

Lifetime Learning Institute (LLI)
Courses Offered for Spring, 2020 Term
February 10 to April 3

Since 1977 LLI has provided non-credit courses to adults 50 years of age and over in Austin. It's an independent, nonprofit organization staffed by volunteers. This year 25 community-minded institutions are partnering with LLI to provide space.

HOW TO REGISTER Students can register online or by mail for just \$30 per course. Registering online as soon as registration opens offers the best opportunity to get into classes that fill quickly.

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.eventbrite.com beginning at NOON on Wednesday, January 15, 2020. You'll need to provide an email address, a preferred phone number (which you enter into the home phone query, regardless of whether it's a cell or home phone) and a credit card to complete your registration. After making your course selections on Eventbrite, you'll receive confirmation by return email.

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 that they are received beginning at NOON on Wednesday, January 15, 2020. The information you provide on the mail-in registration form will be entered into the Eventbrite registration system for you by LLI volunteers. A confirmation of your registration 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 before the start date.

NOTE: Classes may fill quickly. The most expedient 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 15, 2020, from 11 am until 1 pm, Monday through Thursday until the semester begins. Or, you may leave a message at 512-206-4232 at any time and a volunteer will get back to you soon.

COST AN ISSUE? There are a limited number of course fee waivers available each semester. To request one, use the mail-in registration form and write "Requesting Fee Waiver" prominently on it. One \$30 course fee waiver will be provided per requestor per semester. Please sign your registration form and mail it in *without a check* to the office.

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

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

EXECUTIVE COMMITTEE

Donald Stotts, Director	Ed Burgess, Equipment
Elaine Stotts, Treasurer	Coordinator
Isabel Van Horn, Secretary	Julie Sanford, Program
Dorothy Martin, Immediate Past Director	Coordinator
Judy Reinhart, TA Coordinator	
Gail Chavez, Office Administrator and Site Coordinator	John Marostica, Technology Coordinator

ADVISORY COUNCIL

<u>2018-2020 Term</u>	<u>2019-2021 Term</u>
Jerry Buttrey	Jonathan Curtis
Beth Engelking	Evelyn Farmer
Patricia Layne	Mark Lyon
Nancy Parkinson	Richard S. Robertson
David Wise	Susan Tennison

PROGRAM COMMITTEE. . . Lissa Anderson, Jerry Buttrey, Bunny Davis, Sigrid Knudsen, Judy Reinhart, Julie Sanford and Joni Sula

OFFICE VOLUNTEERS/ADMINISTRATIVE HELPERS. . . June Beach, Gene Chavez, Ria Corbett, Jonathon Curtis, Neomi Delgado, Mary Fero, Francine Gertz, Vickie Hahn, Carole Jan King, Mary King, Holly Klemm, Patricia Layne, Ree Nurnberger, Nancy Parkinson, Pat Potts, Pauline Reyes, Elaine Stotts, Joni Sula, Mimi Suttles, and Charles Vickers

IN MEMORY

With fondest memories, we mourn the loss in the past semester of LLI students Paula Wiesner and Donald Gibbs in the past semester.

Our Thanks to LLI Institutional Partners for Spring, 2020

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

Schedule at a Glance

Monday Morning

1. Chair Yoga
2. Tatting
3. Spanish Upper Level
4. Beginning Bridge
5. Tao te Ching—From Ancient China to Today
6. Extraterrestrial Life
7. T'ai Chi for Arthritis
8. Latin American Avant-Garde Art and Literature in the 1920's

Monday Afternoon

9. GLBT Images in 1940's Films
10. Calligraphy—Gothic
11. Beginning Bridge 2
12. Zentangles®—Line And Pattern Drawing
13. Photography—History of a Revolutionary Medium

Tuesday Morning

14. Find Your Ancestors
15. French Intermediate
16. Spanish Beginner 2A
17. The Secret of True Happiness
18. Early Art Around The World
19. Emotion and Meaning in the Arts—Music
20. Men and Women Fitness and Nutrition
21. Romance and Art of Bobbin Lace

Tuesday Afternoon

22. Intermediate Knitting and Crocheting
23. Spanish Beginner 1A
24. Ancient History of the Western World
25. Body/Mind/Spirit Yoga
26. Great Poets Yesterday, Today and Tomorrow?
27. French Conversation
28. Hatha Yoga

Wednesday Morning

29. Navigating the Estate Planning Process
30. Everyone Has a Story—Write Yours Now
31. German Intermediate
32. Earth, Wind and Fire—Physical Geology
33. Writing Memoirs
34. Genealogical Research Workshop
35. What to Do and Know Before You Go
36. Beginning Zentangle® Drawing
37. Birds of Central Texas 2
38. EZ Qigong for Self-Healing
39. Beginning Recorder 2
40. Therapeutic Yoga

Wednesday Afternoon

41. Mixed Media Workshop
42. Films for the Wisdom Journey
43. Yoga for the Third Stage of Life
44. Italian Beginner 2
45. Intermediate Line Dancing
46. The Short Story—Jhumpa Lahiri
47. Basics of Investing

