-Looted Art
31. Great Poets

Wednesday Morning

32. Estate Planning and Probate
33. Everyone Has a Story—Write Yours Now
34. Birds of Central Texas
35. Earth, Wind and Fire—Physical Geology
36. Exploring Historic San Antonio
37. Genealogical Research Workshop
38. Writing Memoirs
39. German Intermediate
40. Heaven Nature Moving Meditation
41. Investing Basics Workshop
42. Therapeutic Yoga
43. Line Dance 101

Wednesday Afternoon

44. Acrylics Open Studio
45. Hatha Yoga
46. Biology of the Aging Brain
47. Italian Beginners 2
48. The Secret of True Happiness
49. The Short Story
50. Yoga for the Third Stage of Life
51. Celtic Christianity Revisited

Thursday Morning

52. German Beginners 1B
53. Mah Jongg
54. All About Herbs
55. U.S. Foreign Relations Discussion Group
56. French Beginners 2
57. Spanish Intermediate
58. Social Justice and Religion--Latin Amer. Liberation Theology
59. Consort Recorder
60. German Beginners 2

Thursday Afternoon

61. Zumba Gold
62. Let's Play Bridge
63. Journaling Your Journey
64. Oil Painting, Beg. 2
65. TED Talks Discussion Group (Same as Mon.)
66. PCs to Phones and More— Simple Advice
67. Texas Legislature How Laws Are Really Made
68. T'ai Chi (Taiji) and Qigong
69. Films—Silent Stories
70. Yoga Fit

Friday Morning

71. Knitting and Crocheting
72. Your Memoirs—Your Written Legacy
73. Spanish Beginners 2B
74. Entomology—Get to Know the Insects
75. Mosaics 101
76. Advanced Quilting—Fabric Collage Quilt
77. Line Dance 102
78. Yin Yoga

Friday Afternoon

79. 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 Feb. 11

Covenant Presbyterian Church, Eaton Hall

3003 Northland Drive (78757)

- 2. HIKING AUSTIN TRAILS** Start the week with a hike. Join us to experience trails in and around Austin. We will begin on Lady Bird Lake and then explore other venues. We will hike for about two hours at a steady pace, going three to four miles each hike. One hiking spot has an entrance fee. A hiking schedule with detailed information will be emailed to each registrant prior to the beginning of the class with the subject “LLI Fall Hiking Class.” **6 classes.** Limit 30.

Hubbard Helm

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

Meet near the entrance to the Barton Springs Pool in Zilker Park.

- 3. 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 Feb. 11

Ascension Lutheran Church

6420 Hart Lane (78731)

Monday Morning—8 Meetings Unless Otherwise Noted

- 4. INTERMEDIATE ITALIAN** For students who have had Italian before and are able to use basic grammar and verb forms, this course focuses on improving your ability to communicate by expanding your vocabulary, reading skills, and comprehension. 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 \$3 to cover cost of copies. Limit 20.

Tina Polo

10:00—Noon Monday, Starts Feb. 11

Triumphant Love Lutheran Church

9508 Great Hills Trail (78759)

- 5. TED TALKS DISCUSSION GROUP (Repeated on Thursday P.M.)**

Does a wide range of viewpoints stimulate you? Then TED (Technology, Entertainment, and Design) 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. Usually in the form of short, audio/visual presentations (20 minutes or less), TED Talks cover a variety of topics, from science to business to global issues. We will view 2-3 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 the class. In preparation for the first class, participants should view the following three TED Talks (approximately 36 minutes total.) Go to www.ted.com/talks and search for these presenters and titles: Bryan Stevenson, “We Need to Talk about an Injustice” (23:41); Kaitlyn Sadtler, “How We Could Teach Our Bodies to Heal Faster” (4:57); and Bill T. Jones, “The Dancer, the Singer, the Cellist, and a Moment of Creative Magic” (6:26). For specific questions, please email the facilitator, Michelle d’Arcy, at tedlliaustin@gmail.com . Limit 20.

Michelle d’Arcy

10:00—Noon Monday, Starts Feb. 11

St. Luke United Methodist Church

1306 West Lynn Street (78703)

Monday Morning—8 Meetings Unless Otherwise Noted

6. **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 professor guides a discussion based on the preassigned readings for the week. Questions based on the reading are then discussed, bringing to the surface grammatical and idiomatic phrases for consideration. **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 Feb. 11

Genesis Presbyterian Church Fellowship Hall

1507 Wilshire Boulevard (78722)

7. **THE REGIONS AND HISTORY OF SPAIN** This 6-week course introduces Spain, a country made up of *patrias chicas* or historical regions. We'll examine several of these regions, looking at their histories, languages, customs, food and art. Regions and themes: **Roman Spain**—institutions, administration, commerce, urban and rural life; **Basque Country**—whalers, explorers and saints; **Asturias**—the mountainous North, where the Christian “Reconquest” began; **Galicia**—green Celtic land of rain and pilgrims; **Catalonia**—a Mediterranean economic power with its own national identity and language; **Castilla y León**—nucleus of the Castilian state and cradle of the Castilian language; and **Andalusia**—Roman *Baetica* invaded by Muslim Africans in 711 CE; Muslim conquest and kingdoms; Christian and Muslim art and architecture. Instructor David Wise made his first trip to Spain in 1971 and his tenth in 2015. Cost of texts and handouts will not exceed \$10. **6 Classes.** Limit 30.

