

**9:00 - 10:50 LT62Th****Seneca's Stoic Philosophy****Ralph Radecki****Location: FLI Rm 6**

Seneca's inspired reasoning was derived from Stoic principles. This class covers some of his letters and essays upholding the austere ethical ideals of Stoicism. His writing shows us his value of friendship and the courage of ordinary men as well as the wisdom of stoicism in facing life's setbacks and overpowering emotions. Please secure a copy of the following: *Seneca: Letters from a Stoic* (Penguin classics) and *Seneca: Dialogues & Letters* (Penguin Classics).

**Max: 20 Min: 5 10 weeks****9:30 - 11:20 CT15Th****iPhone and iPad Basics****Richard Sunshine, Ph.D. and Carol Hanson, M.A.T.****Location: FLI Rm 5**

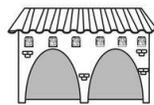
Become acquainted with the iPhone and iPad and have fun while you expand your skills in this hands-on class. The class will focus on the basics, but will also cover tips, tricks, and apps which save time and steps and provide new features as time permits. Synergies between the iPhone and iPad will be emphasized. An iPhone running the current iOS 13 operating system or iPad running the iPadOS 13 is required. *Copy fee: \$5.00, due to the instructor at the first class.*

**Max: 8 Min: 5 10 weeks****9:30 - 11:20 HP16Th****Lessons of the Holocaust****Sid Shroyer****Location: FLI Rm 1**

This discussion and activity centered course seeks to identify and consider the causes of the Holocaust. The instructor's experience includes teaching Holocaust at the high school level and workshop training at Yad Vashem in Jerusalem, at USHMM in Washington, D.C. and in Germany and Poland. Required books are *Ordinary Men*, *Reserve Police Battalion 101 and the Final Solution in Poland* by Christopher R. Browning and *The Death of Democracy, Hitler's Rise to Power and the Downfall of the Weimar Republic* by Benjamin Carter Hett.

**Max: 10 Min: 5 10 weeks****10:00 - 12:20 HP55Th****Missions and Missionaries of the North American Southwest****Jack Willilams, Ph.D.****Location: FLI Rm 2/3**

Join us as we explore the history of the Spanish missions of the states of California, Arizona, New Mexico, Texas, and northern Mexico. The Franciscan, Jesuit, and Dominican orders were responsible for developing the mission settlements in this vast region. The story begins in the 16th century and involves an amazing array of fascinating historical characters.



© Can Stock Photo

How were these mission settlements created? What were the major Indian rebellions? How did the Comanches and the Apaches effect the missions' development? What did the missions

look like? What remains to be seen today? In what ways were the settlements like those of the English and French, and how were they different? This class will include 10 lectures along with weekly question and answer sessions on Facebook.

The Facebook group would have a closed format and only be available to students enrolled in the class. Each week's lectures and powerpoint presentations would be posted. The Facebook Group page would be removed at the end of the class.

**Max: 40 Min: 10 10 weeks****10:00 - 1:00 CK15Th****Gluten Free Cooking II****Aislin Brendalin-Keith****Location: FLI Kitchen**

This course is designed for those newly diagnosed with gastric or diabetes diseases that require the elimination of gluten. The course is designed to teach you how to understand the science behind the foods you eat, as well as prepare nutritious, delicious versions of traditional foods. This term we will focus on white sauces, pies, pastries, homemade pasta, crackers, sandwich bread to name a few. Students are helping to develop a Gluten Free Cookbook and are encouraged to bring in traditional family recipes for help in converting to gluten free versions.

**Max: 10 Min: 2 8 weeks****10:00 - 11:20 LF33Th****Verbes Francais****Jerry Gloster, M.A.****Location: FLI Rm 4**

Do you have a basic knowledge of French, a fairly good grasp of the French present tense? Verbs are the heart of a language and this class will continue helping enlarge the students' French language skills by extending their ability to use a variety of French tenses

## THURSDAY

in their speech and by expanding their comprehension through the recognition and understanding of various verbs in their many tenses. Texts: *The Ultimate French Review* by Stillman & Gordon, McGraw Hill, any edition, & *501 French Verbs* by Christopher Kendris, Barron's Educational Service, any edition. *Copy fee: \$3.00, due to the instructor at the first class.*

**Max: 10 Min: 3 8 weeks**

**10:00 - 11:20 HL61Th**

### Spring Gardening at Ginger Valley

**Greg Leyes**

**Location: Off Site**

Let's learn how to get our beds ready for bounty! We will cover preparing to plant, planting, fertilizers, pest control, and harvesting. We will spend some classroom as well as greenhouse time. Class meets at Ginger Valley, 15065 SR 23, Granger. This class meets 8 weeks through April 30.

**Max: 30 Min: 5 8 weeks**



**11:00 - 11:50 HF45HPTH**

### Seated Tai Chi

**Cecelia Hossler**

**Location: Howard Park 1**

Tai Chi is a series of exercise that helps to combat stress and fatigue and improve flexibility, muscle tone, and general health. It does this by enabling chi (internal energy) to move freely through the body, encouraging harmony between the body and mind. The movements of Tai Chi are learned together in a sequence known as a form. This class will assist students in modifying Tai Chi to exercise from a seated position.

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

**11:30 - 12:50 HF22Th**

### Continuing Hatha Yoga

**Jeanne Cook, M.A.**

**Location: FLI Upper Room**

This course is for students who have completed my Hatha Yoga class and would like to continue practicing. Our focus will be on practicing the complete routine for maximum health and relaxation benefits. There will be the introduction of some new postures, pranayama, and balance exercises. Prerequisite: FLI's Hatha Yoga or permission of instructor.