Thursday Morning

48. German Beginner 1
49. Spanish Special Topics- Introducción al Perú
50. French Beginner 2
51. Mah Jongg
52. All About Herbs
53. Great Decisions 2020, Discussing Critical Global Issues
54. Spanish Intermediate 3—Current Events
55. Consort Recorder
56. German Beginner 2

Thursday Afternoon

57. Play Better Bridge
58. Art and All Things for Which we are Grateful
59. PCs to Phones and More— Simple Advice
60. Films—Irish Stories
61. T'ai Chi (Taiji) and Qigong
62. Yoga Fit

Friday Morning

63. Folk Guitar
64. Knitting and Crocheting
65. Your Memoirs—Your Written Legacy
66. Advanced Quilting—Simply Strings
67. Mosaics 101
68. Spanish Beginner 2B
69. Entomology—Get to Know the Insects
70. Modern Physics—How The Universe Works, What We're Doing Here
71. Golden Age of Science Fiction Films

Friday Afternoon

72. Zumba Gold
73. 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. 10

Covenant Presbyterian Church, Eaton Hall

3003 Northland Drive (78757)

- 2. TATTING—AN ELEGANT, INEXPENSIVE HANDICRAFT**

Tatting produces durable, beautiful lace for edgings, collars, bookmarks, ornaments, even jewelry. Once you learn the basic technique of constructing knots and loops, it is fun, economical and portable. Websites such as www.tattedtreasures.com provide many examples and inspiration. Beginners should call the instructor at 512-345-1256 regarding materials. Limit 12.

Jo Saunders

10:00—Noon Monday, Starts Feb. 10

Ascension Lutheran Church

6420 Hart Lane (78731)

- 3. SPANISH UPPER LEVEL—CONVERSATION/BOOK CLUB** This course is conducted entirely in Spanish, and it is designed for persons with some proficiency in the language. During the first hour, the students present informally on any topic followed by a short discussion, a basic grammar review and discussion of an advanced grammar topic. During the second hour, the instructor guides a discussion based on the preassigned readings for the week. Questions based on the reading are then discussed, bringing attention to grammatical and idiomatic phrases. **Note:** This course is integrated with an ongoing year-long Spanish program. Attempts are made to have a new project coincide with the LLI term. Limit 30.

Mary Fischer

10:00—Noon Monday, Starts Feb. 10

Genesis Presbyterian Church Fellowship Hall

1507 Wilshire Boulevard (78722)

Monday Morning—8 Meetings Unless Otherwise Noted

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

Jack Graham

10:00—Noon Monday, Starts Feb. 10

Highland Park Baptist Church

5206 Balcones Drive (78731)

5. **TAO TE CHING—FROM ANCIENT CHINA TO TODAY** This course focuses on uncovering the mysteries of the ancient Chinese text, *Tao te Ching*, one of the most important sources for Eastern philosophy. It is also one of the most widely translated books in the world. Legend has it that *Tao te Ching* was originally written for Chinese kings over two millennia ago as advice on how to live and lead wisely, but its popularity today attests to the depth of its insights, as relevant for people in the modern world as they were for ancient royalty. Through reading, lecture, and discussion we will explore themes such as *wu-wei*, or non-ego-based action, the interconnection of all beings, living in harmony with natural cycles, non-intrusive leadership, compassion, humility, and the problems with war. Our instructor is a retired English professor who has studied the Tao for more than 20 years and given many workshops on this ancient Chinese text. Limit 15.

Sharon Shelton Colangelo, PhD

10:00—Noon Monday, Starts Feb. 10

Lamar Senior Activity Center

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

Monday Morning—8 Meetings Unless Otherwise Noted

- 6. 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 Monday, Starts Feb. 10

The Village at the Triangle

4517 Triangle Avenue (78751)

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

Linda Gibson

10:30—11:30 A.M. Monday, Starts Feb. 10

Covenant Presbyterian Church, Eaton Hall

3003 Northland Drive (78757)

Monday Morning—8 Meetings Unless Otherwise Noted

- 8. LATIN AMERICAN AVANT-GARDE IN THE 1920s (Taught in English)** Expand your knowledge of modernism and the avant-garde into Latin American art and literature of the 1920s. After a brief introduction to the avant-garde in Europe and Latin America in general, we will focus on Mexico, Argentina, and Peru—the countries featured in an exhibition at the Blanton Museum, *The Avant-Garde Networks of Amauta: Argentina, Mexico, and Peru in the 1920s* (16 February-17 May 2020). This course both dovetails with that show and provides an expanded literary backdrop to it. Topics include manifestos and magazines, art and literary "isms" (both imported and native), and—a hallmark of the avant-garde aesthetic—verbal-visual experimentation. Among the many works we will read or view are lesser-known writings by the internationally renowned Diego Rivera and Jorge Luis Borges. In addition, participants are encouraged to see the Blanton show as soon as possible after it opens and bring works or information of interest to our attention for consideration in class; a group visit to the Blanton will also be organized. Please bring \$5 for course materials. Limit 30.

Catharine E. Wall

10:00—Noon Monday, Starts Feb. 10

Westover Hills Church of Christ, Room 201

8332 Mesa Drive (78759)

LLI...

