

SPRING 2026 CATALOG FOREVER LEARNING INSTITUTE

Michiana's Home For Lifelong
Learning for those age 50+

Over 120 Fun Learning and Travel Opportunities Await!

50

FOREVER  LEARNING
I N S T I T U T E

Celebrating Over 50 Years of Service in Our Community

Registration Opens 9:00am Feb 9th
Classes Run March 2nd - May 15th

Course Guide

What is The Forever Learning Institute?

Forever Learning Institute is Michiana's largest non-profit educational program for people aged 50 and up. We offer hundreds of classes and travel opportunities each year, taught by an all-volunteer teacher force, and serve thousands of active students.

Our mission is to improve the quality and dignity of senior adult life through continuing intellectual challenge, spiritual reflection, and social interaction. We are a welcoming community for people of any race, nationality, ethnic origin, faith, disability, educational level, gender, or orientation.

Serving more students than ever. In 2025 our enrollment increased by 63%

4346

Class Enrollments

1881

Students & Teachers Served

319

Courses Offered

Teach Your Passion – Calling all Teachers

The mission of Forever Learning is only possible through the gift of time and knowledge from over 200 volunteer teachers. Our teachers teach whatever they choose, and you can be a teacher too! Fr. Putz often said, "**Service adds years to your life and life to your years.**"

Our Board of Directors

Leighton Schmitt | *President*

Kimberly Parish | *Vice President*

Thomas Kurzhall | *Treasurer*

Jessica Brock | *Secretary*

Mark Beudert

Mary Jane Chase

James Kapsa

Br. Robert Livernois, C.S.C.

Timothy McBride

Susan McCusker

Dorothy Mincy

John Pendarvis

Carmen Piasecki

Kirsten Sharpe

Michael Szymanski

Thomas Villing

Our Team

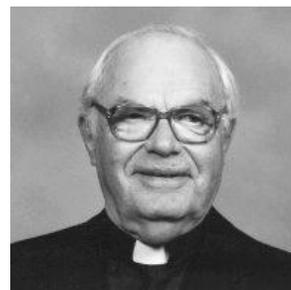
George Azar | *Executive Director* | george@foreverlearninginstitute.org

Toni Dunlap-Manthey | *Office Administrator* | toni@foreverlearninginstitute.org

Jennifer Knapp-Beudert | *Grant Writer* | jennifer@foreverlearninginstitute.org

Our Founder, Fr. Louis J. Putz C.S.C – 1908-1998

Fr. Putz founded Forever Learning in 1974 believing in the importance of continuing education and community involvement regardless of age. A retired professor from the University of Notre Dame, Fr. Putz succeeded in attracting volunteer instructors passionate about sharing the joy of learning. Though he passed in 1998, today we continue to flourish as the largest senior adult educational program in the region.



FOREVER LEARNING INSTITUTE
54191 IRONWOOD ROAD, SOUTH BEND, IN 46635
PH: (574) 282-1901
WWW.FOREVERLEARNINGINSTITUTE.ORG

Taking Courses at Forever Learning

Spring 2026 Semester is March 2nd – May 15th
Registration opens at 9:00AM, February 9th

Please submit paper enrollments before Feb 9th so we can enter them on the 9th.

Who is Eligible? The Forever Learning Institute is a welcoming community for students aged 50+ of any race, nationality, ethnic origin, religion, disability, educational level, gender, or orientation.

When do I sign up for a class?

Registration opens February 9th at 9:00am and ends on the first day of classes. Enrollments are processed on a first-come, first-served basis. **Sign up early!**

How do I sign up online? Go to fli.coursestorm.com. You can search by category or search all classes. Select the class you want and click on *Register*. New students will be directed to create an account. Each student must have a unique email.

How do I sign up by mail? Mail your registration form and tuition to the office **before Feb 9th**. Forms are available at the back of the book, the office, and online.

What if a class has a waitlist?

Please join the waiting list if a class is full. If an opening occurs, we'll call to let you know. We strive to place all waitlisted students in the class of their choice, but space is limited.

Tuition: All classes are \$55 each unless otherwise noted. A \$2.49 per class service fee is accessed for online purchases and is not refundable.