David Wise, PhD

10:00—Noon Monday, Starts Feb. 11

Northwest Recreation Center

2913 Northland Drive (78757)

Monday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 8. 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, who 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 Feb. 11

Covenant Presbyterian Church, Eaton Hall

3003 Northland Drive (78757)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 9. 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 Feb. 11

United Christian Church

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

- 10. CALLIGRAPHY—UNCIAL** This class will learn and practice the Uncial style of calligraphy. Uncial is characterized by somewhat rounded letters found in the 4th- to 8th- century manuscripts. Emphasis will be on making a variety of greeting cards and addressing envelopes. Other projects will be included as desired by the 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. 11

Faith Lutheran Church

6600 Woodrow Avenue (78757)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 11. HVAC FOR HOMEOWNERS** Air conditioners and heaters are an integral part of every home, especially in the extreme temperatures of Texas. All homeowners want to save on utility bills by keeping their HVAC system as efficient as possible through proper maintenance. But what do you do? How do you do it the proper way? And what is “efficient” by today's standards? How, exactly, does an HVAC system work? What about the latest tech features? By learning about HVAC system components and their inner workings, you will be better equipped to do simple troubleshooting, have improved dialogue with HVAC technicians, and have a more efficient and dependable system! Our instructor is a certified technician and experienced teacher. Limit 25.

Oscar Manzano

1:00—3:00 P.M. Monday, Starts Feb. 11

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

- 12. GREAT BOOKS DISCUSSION—THE NATURE OF LIFE (VOL.1)**

How did life begin? How is it changing? How are human beings related to other forms of life? What are the ethical implications of studying or altering life? These are some of the questions the new Great Books science anthology asks us as it covers a range of topics, from pesticides to DNA, and illustrates the dynamism and interconnectedness of the life sciences. The class will explore the work of major life scientists, accompanied by thought-provoking questions and discussion prompts. 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?). Class participants should read the Preface (v-viii), the Introduction (pp.1-13) and “Experiments in Plant Hybridization” by Gregor Mendel and “Silent Spring” (excerpt) by Rachel Carson in preparation for the first class. *The Nature of Life, Vol. 1* is available through the Great Books Foundation in both print and ebook format at: <https://store.greatbooks.org/colleges-book-groups/the-nature-of-life-volume-1.html> . Selected readings may be available online. For specific questions, please email the facilitator at gblliaustin@gmail.com . Limit 20.

Michelle d’Arcy

1:00—3:00 P.M. Monday, Starts Feb. 11

St. Luke United Methodist Church
1306 West Lynn Street (78703)

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 13. 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 Feb. 11
Westminster Presbyterian Church
3208 Exposition Boulevard (78703)

***LLI...
Convenient Locations
Free Parking
Expert Instructors
Congenial Classmates
and
The Best Bargain in Town!***

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 14. FITNESS FOR MEN AND WOMEN!** This is an energizing total body workout with muscular strength training to promote cardiovascular health and improve flexibility and balance, to maintain your independence and healthy lifestyle. Join this expert on senior fitness and community resources for up to 120 minutes of physical activities that also can help prevent falls. Practice deep breathing to increase mind-body relaxation techniques as we build strong bones with endurance exercises. Includes Yoga, T'ai Chi and TEXERCISE. Bring your hand weights and water, and wear exercise shoes/clothing. Limit 20.

Rusty Cribbs

10:00—Noon Tuesday, Starts Feb. 12

Ascension Lutheran Church

6420 Hart Lane (78731)

- 15. 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. Expect to pay \$3 to the coordinator for copies. Limit 20.

Inez Eppright, Coordinator

10:00—Noon Tuesday, Starts Feb. 12

Triumphant Love Lutheran Church

Community Room

9508 Great Hills Trail (78759)

- 16. ADVANCED SPANISH —WRITING, READING AND CONVERSATION**

This course is designed to encourage intermediate and higher-level students to read, think, write and communicate in Spanish, using short stories, online Spanish-language news and cultural publications, and in-class sharing opportunities. Each student will select one Spanish-speaking country to research and report on that country's current news or culture. We will read and discuss selected articles and stories from the textbook, *Album* by Joy Renjilian-Burgy and Rebecca M. Valette, 3rd Ed. (available **used** locally and online). Limit 15.

Jorge A. Hidrobo, PhD

10:00—Noon Tuesday, Starts Feb. 12

St. Martin's Lutheran Church

606 West 15th Street (78701)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 17. SPANISH FOR BEGINNERS 2B** This is a continuation of the Beginner 2 course from the fall. We will continue to use verbs in the present and past tenses and explore other tenses, while practicing more basic grammar, pronunciation, vocabulary, and everyday conversations. You will need a notebook and a good Spanish-English dictionary. Please bring \$3 to class for handouts. Limit 20.