Convenient Locations

Free Parking

Expert Instructors

Congenial Classmates

and

The Best Bargain in Town!

Monday Afternoon—8 Meetings Unless Otherwise Noted

- 9. GLBT Images in 1940s Films** This class will focus on how the Hays Code impacted portrayals of GLBT characters in the 1940s. We'll view some classic dramas focusing on implications and subtext: *Rebecca, Lady Scarface, The Maltese Falcon, Laura, Gilda, Red River, Rope*. Genres include romance, crime, detective, film noir, western, and suspense. Also included is Ingmar Bergman's lesbian drama *Thirst*), a Swedish movie outside the purview of the Hays code. Michael Sirmons is a retired professor of English and 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 16.

Michael Sirmons

1:00—3:15 P.M. Monday, Starts Feb. 10

Overture Arboretum

10600 Jollyville Road (78759)

- 10. CALLIGRAPHY—GOTHIC** This class will learn and practice the Gothic or Old English alphabet. The style evolved during the Middle Ages. The strokes are vertical. 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. Left-handed students should contact Lois Mayes before the start of class at lmayes1@austin.rr.com. **6 Classes.** Limit 20.

Lois Mayes

1:00—3:00 P.M. Monday, Starts Feb. 10.

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 11. BEGINNING BRIDGE 2** For those who have taken Beginning Bridge 1, or have played quite a bit, and want more practice in bidding and play-of-the-hand at a novice level. The course will use pre-set bridge hands from Audrey Grant's books and from the teaching materials published by ACBL (American Contract Bridge League). In each class, students will be playing a number of these hands, designed to illustrate novice/intermediate-level bidding and play-of-the-hand techniques. Play is always in a learning mode, fun rather than competitive. Limit 24.

Jack Graham

1:00—3:00 P.M. Monday, Starts Feb. 10

Highland Park Baptist Church

5206 Balcones Drive (78731)

Monday/Tuesday—8 Meetings Unless Otherwise Noted

- 12. 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! Registrants will be contacted by the instructor with a list of inexpensive supplies. Limit 30.

Cherry Taylor

1:00—3:00 P.M. Monday, Starts Feb. 10

United Christian Church

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

- 13. PHOTOGRAPHY—THE HISTORY OF A REVOLUTIONARY MEDIUM** Since its introduction, the medium of photography has continually changed both in its technology and the uses made of it. Photographic images affect how we see and remember and how we understand ourselves and the world. In this course, we will review the development of the medium from its inception, how perceptions and attitudes about it have changed, how it has been used and how it has both influenced and *been influenced by* art and other media. We'll review the evolution of the technology, but the emphasis will not be technical and there are no prerequisites. Each session will include ample time for discussion. **7 classes. No class on March 9.** Limit 30.

William Schleuse

1:00—3:00 P.M. Monday, Starts Feb. 10

Westover Hills Church of Christ

8332 Mesa Drive (78759)

Tuesday Morning—8 Meetings Unless Otherwise Noted

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

Inez Eppright, Coordinator

10:00—Noon Tuesday, Starts Feb. 11

Faith Lutheran Church,

6600 Woodrow Avenue (78757)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 15. FRENCH INTERMEDIATE** This course is conducted entirely in French. Our textbook, *Encore une Fois*, guides students in reading comprehension of Petit Nicolas stories, vocabulary building and review, grammar review, and pronunciation. For the spring, 2020 course, we will start with chapter 1 of the textbook. Limit 25.

Betty Clough

10:00—Noon Tuesday, Starts Feb. 11

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 16. SPANISH MID-BEGINNER LEVEL 2A** Are you ready to start learning the two major past tenses? In this class, you'll watch an episode per week of a light-hearted BBC online program for Spanish learners, expand your vocabulary and gain experience through lots of listening, some speaking and some grammar (mostly verbs and pronouns). Before taking this class, you should have learned the formation of the present tense of regular and irregular verbs (although you probably can't use them well yet). Other basics you should be familiar with are the subject pronouns, gender/number agreement, possessive adjectives, some prepositions, etc. A \$2 fee covers handouts. **Note: 1-week delayed start; course extends one week.** Limit 20.

Jann Randle

10:00—Noon Tuesday, **Starts Feb. 18**

Lamar Senior Activity Center

2874 Shoal Crest Avenue (78705)

(near 29th and N. Lamar)

- 17. 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 book, *The Secret of True Happiness*, published in January, as well as other books on world religions, meditation and the afterlife. **6 classes.** Limit 30.

Farnaz Masumian

10:00—Noon Tuesday, Starts Feb. 11

Unity Church of Austin

5501 W. Hwy 290 Service Road (78735)

Tuesday Morning—8 Meetings Unless Otherwise Noted

- 18. EARLY ART AROUND THE WORLD** This course examines works of art from around the world from prehistory to the early Middle Ages, focusing on some historically prominent periods and regions. We'll look at evidence of the beginnings of human artistic creativity and study the art of early civilizations in the Near East, Egypt, Indus Valley and China. We will see that throughout the centuries imposing tombs structures served to express veneration of leaders, as in prehistoric times, Egyptian times, or early Japan. Architecture also served to express the powers of rulers and embodied the fervor of worshippers in Christian Europe and Buddhist India. Prehistoric Venus figurines, images of Greek gods, Buddha or Christ in Western art will illustrate similarities and differences among representations of religious symbols or deities in human form. Exploring some of the many ways people have given visual expression to human concerns, we come to a better understanding of the arts of diverse cultures and develop a more critical perspective for our own art traditions. Limit 25.