Scholarships: We aim to keep education affordable for all. Scholarships are offered based on financial need. Apply using the form in the back of the book.

Payment: Tuition may be paid by cash, check, or credit card. Payment is due at the time of registration. All online purchases must be made by credit card.

Copy and Material fees: Some courses have additional copy or material fees which will be noted. These are typically paid directly to the instructor by cash or check on the first meeting of the class.

Waivers: All students must sign the waiver statement on the registration form.

Attendance: Please attend your classes. This courtesy recognizes the gift of time and talent given by our volunteer instructors.

Make-up classes: If a class is canceled make-up classes are held at the discretion of the teacher but cannot be guaranteed.

School Closures: Forever Learning is closed when South Bend Community Schools are closed or delayed due to weather. Check WNDU's closures. Students will be notified as soon as possible by phone / email.

Cancelation/refund policy: FLI reserves the right to cancel classes due to insufficient enrollment. Students will be notified if a class is canceled, and receive a full refund (minus online service fees)

If you withdraw from a class before the 2nd class meeting, you may choose between:

- Receiving a full refund (minus \$2.49 online service fee)
- Transferring to another available class
- Donating your tuition to support the mission of the organization

No credits or refunds will be offered to students who withdraw after the second class meeting. Please allow a minimum of two weeks for processing refunds for payments made by cash or check. Card payments are credited back to the same account.

Go to fli.coursestorm.com to view all our learning opportunities!

Join a great community on the move! Forever Learning is home to a fun and thriving travel program helping you to explore new places and enjoy experiences both near and far. To sign up for a trip simply fill out the registration form (available online or in office) and bring it plus the trip deposit to the FLI office.

Forever Travel in Partnership with Signal Travel of Niles, MI.

A Taste of Broadway **at Cornwell's Dinner Theatre** **Wednesday, February 25th, 2026**

Join Forever Travel for an afternoon of music and dining with friends. You'll travel from FLI to Cornwell's Dinner Theatre in Marshall, MI. While you enjoy a delicious four-course lunch, sit back and experience the toe-tapping show *A Taste of Broadway* featuring hits from legendary shows, including *Wicked*, *Chicago*, *Guys & Dolls*, and *Legally Blonde*. Afterward browse the quaint country store and purchase fresh goods from the bakery.

All transit to and from Forever Learning, tickets, meals, taxes, and gratuity are included for \$154/pp. Registration due Feb 6th

Chihuly at Meijer Gardens **Tuesday, May 5th, 2026**

CHIHULY at Meijer Gardens is an indoor, outdoor art experience showcasing the creativity of renowned American artist Dale Chihuly, nestled into the inspiring setting of Meijer Gardens in Grand Rapids. Enjoy a guided tram tour of the gardens and outdoor art installations. Indoors the exhibition *Radiant Forms* will immerse visitors in a rich and varied collection, highlighting more than four decades of Chihuly's artistic evolution including original drawings that offer insight into his creative process. Lunch is included.

All transit to and from Forever Learning, admission, tram ride, and lunch are included for \$155/pp. Registration due April 24th

Run for Your Wife **with turkey dinner & all the trimmings** **Thursday, June 11th, 2026**

This hilarious show debuted in London in 1982 and on Broadway in 1989. A seemingly ordinary London taxi driver has a secret: he has two wives in different parts of the city, each unaware of the other. A carefully crafted schedule allows him to juggle his double life, until an unexpected incident throws everything into chaos. During the performance of this laugh out loud farce, enjoy a delicious turkey dinner with all the trimmings.

All transit to and from Forever Learning, tickets, dinner, taxes & gratuities are included for \$154/pp. Registration due May 22nd.

Walking Mishawaka History Tour **11AM, Wednesday, May 20th, 2026**

The City of Mishawaka was founded in 1833, decades before her larger neighbor South Bend. Join us for a historic walking tour of Mishawaka's parks, led by town historian, president of the Mishawaka Historical Museum, and author Pete Dekever. Starting at Mishawaka's Beutter Riverfront Park, we'll visit historic sights and gain a knowledge of Mishawaka's history, from humble origins to industry powerhouse to modern day growth. Participants must be able to walk about 1.5 miles and stand for approximately 75 minutes.