Odilia Leal-McBride, PhD
10:00—Noon Tuesday, Starts Feb. 12
Faith Lutheran Church
6600 Woodrow Avenue (78757)

- 18. 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 Feb. 12
Highland Park Baptist Church
5206 Balcones Drive (78731)

- 19. CONFIESO QUE HE VIVIDO—AN INTRODUCTION TO PABLO NERUDA** Discover the poetry of Pablo Neruda! This course explores the life and art of Latin America's best known and most widely translated poet. We will study exemplary poems from five of Neruda's books and contextualize each one within both his oeuvre and 20th century poetry as a whole. Discussions and readings will be supplemented with handouts, a feature-length film, clips from other films, music, and other interdisciplinary materials to offer keys to understanding the breadth, depth, and reach of Neruda's work. **This course is taught in Spanish; LLI Advanced Spanish or equivalent is required.** All poems will be available in quality bilingual editions. Please bring \$5 for course materials. Limit 30.

Catharine E. Wall
10:00—Noon Tuesday, Starts Feb. 12
Westover Hills Church of Christ
8332 Mesa Drive (78759)

Tuesday Morning—8 Meetings Unless Otherwise Noted

20. EMOTION AND MEANING IN THE ARTS—CHILDREN’S

LITERATURE In this ongoing seminar exploring how the arts affect us and why they matter, the subject this term is stories for very smart children of all ages. Because many classics of children’s literature now seem dated and boring, modern authors such as A. A. Milne, Maurice Sendak, Arnold Lobel, Dr. Seuss, Roald Dahl, Charles Schulz, and Bill Watterson will be featured. The twin objects of the course are to have fun and to figure out why we’re laughing and crying, with reference to language and illustration, realism and fantasy, and character and plot. Most works to be discussed will be provided via email by the instructor, although for longer works only excerpts will be provided and discussed. However, the instructor cannot rule out the need to purchase books (totaling less than \$20.) The first class meeting will discuss Chapters I of Milne’s *Winnie-the-Pooh* and Kenneth Grahame’s *The Wind in the Willows*, both illustrated by Ernest H. Shepard. The instructor has read books to his own children, taught literature in college, published poetry and art criticism, and curated exhibitions for a museum of which he was a trustee. Limit 18.

Joseph Longino, PhD
10:00—Noon Tuesday, Starts Feb. 12
Westover Hills Church of Christ
8332 Mesa Drive (78759)

21. AN INTRODUCTION TO MEDITATION, LIFE AFTER DEATH, AND

NEAR-DEATH EXPERIENCE Participants will have an opportunity to learn and practice various meditation techniques such as mantra meditation, meta-meditation, single-object meditation, breath awareness meditation, mindfulness of the present moment, mindfulness of the presence of God, and contemplation on religious texts as an approach to meditation. They will also be introduced to conceptions of the afterlife in Islam, Zoroastrianism, and the Bahá’í Faith. The last lecture will explore the phenomenon of near-death experience and how the features of such experiences align with conceptions of the afterlife in these three religions. **6 classes.** Limit 30.

Farnaz Masumian
10:00—Noon Tuesday, Starts Feb. 12
Unity Church of Austin
5501 W. Hwy. 290 Service Road (78735)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 22. SPANISH BEGINNER 1A** This class is for true beginners. If you already have a pretty good grasp of the present tense, this class is not for you! You will use the first 7 episodes from an entertaining online BBC series at home to give us something to talk about in class as you learn pronunciation, basic sentence patterns and the present tense of regular and a few important irregular verbs. You'll acquire some basic vocabulary used for getting around in a city, ordering food and drink, talking about family, numbers and dates, descriptive adjectives such as color, size, etc. No textbook; \$2 for handouts. Limit 24.

Jann Randle

10:00—Noon Tuesday, Starts Feb. 12

Lamar Senior Activity Center

2874 Shoal Crest Avenue (78705) (29th/Lamar)

- 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 class for materials. Limit 12.

Karen Hickman

10:30 A.M.—12:30 P.M. Tuesday, Feb. 12

Brookdale Parmer Lane Assisted Living

12429 Scofield Farms Drive (78758)

- 24. GETTING YOUR DUCKS IN A ROW—WHAT TO KNOW BEFORE YOU GO** If you feel a bit squirmy about end-of-life issues, this class will help you think and talk about final matters with more comfort and ease. The information you'll receive will help you make informed choices. Along the way, we'll discuss prices at local funeral homes and cemeteries, prepaid funeral contracts; hospice care; organ, tissue, and whole body donation; and a whole lot more. You'll be invited to participate in relaxed, small-group discussions that will help you incorporate your end-of-life values and priorities into an advance directive. You'll learn from subject matter experts who welcome questions and won't try to sell you a product, a pre-need policy, or a point of view. Please bring \$10 to first class session for extensive handouts. Limit 20.