Sigrid Knudsen, PhD

10:00—Noon Tuesday, Starts Feb. 11

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

- 19. EMOTION AND MEANING IN THE ARTS—MUSIC** In this ongoing seminar exploring how the arts affect us and why they matter, the subject this term is music. Acknowledging the mystery at the heart of this most elusive art, Beethoven himself once confessed, “I don’t know what music is.” So what, then, is music? How does it work? Why do we enjoy it? What roles do lyrics, librettos and programs play? How does music relate to the other arts? These and other questions will occupy us as we enjoy some of the world’s greatest music, primarily Western art music such as classical music but also more popular music. All musical selections will be played in class before discussion, and most will be provided beforehand. An email address is a *must* for receiving assignments, as is access to a streaming service such as Apple Music, Spotify or YouTube. No formal musical background is necessary. Limit 24.

Joseph Longino, PhD

10:00—Noon Tuesday, Starts Feb. 11

Westover Hills Church of Christ, Room 203
8332 Mesa Drive (78759)

Tuesday Morning/Afternoon—8 Meetings Unless Otherwise Noted

- 20. MEN AND WOMEN FITNESS AND NUTRITION FUN!** Join this class for an energizing total body workout with muscular strength training to promote cardiovascular health and to improve your balance. Maintain your independence and a healthy lifestyle incorporating proper nutrition with a variety of physical activities. This expert on senior fitness and community resources offers a 90-minute workout with flexibility stretching, deep breathing to increase mind-body relaxation and endurance exercises to keep our bones strong. EXERCISE, EXERCISE for a healthier, happier lifestyle! Please bring water and hand weights. Limit 20.

Rusty Cribbs

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

Ascension Lutheran Church

6420 Hart Lane (78731)

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

Karen Hickman

10:30 A.M.—12:30 P.M. Tuesday, Starts Feb. 11

Pegasus Senior Living (formerly Brookdale)

12429 Scofield Farms Drive (78758)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

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

Pat Tittizer

1:00—3:00 P.M. Tuesday, Starts Feb. 11

Pegasus Senior Living (formerly Brookdale)

12429 Scofield Farms Drive (78758)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

- 23. SPANISH FOR BEGINNERS 1A—¡HOLA AMIGOS!** This beginning course in Spanish emphasizes pronunciation, basic vocabulary, popular idioms and essential verbs in the present tense only. For homework we will use free online Spanish programs. You will need a notebook and a good Spanish-English dictionary. Please bring \$2 to first class for handouts. Limit 20.

Jose A. Gomez Moreira
1:00—3:00 P.M. Tuesday, Starts Feb 11
Faith Lutheran Church
6600 Woodrow Avenue (78757)

- 24. ANCIENT HISTORY OF THE WESTERN WORLD** This course covers the period from prehistoric man through the fall of the Roman Empire. Ancient Mesopotamia, Egypt, Palestine, Persia, Greece, and Rome will all be included but not ancient India or China. Famous individuals like Hammurabi, Tutankhamun, Cyrus the Great, Alexander the Great, Homer, Pericles, Cicero, Julius Caesar, Augustus Caesar, and Constantine will take their turns in the limelight. No previous knowledge of history is necessary, and no textbooks will be required. Just come and learn about this fascinating period, remnants of which still survive in institutions today. Class outlines will be sent before each class to the e-mail address you provide at the time of registration. Limit 25.

John Dahmus, PhD
1:00—3:00 P.M. Tuesday, Starts Feb. 11
Unity Church of Austin
5501 W. US Hwy 290 Service Road (78735)

- 25. BODY, MIND AND SPIRIT YOGA** This class provides opportunities to enhance vitality through moving the body, breath exercises, and meditation. It will draw from both the Hatha and Kundalini traditions of yoga. Movements will vary but will address flexibility, strengthening, joint mobility and balance from a variety of positions (standing, seated, etc.) Options will be available for those who wish to be seated for part or all the class. Dress comfortably and bring any yoga props that you want to use like a blanket, a yoga mat, and/or a cushion. **This is a gentle, beginner-friendly class, and all levels are welcome.** Limit 20.

Nancy Kirby
1:00—2:00 P.M. Tuesday, Starts Feb. 11
Northwest Recreation Center
2913 Northland Drive (78757)

Tuesday Afternoon—8 Meetings Unless Otherwise Noted

26. GREAT POETS—YESTERDAY, TODAY AND TOMORROW?

The first half of each class we will discuss great Romantic poets (Wordsworth, Coleridge, etc.) In the second half we will discuss poets who have published in the last two years, especially in *The New Yorker*, *Atlantic*, etc. All poems will be available online. Limit 20.