This opportunity is \$10, and all proceeds will support both the Mishawaka Historical Museum and Forever Learning. Max of 50

Our travel opportunities are designed to be accessible and make the experience easy and fun from beginning to end. Any proceeds from Forever Travel directly support the mission of Forever Learning. Have an idea? We'd love your suggestions for new trips! We strongly encourage the purchase of travel insurance.

Forever Travel in Partnership with Mayflower Cruises & Tours, Lisle, IL.

Portugal, Spain, and the Douro River

June 17th - 27th, 2026 (1 CABIN LEFT)

July 8th - July 18th, 2026

Travel with friends and experience the cosmopolitan city of Lisbon, the pilgrimage site of Fatima, the romantic city of Porto, and the UNESCO World Heritage site of Salamanca Spain on this 10-day trip. Enjoy 2 nights in Lisbon, then a 7-day voyage on the Douro River aboard the luxurious Emerald Radiance. Rolling hills of vineyards rise with charming medieval villages in the distance. Each day includes guided tours and experiences.

All transit, flights, hotels, cruise, tours, 22 meals, local beers and wines, wifi, taxes, and gratuities are included – from \$5,634 pp

Albuquerque Balloon Fiesta **October 9th – 14th, 2026 (SOLD OUT)**

This 5-night, 6-day tour allows travelers to witness the awe-inspiring Albuquerque International Balloon Festival. Witness over 600 unique balloons take flight in the "Mass Ascencion". Learn about the rich history and culture of Santa Fe, visit the Indian Pueblo Cultural Center, and see ancient archaeological monuments at the Pecos National Historic Park.

All transit, flights, hotels, daily guided tours and activities, admissions, taxes, gratuities, and 8 meals are included. – from \$3,524 pp

Holland & Belgium in Bloom

April 4th – 12th, 2027

Sail through the heart of the Netherlands and Belgium on this captivating 8-day journey. From Amsterdam's charming canals to the colorful tulip fields of Keukenhof, experience iconic Dutch beauty and culture. Discover the historic windmills of Zaanse Schans, the artistic treasures of The Hague, and Antwerp's medieval splendor. Enjoy exclusive experiences like clog painting, guided bike tours, and private museum visits.

All transit, flights, cruise, tours, 20 meals, local beers and wines, wifi, taxes, gratuities and trip guide are included – from \$4,695 pp

Yellowstone, Tetons, & Mt. Rushmore **Sept 8th – 17th, 2027**

On this 10-day adventure you'll witness the beauty of Yellowstone and Grand Teton National Parks, retrace the path of Lewis & Clark as you float on the snake river, stand in awe of Mt. Rushmore, The Chief Crazy Horse monument, and the 2000 ft tall Devil's Tower, and so much more. Additional stops highlight the lost history of the American West, and the prestige of Jackson Hole, WY.

All transit, flights, hotels, guided tours, admissions, taxes, gratuities, and 15 group meals are included. – from \$5,124

Learn More at Our Forever Travel Show with Mayflower
10:30 AM – 11:50 AM, Wednesday, March 25th, 2026 – Little Flower Payne Hall

Index of Classes

Arts and Creative Crafts

- Pg22 Adv Spiritual Art Journal w Magazine Collage
- Pg18 Beginning Guide to Sketching
- Pg15 Beginning Watercolor Session 1
- Pg17 Beginning Watercolor Session 2
- Pg18 Colored Pencil Painting
- Pg8 Intermediate Watercolor
- Pg13 Knitting
- Pg14 Of Time and Textile
- Pg20 Watercolor Workshop - Zoom
- Pg23 Watercolor Workshop

Business and Finance

- Pg22 Fundamental of Options Trading
- Pg8 How Does Economics Effect Our Social Order?
- Pg16 Value Investing Like Buffett (FREE)
- Pg19 Why Studebaker Failed

