

MONDAY

9:00 - 12:00 CK12M

Baking Pies

Br. Paul Kelly, C.S.C., M.B.A.

Location: FLI Kitchen

Join us for this popular and tasty class covering all types of pies and pie-making techniques from our favorite Holy Cross chef, Brother Paul will cover a different type of pie each week for three weeks. The first class will begin with the creation of flakey crust and fruit pies. He will then move on to cream pies, meringue and key lime, and the third session will include french desserts of chocolate mousse pie, chantilly pie and a third yet to be announced. *Material fee: \$15.00 due to the instructor at the first class. Class will meet March 2, 9 and 16.*

Max: 10 Min: 5 3 weeks

9:00 - 12:00 CK13M

Bread Making

Br. Paul Kelly, C.S.C., M.B.A.

Location: FLI Kitchen

This hands-on course opens with Sweet Bread Dough, which can be turned into sticky pecan rolls, Swedish Tea Rings, cinnamon/nut rolls, and so on. The second session opens with Steel Cracked Oat Bread, a type of whole grain dark bread. The third session will move on either to another bread type (French/Italian) or explore the muffin/powder biscuit/scone group. *Material fee: \$15.00 due to the instructor at the first class. Class will meet April 13 and 20 and 27.*

Max: 10 Min: 5 3 weeks



9:00 - 9:50 LP11M

Polish

Dorota Janik

Location: FLI Rm 6

Begin or continue a journey with Polish. We will build on your knowledge of Polish with the addition of new phrases, simplified grammar, and conversation, to help you be ready for a trip to Poland or Chicago's Polish restaurants and stores. This course includes beginners as well as continuing students. Text and other materials will be announced in the first class. *Copy fee: \$2.00, due to the instructor at the first class.*

Max: 15 Min: 5 10 weeks

9:00 - 11:20 AC34M

Bags, Bags, Bags!

Sharyl Dawes and Cindy Scharmach

Location: FLI Rm 2/3

Make unique and inexpensive bags for yourself or to give as gifts. Use a rotary cutter, simple patterns, and your favorite fabrics, to make novel bags for every need. Even the zipper applications are simple. Beginner and experienced sewers welcome. Materials needed: 5 coordinating Fat Quarters of cotton fabric. Instructors will have sewing machines, cutting mats, rotary cutters and irons. *Material Fee: \$10.00 due to the instructor at the first class for zippers, interfacing, and shared materials.*

Max: 8 Min: 3 8 weeks

9:30 - 10:20 HF23M

Meditation Practice from Eastern Spiritual Traditions

Marilyn Ashbaugh

Location: FLI Upper Room

A variety of meditation practices from eastern spiritual traditions. Recommended: mala or rosary beads and a shawl. Not recommended for those with sleep apnea or vagus nerve issues. *Late start/First class March 30.*

Max: 9 Min: 3 6 weeks

9:30 - 10:30 LG41SFM

Beginning German

Ron Cosner, M.A.

Location: Southfield Village

There is no textbook. Studies will include Emil and if time, one or two fables. Grammar will include more vowel change verbs, commands, subjects and objects for the words the and a. If time allows, direct and indirect pronouns will also be included. *Copy fee: \$5.00, due to the instructor at the first class.*

Max: 12 Min: 4 10 weeks



10:00 - 10:50

BF61M

A Study In Long Term Care Planning Solutions

Leighton Schmitt

Location: FLI Rm 5

Two thirds of people will need Long Term Care (LTC), like in-home health care or a nursing home stay, at some point in their lives. The average cost of a nursing home is \$225 per day, and the average stay is 835 days. That's over \$187,000! While goals may differ, many wish to protect themselves or a spouse, an estate, and to ensure they can receive the type of care they wish. We'll explore ways to achieve these goals including LTC Insurance, self-pay strategies, transfers, and legal protections. At least one session will feature an elder law attorney as a guest speaker. *Late start/First class March 30.*

Max: 15 Min: 4 6 weeks

MONDAY

10:30 - 11:20 HL21M

Advanced Genealogy

Peg Adams M.Mus.

Location: FLI Rm 1

This course will benefit those who have taken the Beginning Genealogy course offered Fall 2019 or who have had prior experience researching their family history. Lessons will go beyond the basics and will be chosen in part by the needs of the students. Topics may cover such areas as Court House Research, Breaking through a Brick Wall, DNA and much more.

Max: 15 Min: 5 10 weeks

10:30 - 11:20 DN52SFM

Line Dance

Kim Meiss, B.A., NTA Instr.

Location: Southfield Village

Join me for an 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, visit YouTube.com and search "Forever Learning Institute Line Dance". This location has a carpeted floor. Wear comfortable shoes with little or no tread on the bottom such as flats or loafers.