Linda Ringer Leff

1:30—3:30 P.M. Tuesday, Starts Feb. 11

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

27. FRENCH CONVERSATION 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. 11

Ascension Lutheran Church
6420 Hart Lane (78731)

28. HATHA YOGA Yoga is a Sanskrit word that means to yoke or to join. Hatha yoga is a branch of yoga that gives emphasis to physical movements (asana), breath exercises (pranayama), and meditation, with the goal of unifying and bringing ease to the body and mind. The physical movements will be geared toward improving flexibility, strength, and balance. This course is for students who have some experience with yoga or who lead an active lifestyle. Students should be able to comfortably get up and down from the mat (Grunting is OK.) Modifications to the yoga postures will be taught, as necessary, to respect and accommodate the needs of our 50+ year- old bodies. Come comfortably dressed and bring a yoga mat. Highly recommended props are 2 yoga blocks, a yoga strap, and a yoga blanket. Limit 20.

Nancy Kirby

2:30—3:30 P.M. Tuesday, Starts Feb. 11

Northwest Recreation Center
2913 Northland Drive (78757)

Wednesday Morning—8 Meetings Unless Otherwise Noted

29. 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. 12
St. Matthew's Episcopal Church
8134 Mesa Drive (78759)

- 30. 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. 12
Unity Church of Austin
5501 W. Hwy. 290 Service Road (78735)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 31. GERMAN INTERMEDIATE—HERZLICH WILLKOMMEN!** After an intense grammar fall semester, this spring we will focus on vocabulary acquisition and sentence structures—all by reading together and trying to speak more as we go. It is strongly recommended to work a little at home to reinforce what we've touched in class. This class can be considered B1 level. Please contact me if you have any questions.
deutsch2henrike@gmail.com Please bring \$3 for copies to the first class. Limit 20.

Henrike Belz

10:00—Noon Wednesday, Starts Feb. 12

Crestview United Methodist Church

1300 Morrow Street (78757)

- 32. 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. 12

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 33. 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 contribute them to the Class Book. This is not a class on how to write. No instruction is given, but we learn from each other. Limit 30.

Glenda Bell and Marilyn Ross, Coordinators

10:00—Noon Wednesday, Starts Feb. 12

Highland Park Baptist Church, Room 203

5206 Balcones Drive (78731)

Wednesday Morning—8 Meetings Unless Otherwise Noted

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

John Marostica

10:00—Noon Wednesday, Starts Feb. 12

Northwest Recreation Center

2913 Northland Drive (78757)

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

Nancy Walker, Coordinator

10:00—Noon Wednesday, Starts Feb. 12

St. Martin’s Lutheran Church

606 W. 15th Street (78701)

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 36. 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 \$15 to the first class. Contact the instructor for more information at pat@tittizer.us Limit 15.

Pat Tittizer

10:00—Noon Wednesday, Starts Feb. 12

Renaissance-Austin Retirement Community
11279 Taylor Draper Lan (78759)

- 37. BIRDS OF CENTRAL TEXAS PART 2** In this new course, suitable for people who have taken Part 1 or who have some birding experience, there will be four field trips (weather permitting) and four classroom sessions. Field trips will take place within about a 30-minute drive of the Highway 183/N. Mopac intersection. Camp Mabry, Commons Ford Ranch Metro Park, Emma Long Metro Park (admission), Lake Creek Trail, Mills Pond at Wells Branch, and Mueller Greenway are possible locations. Plan to dress for the weather and expect to walk up to a mile and a half on mainly level surfaces that may not be paved. A few locations may not have restrooms available. You will get more practice with field ID and bird sounds. While Part 1 focused on backyard birds, this class will acquaint you with the broader diversity of birds that occur in Travis County. Our instructor has taught the popular LLI Birds of Central Texas Part 1 for 6 semesters and is passionate about birds. Limit 16.

Jane Tillman

10:00 – Noon Wednesday, Starts Feb. 12

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

Wednesday Morning—8 Meetings Unless Otherwise Noted

- 38. EZ QIGONG FOR SELF-HEALING** Through easy-to-learn flowing movements, this restorative practice can improve health, balance emotions, open the heart, and elevate the spirit. You will become stronger, boost your immune system and improve your breathing. You will learn movements that aid in balancing and calming your emotions, putting you in better control of life's everyday stressors. And best of all you will have fun, laugh and smile! A typical class begins with warm-up movements to open the joints—hips, shoulders, hands and wrists. Then we will practice both seated and standing movements. We will also learn several laughing movements. Wear loose comfortable clothing. You may practice either barefooted or wearing light, flat shoes. Beginners are welcome. Limit 20.

Sheila Wojcik, PhD, LMT

10:00—11:30 A.M. Wednesday, Starts Feb. 12

St. John's United Methodist Church

2140 Allandale Road (78756)

- 39. BEGINNING RECORDER 2** Continue learning to play the recorder, with other beginning students. In this course, we will cover all the notes (fingerings) in the normal range of the recorder; become familiar with time signatures and rhythms through sixteenth notes; learn to play several major and minor scales; and become more confident sight-readers. We will play multi-voice pieces (duets and trios) with other class members. Students will need to have these materials, and bring them to each class:

- the recorder you used in Beginning Recorder 1
- a music stand
- The Recorder Guide instruction book.