Nancy Walker, Coordinator

10:00—Noon Tuesday, Starts Feb. 12

Genesis Presbyterian Church Fellowship Hall

1507 Wilshire Boulevard (78722)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 25. LGBT IMAGES IN FILM—SILENT MOVIES THROUGH 1933** This class will focus on how the LGBT community was portrayed in 20th century films before the censorship imposed by the Hays code. Silent movies include sympathetic portrayals in two German and one Danish film (*Different from the Others*, *Sex in Chains*, *Michael*); a gender-bending American comedy (*A Florida Experiment*), and a campy adaptation of Oscar Wilde’s *Salome* starring lesbian actress Nazimova. Early talkies include *Morocco* (Marlene Dietrich’s erotically kissing a woman to seduce Gary Cooper), *Call Her Savage* (Clara Bow film famous for the first scene in a gay bar), and *Queen Christina* (Greta Garbo’s Swedish biopic of the 17th century lesbian monarch). Our instructor 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, *Gay and Lesbian Writers*. Limit 18.

Michael Sirmons

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

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 26. ALCHEMY: TURNING YOUR LIFE EXPERIENCES INTO GOLD** Looking back, remembering, restoring and rejoicing in our being. Letting go of past indignities. Considering the “big questions” and facing mortality, our own and that of others. Moving on to consider giving back. Legacy work including ethical wills, mentoring and sharing with our community. Listening, sharing and changing. This course celebrates who we are and who we are becoming, using stories, poems, substantive information, research, and our own wisdom. **Note: 1-week delayed start. 7 classes.** Limit 20.

Judith Helburn

1:00—3:00 P.M. Tuesday, **Starts Feb. 19**

St. Martin’s Lutheran Church

606 W. 15th Street (78701)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 27. EUROPE IN THE MIDDLE AGES (400-1500 CE)** This course covers Europe from the fall of the Western Roman Empire up to but not including the Renaissance and Reformation. Topics include first, the fall of Rome, the German barbarian invasions, and the triumph of early Christianity. Then, after a brief study of the Byzantine Empire and early Islam, the focus will shift to Charlemagne's Franks, the collapse of the Carolingian empire, and the onset of feudalism. A study of the conflicts between kings and popes will follow, along with an analysis of the contemporaneous development of France, England, and the Holy Roman Empire. Study of the decline of the papacy and late political developments in the states of Europe will conclude the course. Along the way there will also be an analysis of medieval intellectual and artistic developments. Please bring \$3 to the first class to cover the cost of course materials. Limit 20.

John Dahmus, PhD

1:00—3:00 P.M. Tuesday, Starts Feb. 12

Unity Church of Austin

5501 West US Hwy 290 Service Road (78735)

- 28. 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 Feb. 12

Ascension Lutheran Church

6420 Hart Lane (78731)

- 29. 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 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 Feb. 12

Brookdale Parmer Lane Assisted Living

12429 Scofield Farms Drive (78758)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 30. 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 upon his subsequent move to Austin, and taught several summer art law seminars in Freiberg, Germany. Limit 30.

Terry Martin

1:00—3:00 P.M. Tuesday, Starts Feb. 12

Westover Hills Church of Christ

8332 Mesa Drive (78759)

- 31. GREAT POETS** We'll discuss poetry in 19th century America, including the Transcendentalists, e.g., Emerson and Bryant, pre-Modernists, including Poe, Melville, and Robinson. Poems will be available online. Limit 20.

Linda Ringer Leff

1:30—3:30 P.M. Tuesday, Starts Feb. 12

Highland Park Baptist Church

5206 Balcones Drive (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

32. 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.

6 Classes. Limit 30.

Andrea V. Comsudi, Attorney and
Counselor at Law

9:30—11:30 A.M. Wednesday, Starts Feb. 13
St. Matthew's Episcopal Church
8134 Mesa Drive (78759)

- 33. 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 Feb. 13

Unity Church of Austin

5501 W. Hwy. 290 Service Road (78735)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 34. 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 PowerPoint 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 for handouts for the course. **Note: 1-week delayed start. 7 classes.** Limit 26.

Jane Tillman

10:00 – Noon Wednesday, **Starts Feb. 20**

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

- 35. 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 Feb. 13

Faith Lutheran Church

6600 Woodrow Avenue (78757)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 36. EXPLORING HISTORIC SAN ANTONIO** Our story begins in 1718 when San Antonio de Valero opened as a mud-hut mission. We learn of the Canary Islanders who were San Antonio's first civilian settlers and the arrival of the East Texas missions. We find out about the origin of the Governor's Palace and the development of La Villita. We talk about movers and shakers—Mavericks, Mengers, Brackenridges, and Guenthers. We remember the 1836 "Battle of the Alamo" and the saga of the ladies' "Second Battle of the Alamo." Newlyweds Lt. Ike and Mamie Eisenhower were at Fort Sam Houston along with General John J. Pershing, Geronimo, and Teddy Roosevelt and his Rough Riders. We discuss the Japanese Tea Garden, the Witte, the Art Museum in the old Brewery, and the McNay. San Antonio created its amazing River Walk, moved a hotel along the streets of downtown, built Hemisfair and the Institute of Texan Cultures. Today, the Alamo is about to get dressed up. **6 Classes.** Limit 50.