Max: 40 Min: 10 10 weeks

11:00 - 12:00 LG42JFM

Intermediate German

Ron Cosner, M.A.

Location: J Fed

There is no textbook. The study of Emil and of fables will continue. Grammar studies will include separable and inseparable prefix verbs. If time allows, comparative and superlative adjectives will also be studied. *Copy fee: \$5.00, due to the instructor at the first class.*

Max: 12 Min: 4 10 weeks

11:00 - 12:20 HF35M

Aging Gracefully

Jim Turnbo III

Location: FLI Rm 6

This class will cover ten points to living a long, healthy and active life. The course is interactive, with both lecture and application periods. As the course finishes, each individual will be armed with the tools to keep them healthy until they take their last breath. As a student, you will have a completed workbook for reference to use whenever you want.

Max: 25 Min: 8 10 weeks

11:00 - 12:20 RP61M

Understanding Societal Conditioning

Deborah Dwyer

Location: FLI Rm 4

Gain a greater understanding of the existing unconscious beliefs and patterns that have created the structures of racism in our society. Explore the historical roots that shape perceptions and lead us away from a true regard for ourselves and all people. Increase awareness, effectiveness and compassion to better play a part in a healing solution for our community. *Copy fee: \$2.00, due to the instructor at the first class.*

Max: 15 Min: 5 10 weeks

11:30 - 12:50 AC31M

Beginning Knitting II

Marilouise Hagenberg, M.A., M.S.

Location: FLI Rm 5

This semester students will learn to knit twenty different patterns while knitting a twenty block baby afghan. Students must be able to do long-tail cast-on and a simple bind-off plus basic increase and decrease stitches. Students are to bring size 8 straight needles and worsted weight (#4 weight/medium weight) to first session. Light-colored yarn is suggested. Approximately 900-1000 yards is needed. Knitting outside of class is expected. ***Class meets March 2, 9, 16 and, April 20, 27, and May 4, 11 and 18.***

Max: 7 Min: 3 8 sessions

12:00 - 3:00 LT32M

Haiku Poetry

Elinor Huggett

Location: FLI Rm 1

Read and write haiku. Haiku poetry is a short unrhymed poem recording the essence of a moment in which nature is linked to human nature. Beginning students start Noon to 1:00 p.m. Previous students start from 1:00 p.m., the class ends at 3:00 p.m.

Max: 12 Min: 5 10 weeks



MONDAY

12:30 - 1:50 LF24M

Comprehensive French: Intermediate to Advanced

Susan Van Fleit M.S., Monika Wayne, M.A.

Location: FLI Rm 2/3

This class will practice reading, writing, listening and speaking using a variety of activities for both the entire class and small group practice. Required texts: 1) *Easy French, Step by Step*, Myrna Bell Rochester, McGraw Hill, 2009 2) *Easy French Reader 3rd edition*, McGraw Hill 3) *Discovering French Rouge, Euro Edition*. A few Discovering French textbooks are available from the teacher. *Copy fee: \$3.00, due to the instructor at the first class.*

Max: 28 Min: 5 10 weeks

1:00 - 2:20 LG53M

Reviewing German

Bertha Gunn, M.A.

Location: FLI Rm 5

This class is open to all students who have studied German previously and wish to review/renew their knowledge of the language. The class will begin with the current chapter studied at the end of the last semester. The textbooks for the class are *Ultimate German* (Beginner-Intermediate) and *Mastering German Vocabulary, A Thematic Approach*. Both are available at Amazon.com. This class will highlight common situations and vocabulary experiences while traveling in a German speaking area. Key grammatical structure, phrases, and cultural topics will also be explained.

Max: 12 Min: 5 10 weeks

1:00 - 1:50 HF44M

Chair Yoga for Strength, Balance and Flexibility

Cathy Roe, certified instructor

Location: FLI Gym

This course offers the use of a chair to exercise, using flowing yoga moves that will get your body warm and flexible. The addition of stretch yoga bands (provided by the instructor) adds an element of strength enhancement. The music is uplifting and fun, all reminiscent of the 50's and 60's so we baby boomers can re-experience the love of the best music era ever!

Max: 25 Min: 6 10 weeks

1:00 - 1:50 RP51M

Medjugorje: Our Lady's Last Call

Deacon Brian Miller B.A.

Location: FLI Rm 6

We will cover the messages of Our Lady, prophecies about the future, the secrets, medical studies,

testimonies, miraculous signs and the Church's position on the Medjugorje events that started on June 24, 1981. *Copy fee: \$3.00, due to the instructor at the first class.*

Max: 25 Min: 12 10 weeks

1:00 - 1:50 HF31SFM

Easy Fun 8 Form T'ai Chi Chuan

Cecelia Hossler

Location: Southfield Village

Are you sore and tired from working out? Too old to exercise? Too busy? Then T'ai Chi Chuan Easy 8 Form is perfect for you, regardless of your age, gender, or level of fitness. The 50 minute exercise a day will increase your strength, energy, flexibility, and emotional outlook. It also lowers blood pressure, reduces blood sugar, and relieves arthritis pain.