Other materials will be provided throughout the semester, 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 Recorder 1 (BR1). If you were not enrolled in that class, please contact the instructor.**

BR1 will be offered again in Fall 2020. This course can be preparation for joining the Recorder Consort, also offered through LLI. Limit 8.

Susan Richter

10:15—11:45 A.M. Wednesday, Starts Feb. 12

Christ Lutheran Church

300 East Monroe Street (78704)

Wednesday Morning/Afternoon—8 Meetings Unless Otherwise Noted

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

Zareen Shah

11:00—Noon Wednesday, Starts Feb. 12

Corazón Latino Dance Studio

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

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

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

Kaye Labaj, Facilitator

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

Belmont Village Senior Living West Lake Hills

4310 Bee Caves Road (78746)

- 42. FILMS FOR THE WISDOM JOURNEY** Join us for 6 afternoons of mainstream films related to the joys and difficulties of growing older consciously. The films are: *Strangers in Good Company*, *An Unfinished Life*, *Get Low*, *Up*, and *Mrs. Palfry at the Clairmont*, as well as an additional surprise film. We schedule 3 hours each visit so we can enjoy the film (and popcorn) and discuss issues relevant to growing older—Sage-ing. Some of the stars are Robert Redford, Jennifer Lopez, Robert Duvall, Sissy Spacek and Joan Plowright.

6 Classes. No class on Feb. 19. Limit 18.

Judith Helburn

1:00—4:00 P. M. Wednesday, Starts Feb. 12

Triumphant Love Lutheran Church

9508 Great Hills Trail (78759)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 43. YOGA FOR THE THIRD STAGE OF LIFE** In Sri Ramaswami's *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: modest āsana practice, prāṇāyāma practice, and meditation. Interspersed among these practices will be discussions about the history and philosophy of Yoga based on selections from the Yoga Sutras and *Bhagavad Gita*. It is designed so that by the last session, you will have developed a Yoga practice that you can use or add to your daily practice. The course is appropriate for beginners as well as experienced Yoga enthusiasts. The poses used will be standing poses (most of which can also be done sitting), so you will not need a yoga mat. Please wear comfortable clothing and bring a bottle of water. Jim Maxwell is a Registered Yoga Teacher (300+ hrs) and a Licensed Professional Counselor. Limit 25.

James Maxwell
1:00—3:00 P.M. Wednesday, Starts Feb. 12
Faith Lutheran Church
6600 Woodrow Avenue (78757)

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

Tina Polo
1:00—3:00 P.M. Wednesday, Starts Feb. 12
Highland Park Baptist Church, Room 225
5206 Balcones Drive (78731)

Wednesday Afternoon—8 Meetings Unless Otherwise Noted

- 45. INTERMEDIATE LINE DANCE** Students for this course must already know basic line dance steps and should have attended beginner-plus classes in the past. We will be doing dances with tags, restarts and longer, 64-count dances. Limit 25.

Pat Watson

1:00—2:00 P.M. Wednesday, Starts Feb. 12

Unity Church of the Hills

9905 Anderson Mill Road (78750)

- 46. THE SHORT STORY** We will discuss Jhumpa Lahiri's book, *Unaccustomed Earth*, focusing on one story per class. Limit 20.

Linda Ringer Leff

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

Highland Park Baptist Church, Room 203

5206 Balcones Drive (78731)

- 47. 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 20.

Chris Cybulski

1:30—3:00 P.M. Wednesday, Starts Feb. 12

Overture Arboretum

10600 Jollyville Road (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 48. GERMAN BEGINNER 1—GUTEN MORGEN!** This course is a true beginners' class. No prior experience required. Whether you want to explore the German language for the very first time or think it might be good to start from scratch, this class is for you. Please bring \$3 to the first class for handouts. Limit 20.

Henrike Belz

9:30—11:00 A.M. Thursday, Starts Feb. 13

Crestview United Methodist Church

1300 Morrow Street (78757)

- 49. SPANISH SPECIAL TOPICS--INTRODUCCIÓN AL PERÚ**

This course introduces Peru, a large, ecologically diverse and history-rich country. Archaeology: Humans arrived in Peru at least 14,500 years ago. We will review ancient cultures of the coast and of the highlands, emphasizing the key role of the Chavín culture and arriving finally at the short-lived Inca empire. History/politics: a synopsis of contemporary Peru's population, economy, politics and foreign relations. Peru's first century of independence (1821-1921), including the nation's disastrous war with Chile (1879-1883), key immigrant groups, and the rise of a modern state. Museum visit: the Blanton Art Museum's exhibition on José Carlos Mariátegui's magazine *Amauta* (1926-1930) and the "new" visual art of the 1920s. Cuisine: Lima is renowned for its fusion cuisine, with local ingredients overlaid with Chinese, Japanese, and Italian influences. Tips on what and where to eat. Tourism/Travel: five alternatives to Machu Picchu for the intelligent traveler. David Wise first traveled to Peru in 1978; he has returned frequently. His current research focuses on Lima at the start of the 20th Century. Handouts \$5 or less. **Course is taught in Spanish; LLI advanced Spanish or equivalent required. 7 classes.** Limit 30.