Myra Hargrave McIlvain

10:00—Noon Tuesday, Starts Feb. 13

Northwest Recreation Center Classroom 2

2913 Northland Drive (78757)

- 37. 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 for handouts. Limit 35.

John Marostica

10:00—Noon Wednesday, Starts Feb. 13

Northwest Recreation Center Classroom 1

2913 Northland Drive (78757)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 38. 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.

Richard Robertson, Coordinator

10:00—Noon Wednesday, Starts Feb. 13

Highland Park Baptist Church

5206 Balcones Drive (78731)

- 39. EINEN WUNDERSCHÖNEN GUTEN TAG!—INTERMEDIATE GERMAN** This class is designed for students who can at least form basic sentences and communicate some in German. Writing, listening, and speaking will be given equal attention, while grammar will be deepened and expanded. This spring we will continue to form more complex sentence structures and apply those to our writing. Brief exploration of German culture and history will be intertwined with the lessons. The class is taught by a native German speaker. Please bring \$3 to first class for course materials. Limit 20

Henrike Belz

10:00—Noon Wednesday, Starts Feb. 13

Crestview United Methodist Church

1300 Morrow Street (78757)

Wednesday Morning—8 Meetings Unless Otherwise Noted

40. HEAVEN NATURE MOVING MEDITATION—A FORM OF QIGONG

Both exercise and meditation, this class for all levels of fitness is ideally suited for those desiring the experience and benefits of meditation without sitting still. The simple movements of Heaven Nature 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 more supple and 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. Limit 20.

Sheila Wojcik, PhD, LMT

10:00—11:30 A.M. Wednesday, Starts Feb. 13
Bethany United Methodist Church,
Lighthouse Assembly Room
10010 Anderson Mill Road (78750)

41. 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. Limit 24.

Chris Cybulski

10:00—11:30 A.M. Wednesday, Starts Feb. 13
Lamar Senior Activity Center
2874 Shoal Crest (near 29th and N. Lamar)
(78705)

Wednesday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 42. 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. **Note: 2-week delayed start; course extends 2 weeks.** Limit 25.

Zareen Shah

11:00—Noon Wednesday, **Starts Feb. 27**

Corazón Latino Dance Studio

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

- 43. LINE DANCE 101** This course is for beginners or for those who wish to continue at this level. We will do easy ultra-beginner dances in the first half of class, then progress to some syncopation and higher-level beginner dances. You will learn basic steps: scissor steps, coasters, sailor steps, jazz box, triple steps. Wear comfortable clothes and secure shoes. Limit 24.

Pat Watson

10:30—Noon Wednesday, Starts Feb. 13

Ascension Lutheran Church

6420 Hart Lane (78731)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 44. ACRYLIC PAINTING OPEN STUDIO** This studio is open to all levels of painting with acrylics. Please note that there will be only a facilitator (not a teacher). Fellow artists are very willing to help and to share their painting skills. It is a fun time to come paint and create! If you have any questions, please feel free to call the facilitator at 512-774-8796. Limit 15.

Kaye Labaj, Facilitator

12:45—3:15 P.M. Wednesday, Starts Feb. 13

Belmont Village Senior Living West Lake Hills

4310 Bee Cave Road (78746)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 45. HATHA YOGA** How many times have you considered entering a yoga class but reconsidered because you felt you weren't flexible or young enough to participate, or just simply did not have the confidence? If you breathe, you can do yoga! This course emphasizes breath, mobility and stability. It should help you feel more vital and confident, keeping you "present", quieting the mind and linking breath with movement. This is not a beginner class but rather a gentle Hatha practice for those who are familiar with some yoga poses. **Please bring your props:** 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. Limit 18.

Nancy Goldman

1:00—2:15 P.M. Wednesday, Starts Feb. 13

Ascension Lutheran Church

6420 Hart Lane (78731)

- 46. THE BIOLOGY OF THE AGING BRAIN** One of the most frightening aspects of aging, especially for those fortunate enough to enter their 8th, 9th, or 10th decades of life, is the threat of deteriorating mental faculties. This course examines the underlying biology explaining changes to our brain with aging. In the 21st century, research on the neurobiology of the brain has exploded. We will explore what is now known about prenatal development, postnatal development to peak condition, and slow decline of brain function with time. We'll then consider what can be done to delay the onset of the symptoms of mental aging in light of what is now known about the brain's capacity to compensate for effects of aging. Finally, we'll look at future interventions aimed at restoring function to the brain, so that brain health might keep pace with longer bodily health. Our instructor is a retired researcher who received his B.S. in biochemistry and completed all the classwork for a Ph.D. in neurophysiology before transferring to psychology, where he earned a PhD in Cognitive Development. Limit 16.