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

**11:30 - 1:20 MU61Th**

### Who's Afraid of Opera, Spring 2020: Wagner and "The Ring Cycle"

**Mark Beudert, A.Mus.Doc.**

**Location: FLI Rm 5**

As the Lyric Opera of Chicago presents Wagner's monumental "Ring" cycle, FLI presents a wide-ranging discussion of all things Wagnerian. Prerequisite: a love of opera.

**Max: 15 Min: 3 10 weeks**

**12:00 - 12:50 DN52Th**

### Line Dance

**Kim Meiss, B.A., NTA Instr.**

**Location: FLI Gym**

Come join me for a fun hour of exercise (both physical and mental). Improve your balance and coordination while challenging your memory and getting a whole lot of laughs. For examples of dances learned in previous semesters, go to YouTube.com and search "Forever Learning Institute Line Dance".

**Max: Min: 20 10 weeks**

**12:00 - 12:50 AC20Th**

### Basic to Advanced Photography

**Michael Rans**

**Location: FLI Rm 1**

This course will cover camera and photographer safety, basic camera functions, lighting and color, composition and portraiture and studio lighting. Students should come to class with their own camera, their camera manual and a very basic understanding of their camera's functions.

**Max: 8 Min: 5 10 weeks**

**1:00 - 1:50 DN53Th**

### Just Dance

**Kim Meiss, B.A., NTA Instr.**

**Location: FLI Gym**

This class is for participants who have taken the FLI line dancing course one or more times and are ready to spend less time learning, and more time dancing. Brief reviews of dances from previous semesters or verbal cuing will be provided as needed. Memorization or mastery of material is not the expectation. You should have familiarity with some (not all) of the following vocabulary: vine, shuffle, step-touch, toe strut, K-step, charleston, V-step, rocking chair.

**Max: 45 Min: 20 10 weeks**



## THURSDAY

**1:00 - 3:20 HL71Th**

**Beginning American Mah Jongg**

**Lynn McDonald, MSN, MEd**

**Location: FLI Rm 6**

Learn the game whose name means “clattering sparrows” due to the sound made by the tiles as they are shuffled. We will learn American mah jongg using the National Mah Jongg League’s card of hands. There will be ample time for students to play and hone their skills. By the end of the course, students will be ready to join a mah jongg group and hold their own. No students may join this class after the first session. Students need to order the 2020 National Mah Jongg League card (from [www.nationalmahjonggleague.org/store.aspx](http://www.nationalmahjonggleague.org/store.aspx) or 212-246-3052) before the start of the class. *Copy fee: \$5.00, due to the instructor at the first class.*

**Max: 14 Min: 4 10 weeks**

**1:00 - 2:20 HP14Th**

**The Third Reich: 1942**

**Rev. Christopher Kuhn, M.A.**

**Location: FLI Rm 2/3**

The third year of the Third Reich in World War II -- 1942. We will begin with the Wannsee Conference which set the plan for the "Final Solution" of the Jewish question. We will resume our coverage of the Desert War in North Africa. We will also continue our coverage of the Invasion of the Soviet Union & the climactic Battle of Stalingrad. We will also examine the War at Sea, the U.S. participation in the war will focus on the early battles against Japan in the Pacific, including Midway & Doolittle's Raid on Tokyo.

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

**1:00 - 1:50 MU52Th**

**Ukulele Jammin’- Intermediate**

**Nancy Strauss**

**Location: FLI Upper Room**

This class builds on the lessons covered in previous semesters. Students will expand their repertoire, develop new strumming patterns, and “jam” past favorites. Prerequisite: FLI Beginning Ukulele alumni or those with a basic knowledge of ukulele. *Copy fee: \$5.00, for new students and \$2.00, for returning, due to the instructor at the first class.*

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

**1:30 - 4:00 PD32Th**

**Soul Tending through Art Making (using collage)**

**Tina Hepworth**

**Location: FLI Rm 1**

The focus is on the process, not product of magazine collage. This is not a religious, but spiritual class, that tends the part of us that makes us fully human and whole-souls. There is always time to share work with the group, but there is no pressure to do so. No previous art experience is necessary. Former and new students welcome. Journal at least 8 1/2 x 11 inches, of medium weight paper for collage, and gluestick are the only required supplies. If desired separate journal for writing.

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

**1:30 - 2:20 LI61Th**

**Italian Language and Culture through Food**

**Nancy D'Antuono, Ph.D.**

**Location: FLI Rm 4**

Beyond the vocabulary associated with the unique historical background regarding food and cooking of many Italian regions, the course will include major grammar points as well as conversational skills, especially for those traveling, or intending to travel to Italy or who just love Italian food. Supplementary material as needed will be provided by the instructor. Text: *Italian Through Food*, by Andrea Parisi

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

**2:00 - 4:30 SP14Th**

**Classic Adventure Movies**

**Ron Hellenthal, Ph.D.**

**Location: FLI Upper Room**

The “Adventure Film” is one of the most popular movie genres and includes some of the most critically acclaimed films ever made. In this course we will view 10 of these films, mostly made between 1934 and 1954, and discuss the author, filming locations, director, film studio, and principal cast members of each. Films to be viewed include: *The Prisoner of Zenda* (1937), *The Adventures of Robin Hood* (1938), *Gunga Din* (1939), *King Solomon's Mines* (1950) and 6 more.

**Max: 30 Min: 12 10 weeks**

**2:30 - 3:20 LI62Th**

**Italian 101 - Continuing Grammar**

**Nancy D'Antuono, Ph.D.**

**Location: FLI Rm 4**

This is a college level beginning Italian course. Text is *Oggi in Italia*, by Merlonghi and Merlonghi, 5th edition. This may be very reasonably purchased on Amazon in the used section. This course is a continuation of our Fall 2019 class, but new students are welcome.

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