David Wise, PhD

10:00—Noon Thursday, Starts Feb. 13

Faith Lutheran Church

6600 Woodrow Avenue (78757)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 50. FRENCH BEGINNER 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 30.

Betty Clough

10:00—Noon Thursday, Starts Feb. 13

Highland Park Baptist Church

5206 Balcones Drive (78731)

- 51. MAH JONGG** Learn to play the age-old game of Mah Jongg, which quickly is becoming the most popular game played by both women and men of all ages. It is a great social game to enjoy with friends or you can play competitively at tournaments. Mah Jongg is similar to Rummy, using tiles instead of cards; players learn to make runs and sets. Your teacher is a Master Mah Jongg player, ranking in national and local tournaments. She'll teach you National Mah Jongg rules and social/tournament strategy. Each student will need to purchase the National Mah Jongg League, Inc. Official Standard Hands and Rules Card 2019. Cards are available on the National Mah Jongg League website www.nationalmahjonggleague.org or Amazon. The price is \$8 for a standard card or \$9 for the large print. Limit 20.

Gail Radke

10:00—Noon Thursday, Starts Feb. 13

Renaissance-Austin Retirement Community

11279 Taylor Draper Lane (78759)

- 52. 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 \$6 to the first class for handouts. Limit 25.

Lucinda Rudin

10:00—Noon Thursday, Starts Feb. 13

Triumphant Love Lutheran Church, Upper Room

9508 Great Hills Trail (78759)

Thursday Morning—8 Meetings Unless Otherwise Noted

53. GREAT DECISIONS 2020—DISCUSSING CRITICAL GLOBAL ISSUES

Sponsored by the Foreign Policy Association, the Great Decisions program provides balanced, authoritative and nonpartisan materials on critical world issues to support discussion and engagement. The 2020 program targets 8 topics, including such tough issues as global warming and geopolitics, Central American migration, China’s increasing encroachment into Latin America, and Red Sea security and its impact on global trade. We use the Great Decisions Briefing Book as our starting point for class discussion. It has background information, analysis by an expert on each issue, and suggested discussion questions. Go to the website, www.fpa.org to learn more and order the book for \$32. Please read the first chapter, “Climate Change and the Global Order” and come ready to share your thoughts and your sources. If you have questions before registering, text the moderator at 512-577-5140. Limit 22.

Raúl Reza Vásquez, Moderator

10:00—Noon Thursday, Starts Feb. 13

St. Martin’s Lutheran Church

606 W. 15th Street (78701)

54. CURRENT EVENTS IN THE SPANISH SPEAKING WORLD—SPANISH INTERMEDIATE 3

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

Jorge A. Hidrobo, PhD

10:00—Noon Thursday, Starts Feb. 13

Ascension Lutheran Church

6420 Hart Lane (78731)

Thursday Morning—8 Meetings Unless Otherwise Noted

- 55. 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. 13

Genesis Presbyterian Church

1507 Wilshire Boulevard (78722)

- 56. GERMAN BEGINNER 2—GUTEN TAG!** This class may be split into two groups to accommodate a range of advanced beginners, including some who have attended two or more classes before. We will continue to learn about the cases (Accusative and Dative) and the prepositions that go with them, and their different applications. Additionally, we will work on more complex verb constellations (modal verbs, reflexive verbs, verbs with prepositional objects etc.) We'll also practice pronunciation and speaking skills. Contact the instructor if you have any questions: deutsch2henrike@gmail.com Please bring \$3 for copies to the first class. Limit 20.

Henrike Belz

11:15 A.M.—12:45 P.M. Thursday

Starts Feb. 13

Crestview United Methodist Church

1300 Morrow Street (78757)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 57. PLAY BETTER BRIDGE** This course is for those who already know the basics of bridge, and it is not appropriate for beginners. The course will use pre-set bridge hands from Audrey Grant's books *Bridge Basics 2* and *Bridge Basics 3* as well as from teaching materials published by ACBL (American Contract Bridge League), including "Bidding", "Play," and "Defense." Each class includes playing several structured teaching hands selected from these resources, designed to illustrate intermediate-level techniques of bidding, play-of-the-hand, and defense. But remember, "play" means having fun! Limit 24.

Jack Graham

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

Highland Park Baptist Church

5206 Balcones Drive (78731)

- 58. ART AND ALL THE THINGS FOR WHICH WE ARE GRATEFUL**

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

Cherry Taylor

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

United Christian Church

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

- 59. 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 30.

Linda Gibson

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

Faith Lutheran Church

6600 Woodrow Avenue (78757)

Thursday Afternoon—8 Meetings Unless Otherwise Noted

- 60. FILMS—IRISH STORIES** We will watch and discuss stories filmed in Ireland made by such noted Irish directors as Jim Sheridan, Neil Jordan, and Terry George. 20th century Irish history is part of our exploration. Some of these films are set in Northern Ireland, which is part of the United Kingdom, and whose capital is Belfast. Some are set in Ireland, also known as the Republic of Ireland, whose capital is Dublin. Films are almost 2 hours. Class extends 15 minutes for discussion, but it is not mandatory to stay. Note that correct email address is important as students receive emails at least once a week with film background and other film-related news. **No class March 19. Class extends one week.** Limit 35.