Art Souther, PhD

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

Genesis Presbyterian Church, Narthex

1507 Wilshire Boulevard (78722)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 47. 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 cover cost of copies. **Note: to enroll in this BEGINNERS 2 class, some knowledge—one or two semesters—of Italian is required.** Limit 25.

Tina Polo

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

Highland Park Baptist Church

5206 Balcones Drive (78731)

- 48. 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 after-life. Limit 16.

Farnaz Masumian

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

Unity Church of Austin

5501 W. Hwy 290 Service Road, (78735)

- 49. THE SHORT STORY** Continuing with the Scribner *Anthology of Contemporary Short Fiction*, Rev. 2nd edition, we'll discuss "How Far She Went" for the first class. Please bring text to class. Limit 25.

Linda Ringer Leff

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

Highland Park Baptist Church

5206 Balcones Drive (78731)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 50. 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 āsanās 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—practice of āsanās, prāṇāyāma, and meditation, interspersed with discussions of 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 that you can use in your own daily routine. It is appropriate for beginners as well as experienced Yoga enthusiasts. Please bring a Yoga mat, a cushion to sit on and wear loose, comfortable clothing. Our instructor is a Registered Yoga Teacher (300+ hrs) and a Licensed Professional Counselor. Limit 18.

James Maxwell

1:00-3:00 P.M. Wednesday, Starts Feb. 13

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 51. 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. Wednesday, Starts Feb. 13

Northwest Recreation Center, Classroom 1

2913 Northland Drive (78757)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 52. GUTEN TAG! GERMAN BEGINNER 1B** This class will pick up where the Fall class ended. The first two weeks we'll do a comprehensive reflection of the fall class' content (first verb conjugation, first questions and answers, introducing yourself and others, the German alphabet, and the three articles) and then move on to basic sentence-forming while expanding our vocabulary. Please bring \$3 to first class for course materials. Limit 20.

Henrike Belz

9:30--11:00 A.M. Thursday, Starts Feb. 14

Crestview United Methodist Church

1300 Morrow Street (78757)

- 53. 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 2018. 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 Feb. 28; course extends 1 week.** Limit 20.

Gail Radke

9:45—11:45 A.M. Thursday, Starts Feb. 14

Lamar Senior Activity Center

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

- 54. ALL ABOUT HERBS** Master Gardener and Austin Herb Society President Lucinda Rudin (B.A., Brandeis University and M.A.T., Harvard University) will discuss best practices for cultivating and using herbs for culinary, medicinal, and antimicrobial purposes. The course will address various body systems that benefit from the use of herbs. Nutritional information and ways to incorporate usage of food and herbs to promote optimal health will be discussed. One or more field trips will be offered. Please bring \$5 for handouts. Limit 25.

Lucinda Rudin

10:00—Noon Thursday, Starts Feb. 14

Triumphant Love Lutheran Church Upper Room

9508 Great Hills Trail (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 55. GREAT DECISIONS 2018—U.S. FOREIGN RELATIONS** Class sessions will follow the 2018 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 2018* (\$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 For the first class, we will cover Chapter 1, “The Waning of Pax America.” Please be prepared to discuss it. It is preferable for all sides of an issue to be covered from different perspectives. Please do not be concerned if you do not agree with the solutions offered in each chapter. 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 one prefers 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 Feb. 14
St. Martin’s Lutheran Church
606 W. 15th Street (78701)

- 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. Limit 25.

Betty Clough
10:00—Noon Thursday, Starts Feb. 14
Highland Park Baptist Church
5206 Balcones Drive (78731)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 57. SPANISH INTERMEDIATE 2B—GRAMMAR, READING AND CONVERSATION** A continuation of the fall course, this is for students who have some familiarity (not mastery) with most Spanish verb forms, but need review and practice. We will read short passages from novels, review fundamentals of grammar, and work on extending vocabulary for common activities. You can repeat this class as many times as you like. There is much to learn! Please bring \$4 for handouts to the first class. Limit 20.

Odilia Leal-McBride

10:00—Noon Thursday, Starts Feb. 14

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 58. SOCIAL JUSTICE AND RELIGION--LATIN AMERICAN LIBERATION THEOLOGY** The election of the first Latin American-born Pope, Francis I, and the canonization of Saint Oscar Romero of El Salvador are two major consequences of the Second Conference of Latin American Bishops held 50 years ago in Medellin, Colombia. Its summary document, especially the chapters on Justice, Peace, and Poverty of the Church, provided the framework for the development of Latin American Liberation Theology. For the first time in the history of the continent, the “scandalous situation of the poor” took center stage in the theological reflections of the major Christian Churches. Together with the social, economic, and political reality of the Latin American and Caribbean societies, questions of gender, race, ethnicity, the environment, and dialogue among different religious traditions came to the fore. This short course will be an introduction to the issues and challenges that Latin American Theology has addressed since the early 1970s. Participants from different religious and/or philosophical backgrounds will have the opportunity to appreciate the development of a new way of approaching religion and social justice in Latin America and the Caribbean, after five centuries of their colonial and neocolonial history. What is Liberation Theology? How was it born and grown? What are its central contributions? Why is it controversial? Our text, which students should get, will be Bingemer, Maria Clara: *Liberation Theology. Roots and Branches*, Orbis Books, 2016,

Thursday Morning—8 Meetings Unless Otherwise Noted

SOCIAL JUSTICE AND RELIGION, Cont.

available in book stores and online. Further readings and videos are available at <https://liberationtheology.org/> . 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 30.