Max: 20 Min: 6 10 weeks

1:00 - 2:20 MU21M

Explore Your Voice

Mike Snyder

Location: FLI Upper Room

Students who enroll in "Explore Your Voice" will have a lot of fun! Through the easy, relaxing vocalises they will learn in class as "warmups," they will learn breathing technique and purify their tone. Each student will choose one or two songs to sing, and during the learning process learn better articulation and phonation (pronunciation) skills. The last day of this 10-week class will be a recital that will consist of the songs students prepared with their teacher.

Max: 14 Min: 10 10 weeks

1:00 - 4:00 HL11M

Fun Bowling at Chippewa

Brent Banulis

Location: Chippewa Lanes

Haven't bowled in 30 years? No problem, neither have many of us. Join Brent and a dozen other seniors for an informal, fun time every Monday. Fee of \$5.50 per week pays for three games and prizes. House shoes and balls are available at the Chippewa Bowl, at 225 West Chippewa Avenue (off South Main Street), South Bend. *No FLI tuition, but registration required.*

Max: 30 Min: 5 10 weeks



MONDAY

2:00 - 3:20 SP23M

Astronomy, Religion, and Extraterrestrials:

A Historical Survey

Michael J. Crowe, Ph.D. and Denis P. Burke, J.D.

Location: FLI Rm 6

This will be a study of the interactions between astronomy and religion from the Greeks to the present. A special focus will be how ideas of extraterrestrial life interacted with astronomy and religion.

Max: 20 Min: 6 7 weeks

2:00 - 3:50 HL31SFM

Chinese Mahjong

Cecelia Hossler

Location: Southfield Village

Mahjong is a Chinese game of skill, strategy, and calculation. It is considered a "mind sport" and is fun and interesting to play. The game is played with four players using a collection of tiles divided into five or six suits. You will learn the basics of the official game and strategy tips for playing. Researchers believe that playing the game is beneficial for individuals with the beginning signs of dementia, cognitive, and memory difficulties. So, come challenge your mind with Chinese Mahjong.

Max: 8 Min: 4 10 weeks

2:00 - 3:20 SN11M

Stress after 55: What is Normal?

Peg Snyder, Psy.D.

Location: FLI Rm 2/3

Stress after 55 can be quite a bit different from stress experienced before middle age. Which responses are

"normal", and which should be taken more seriously at this stage of life?

Topics to be discussed: Learn how to protect your brain and body from too much stress (which can lead to depression); how to protect yourself from a misdiagnosis when depression is confused with dementia and related issues e.g. improving sleep, importance of humor, avoidance of boredom.

Max: 35 Min: 8 8 weeks

2:00 - 3:20 LF34M

Intermediate French: Read and Think French

Jerry Gloster, M.A.

Location: FLI Rm 4

Improve your French skills as you broaden your knowledge of Francophone culture. "Read & Think French contains more than 100 fascinating articles that reveal the enchanting diversity of Francophone culture. Written in French, these readings provide insight into many aspects of French-speaking life and the diversity of its culture, from Parisian bakeries to camping in Guadeloupe, and from the markets of Senegal to the maple harvest of Quebec." This book provides extensive vocabulary aid, so you do not have to hardly look up any unknown words.

Activities include reading, writing, listening to, and speaking French. The text we will be using is *Read & Think French, premium 2nd ed.*, by the editors of Think French magazine, published by McGraw Hill Education, c2017. Copy fee: \$2.00, due to the instructor at the first class.

Max: 20 Min: 3 8 weeks

AARP Safe Driver

Tuesday, April 28 – 12:30 to 4:30 p.m., Forever Learning Institute Gymnasium

Marie A. Blunt, M.Min., Instructor

This certified course will refresh and update driver skills. While anyone is welcome to participate, the course targets drivers over 50 years old. We will discuss changes in vehicles, changes in roadways, and changes in our own bodies. Learn how medications, substances, as well as hearing and vision changes affect driving ability. Learn new techniques for turns, right-of-way, intersections, sharing the road, managing blind spots and more. Learn safe driver strategies to help reduce the chance of having accidents. Some insurance companies provide a rate discount for those attending this course.

Course fee includes manuals and information sheets to keep. One session. Fee: \$15.00 for AARP members, \$20.00 for non-members, paid to AARP. Pay by check to AARP Smart Driver only or pay in cash—at the time of attendance. Pre-registration ensures seating. Bring your AARP card (if a member) and Driver's license. **No FLI tuition, but registration required.**

Max: 20 Min: 7