Betsy Tyson

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

Westminster Presbyterian Church, Room 10

3208 Exposition Boulevard (78703)

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

Anya Rylander-Jones, PhD

2:00—3:30 P.M. Thursday, Starts Feb. 13

Westlake Hills Presbyterian Church

7127 Bee Caves Road (78746)

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

Anya Rylander-Jones, PhD

3:30—4:30 P.M. Thursday, Starts Feb. 13

Westlake Hills Presbyterian Church

7127 Bee Caves Road (78746)

Friday Morning—8 Meetings Unless Otherwise Noted

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

Ray Voith

10:00 A.M.—Noon Friday, Starts Feb. 14

St. Matthew's Episcopal Church

8134 Mesa Drive (78759)

64. 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 more than 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. 14

United Christian Church

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

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 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. 14

Unity Church of the Hills

9905 Anderson Mill Road (78750)

- 66. ADVANCED QUILTING—SIMPLY STRINGS** We will use the book, *Simply Strings: A Modern Approach to a Traditional Quilt Block* by Rana Heredia for our text for this class. Each week the instructor will demonstrate a different technique from the book. Students must purchase the book and each student can determine which quilt they would like to make. The students can work on their own chosen design at home or bring a sewing machine to class to use to work on their independent project. The instructor will be available to assist students as they progress. **7 Classes.** Limit 16.

Susan Tennison

10:00—Noon Friday, Starts Feb. 14

Christ Lutheran Church

300 East Monroe Street (78704)

Friday Morning—8 Meetings Unless Otherwise Noted

- 67. 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 process, examples of projects, and discussion of tools and materials. There will be additional costs for your project, plus a \$10 fee for provided materials. Please contact instructor at ksitars@hotmail.com if you need more information before the first class. **7 classes.** Limit 24.

Kathy Ortiz

10:00 A.M.—12:30 P.M. Friday, Starts Feb. 14

Faith Lutheran Church

6600 Woodrow Avenue (78757)

- 68. SPANISH BEGINNER 2B** This is a continuation of the fall Beginner 2 course, in which we studied the past tense verbs and pronoun use. We will use present and past tenses and move on to commands and the compound tenses. Be prepared to speak a lot in small groups, play games, read children's books and do written homework this semester. We'll also use Spanish online resources. Bring a notebook and a good Spanish-English dictionary to each class. With more (new) worksheets, there will be a \$3 fee for handouts for the course. Limit 25.

Julie P. Sanford

10:00—Noon Friday, Starts Feb. 14

Highland Park Baptist Church, Room 225

5206 Balcones Drive (78731)

- 69. 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. 14

Northwest Recreation Center

2913 Northland Drive (78757)

Friday Morning—8 Meetings Unless Otherwise Noted

- 70. MODERN PHYSICS—HOW THE UNIVERSE WORKS AND WHAT WE'RE DOING HERE** Do you watch *How the Universe Works* on the Science Channel? Have you read popular books on modern physics, such as those by Brian Greene or Paul Davies? Do you understand jokes about Schrodinger's cat? Have you ever contemplated free will, determinism, and predestination? Do you have any idea why Stephen Hawking cared whether information is lost in black holes? If you answered "yes" to ANY of these questions, you may enjoy this class. Not an introductory physics course, it will focus mainly on the philosophical implications of quantum mechanics, with additional material from cosmology, chaos theory, thermodynamics, economics, and other areas as time permits. Limit 24.

Linda Fugate

10:00—11:30 A.M. Friday, Starts Feb. 14

Ascension Lutheran Church

6420 Hart Lane (78731)

- 71. THE GOLDEN AGE OF SCIENCE FICTION FILMS: 1950 to 1962** Flying Saucers! Monster Bugs! Killer Robots! All these and more await you in this class about iconic sci-fi films produced in the 50s and early 60s. Using video, sound clips, photos, and graphics, we will review many classic sci-fi films of this period. The political, social, and scientific factors that influenced and shaped these ground-breaking films will be discussed in a fun and informal setting. Welcome to the Golden Age of science fiction film making, an era that inspired many of today's best sci-fi movies. Limit 25.

Michael Hendrickson

10:00—Noon Friday, Starts Feb. 14

The Village at the Triangle

4517 Triangle Avenue (78751)

Friday Afternoon—8 Meetings Unless Otherwise Noted

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

Giselle Miller

12:30—1:30 P.M. Friday, Starts Feb. 14

Northwest Recreation Center

2913 Northland Drive (78757)

73. 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 13; course extends 1 week.** Limit 12.

Gayle Opie, Facilitator

1:15—3:45 P.M. Friday, Starts Feb. 14

Overture Arboretum

10600 Jollyville Road (78759)

Wanted: Volunteers

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

Are you a good teacher?

Or a good organizer?

A handy person with audio-visual equipment?

A good detail person?

An enthusiastic team member?

A computer whiz?

A graceful facilitator?

Then we may need you!

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

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