Jose A. Gomez Moreira
10:00—Noon Thursday, Starts Feb. 14
Highland Park Baptist Church
5206 Balcones Drive (78731)

- 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 Feb. 14
Genesis Presbyterian Church
1507 Wilshire Boulevard (78722)

60. EINEN SCHÖNEN GUTEN TAG! GERMAN BEGINNERS 2

This course starts off with the basic grammar structure for a regular sentence (subject, object, verb) and the application of cases and their identifying articles. The spring class will introduce the formation of the present perfect and include studying and practice with the first irregular verbs. For questions regarding level readiness, contact the instructor by email

Deutsch2henrike@gmail.com .

Please bring \$3 for course materials. Limit 20.

Henrike Belz
11:15 A.M.—12:45 P.M. Thursday
Starts Feb. 14
Crestview United Methodist Church
1300 Morrow Street (78757)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 61. 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 must be able to stand and move safely for 45 minutes. 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. Limit 20.

Ting Williams

1:00—2:00 P.M. Thursday, Starts Feb. 14

Belmont Senior Living West Lake Hills

4310 Bee Cave Road (78746)

- 62. LET'S PLAY BRIDGE** This is an opportunity to practice and improve playing the game of bridge in a structured setting with advisory assistance from skilled bridge professionals. It's intended for people who already know the basics of playing the game, **not first-time beginners**. Each class will have prepared hands to play for training. We will play the hands and analyze outcomes with guided group discussion. There will also be free play for practice and fun. You'll increase your knowledge and confidence. Our Coordinator is an enthusiastic bridge player who enjoys facilitating activities for other players. One of several volunteers from the Bridge Center of Austin will also assist at each class. Limit 24.

Helen La Flare, Coordinator

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

Highland Park Baptist Church

5206 Balcones Drive, (7731)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 63. JOURNALING YOUR JOURNEY** Journaling is more than a way to record life experiences. It can help you get to know yourself better and 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 health outcomes than those who do not engage in such self-reflection. Participants will learn several journaling techniques so they can find one or more that suit them. They will also learn guidelines to follow to maintain a successful journaling practice, including steps to maintain privacy. Participants will be asked to bring a blank notebook and two pens or pencils. A laptop may also be used. There will be journaling exercises in each class. Students will be instructed to journal between classes using designated techniques. We will not read journal entries, but will share at the beginning of each class about how the journaling process went. No writing experience necessary. **6 Classes.** Limit 20.

Sheila Allee

1:00—3:00 P.M. Thursday, Starts Feb. 14,
Highland Park Baptist Church
5206 Balcones Drive (78731)

- 64. OIL PAINTING, BEGINNERS 2** This course is designed for students who have taken the first level LLI oil painting class or have had some experience with oil painting. After reviewing the material from Beginner 1, we'll focus on advancing our knowledge of color and color mixing. There will be an emphasis on palette construction and color harmony, composition, canvas preparation and completing an original painting. Students are encouraged to use original photos and, preferably, paint from still life. Supplies are an extra expense. After you register, the instructor will contact you regarding supply list. Please bring \$6 to class for handouts. **6 classes.** Limit 15.

Cherry Taylor

1:00—4:00 P.M. Thursday, Starts Feb. 14
United Christian Church
3500 Parmer Lane (west of MoPac) (78727)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 65. TED TALKS DISCUSSION GROUP (Note: This is the same as on Monday A.M.)** Does a wide range of viewpoints stimulate you? Then TED (Technology, Entertainment, and Design) 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. Usually in the form of short, audio/visual presentations (20 minutes or less), TED Talks cover a variety of topics, from science to business to global issues. We will view 2-3 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 the class. In preparation for the first class, participants should view the following three TED Talks (approximately 36 minutes total.) Go to www.ted.com/talks and search for these presenters and titles: Bryan Stevenson, “We Need to Talk about an Injustice” (23:41); Kaitlyn Sadtler, “How We Could Teach Our Bodies to Heal Faster” (4:57); and Bill T. Jones, “The Dancer, the Singer, the Cellist, and a Moment of Creative Magic” (6:26). 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 Feb. 14

St. Luke United Methodist Church

1306 West Lynn Street (78703)

- 66. 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?” 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 Feb. 14

Bethany United Methodist Church

10010 Anderson Mill Road (78750)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 67. INSIDE THE SAUSAGE FACTORY--THE TEXAS LEGISLATURE AND HOW LAWS ARE REALLY MADE** Just in time for the 140-day Regular Session of the 86th Legislature, 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 only bill that **MUST** pass—the one that becomes the two-year state budget. They will learn how to identify and track other bills and resolutions as they make their way through the process, or fall by the wayside. The course will include audio-video presentations, at least one outside speaker, and a field trip to the Capitol. Our course instructor spent 16 years as a legislative and congressional staffer and later served as a legislative liaison and policy analyst for the Texas Dental Association and the Texas Department of Transportation.
Limit 24.

Jay Bond
1:00—3:00 P.M. Thursday, Starts Feb. 14
Faith Lutheran Church
6600 Woodrow Avenue (78757)

- 68. 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—44 years!
Limit 26.

Anya Rylander-Jones, PhD
2:00—3:30 P.M. Thursday, Starts Feb. 14
Westlake Hills Presbyterian Church
7127 Bee Cave Road (78746)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 69. SILENT STORIES** We will explore movies made in the silent era in the USA and beyond in the first three decades of film history. Some of these pioneers may be new to you. Others, like directors John Ford and Alfred Hitchcock, transitioned easily to sound. We will watch shorts and full length features of all types: comedy, drama, tragedy, romance, as well as genre films like crime stories and westerns. Films are shown in their entirety with no class break. When an occasional film runs 2 hours, class extends to 4:15. 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 March 14; course extends 1 week.** Limit 35.

Betsy Tyson

2:00—4:00 P.M. Thursday, Starts Feb. 14

Westminster Presbyterian Church

3208 Exposition Boulevard (78703)

- 70. 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—44 years! Limit 23.

Anya Rylander-Jones, PhD

3:30—4:30 P.M. Thursday, Starts Feb. 14

Westlake Hills Presbyterian Church

7127 Bee Cave Road (78746)

Friday Morning—8 Meetings Unless Otherwise Noted

- 71. 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 Feb. 15

United Christian Church

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

- 72. 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 Feb. 15

Unity Church of the Hills

9905 Anderson Mill Road (78750)

- 73. SPANISH FOR BEGINNERS 2B** This will be a continuation of the fall course, in which we focused on the past tenses of Spanish verbs. We will review commands, then work with the compound tenses and other grammar challenges, with a lot of in-class practice speaking in small groups. You will use free online Spanish programs for out-of-class exercises. The class is fun and challenging. Bring a notebook and a good Spanish-English dictionary to each class, and \$2 for handouts for the whole course. Limit 25.

Julie P. Sanford

10:00—Noon Friday, Starts Feb. 15

Highland Park Baptist Church

5206 Balcones Drive (78731)

Friday Morning—8 Meetings Unless Otherwise Noted

- 74. 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 Feb. 15

Northwest Recreation Center

2913 Northland Drive (78757)

- 75. MOSAICS 101** If you are new to mosaics or simply want to learn more, this class is for you. We will cover the basics of designing, tile cutting, assembling, and grouting/sealing. At the end of the class, you will have created a beautiful and interesting work that you can use or display with pride. The first class meeting includes demonstration of basic processes, examples of projects, and discussion of tools and materials. There will be additional costs for your project, plus a \$10 supply fee for provided materials. Please contact instructor at ksitars@hotmail.com if you need more information before the first class. **7 classes.** Limit 22.

Kathy Ortiz

10:00 A.M—12:30 P.M. Friday, Starts Feb. 15

Faith Lutheran Church

6600 Woodrow Avenue (78757)

Friday Morning—8 Meetings Unless Otherwise Noted

- 76. ADVANCED QUILTING—FABRIC COLLAGE QUILT** In this class we will explore the fabric collage technique using a Laura Heine pattern. We will spend time considering value and contrast to add dimensional aspects to our design. We will study the fabric and colors to see how we can use them for the right effect. We will also work together to critique each student's design to learn as we go along. Students will purchase a Laura Heine pattern for an approximate cost of \$25. There will be other supplies required for the class that will be described at the first class meeting. There will not be any machine sewing during class, so students will not need to bring their machines to class. Limit 15.

Susan Tennison

10:00—Noon Friday, Starts Feb.15

Christ Lutheran Church

300 East Monroe Street (78704)

- 77. LINE DANCE 102** Students must know basic Line Dance steps before attending this course. If in doubt, please call the instructor at 512-260-1354 BEFORE registering. We will do Improver, Easy Intermediate and some Advanced dances with possible restarts and tags. Limit 40.

Pat Watson

10:30—Noon Friday, Starts Feb. 15

Ascension Lutheran Church

6420 Hart Lane (78731)

- 78. 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 Feb. 15

Corazón Latino Dance Studio

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

Friday Afternoon—8 Meetings Unless Otherwise Noted

79. 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 March 15; course extends one week.** Limit 12.

Gayle Opie, Facilitator

1:15—3:45 P.M. Friday, Starts Feb. 15

YMCA—North

1000 West Rundberg Lane (78758)

LLI...

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