Computer and Technology

- Pg12 Basic iPhone Workshop
- Pg16 iPad Photo Editing Workshop
- Pg11 Tech Help Desk for iPhone/iPad, Mac/PC, or Android - \$35 / (FREE)
- Pg18 Forever Connected: Beginning Computer & Smartphone Skills (FREE)
- Pg13 Forever Connected: Computer Help Desk Drop-In (FREE)

Health and Fitness

- Pg24 Beginning Hula
- Pg13 Chair Pilates
- Pg10 Easy Fun 8 Form T'ai Chi Chaun - Southfield
- Pg15 Easy Fun 8 Form T'ai Chi Chaun
- Pg8 Forever Cardio Drumming
- Pg9 Forever Fit Intermediate Level
- Pg20 Intermediate Juggling - Ball, Ring and Clubs
- Pg19 Juggling Without Drops
- Pg20 Learn to Juggle
- Pg22 Oldtime Contra Dance
- Pg10 Pickleball for Beginners—Monday 1
- Pg11 Pickleball for Beginners—Monday 2
- Pg21 Pickleball for Beginners-Thursday
- Pg13 Pickleball: Dinks and Drills Tuesday 1
- Pg14 Pickleball: Dinks and Drills Tuesday 2
- Pg18 Red Ball Tennis
- Pg11 Senior Balance
- Pg19 Senior Yoga
- Pg17 Solid Silver Dancers
- Pg9 Tai Chi Fundamentals

History and Politics

- Pg17 A History of the White House - Part II
- Pg21 Cedar Grove Cemetery Tour (FREE)
- Pg17 From Rasputin to Putin-Part 2
- Pg11 Great Decisions 2026
- Pg10 Inside the World's 10 Happiest Countries
- Pg15 Poland's Struggles to Regain Independence
- Pg13 President Kennedy Assassination
- Pg23 Redistricting 101 - \$35
- Pg19 South Bend Watch Company (FREE)
- Pg24 The Aftermath of Nazism & World War II
- Pg23 The History Museum: 150 Years in the Making
- Pg21 US Politics in the Last 100 Years: II
- Pg20 Understanding Israel: Its People, History and Struggle for Survival and Peace - \$35

Languages

- Pg8 Continuing Beginning German
- Pg15 French 1: Beginning French
- Pg15 French 1: Semester 2
- Pg17 French 2
- Pg20 German 1.75
- Pg20 Having Fun with French: Adv. Beg. French
- Pg9 Intermediate German
- Pg21 Italian Language & Culture Thru Food (Part 2)
- Pg8 Polish for Everyone
- Pg12 Sign-Me-Up Sign Language Skill Seminar
- Pg22 Spanish Conversation, Level 5
- Pg9 Spanish, Level 1 (Beginning)
- Pg21 Spanish, Level 2 (Advanced Beginning)
- Pg24 Spanish, Level 3 (Intermediate)

Index of Classes

Music, Theater, & Literature

- Pg14 Dante's Divine Comedy
- Pg11 Exploring English Morphology
- Pg10 Murder & Mayhem
- Pg15 Drum Circle
- Pg20 Everything You Wanted to Know About Music
But Were Afraid to Ask
- Pg10 Explore Your Voice
- Pg12 Flutes!
- Pg18 Music Theater Workshop
- Pg8 Passion for Piano
- Pg16 Silvertones
- Pg21 Touches of Theater
- Pg9 Who's Afraid of Opera: Richard Wagner Edition

Personal Development

- Pg13 Brain Care is Self-Care - \$35
- Pg8 Navigating Life with Hearing Loss
- Pg9 Understanding Medicare Insurance
- Pg23 Writing the Stories of Your Life I
- Pg24 Writing the Stories of Your Life II

Recreation

- Pg13 Beginning Chess
- Pg23 Beginning Euchre
- Pg11 Chinese Mahjong - Southfield
- Pg19 Chinese Mahjong
- Pg10 Continuing American Mah Jongg
- Pg11 Forever Cribbage
- Pg23 Forever Euchre Club - \$30
- Pg17 Pinochle for Beginners

Religion and Philosophy

- Pg21 Civility (Expanded)
- Pg17 Floors to AI: Integrating Catholic Social
Teaching from the Encyclicals - Zoom
- Pg14 From Whence the Arts? From whence
Heidegger?
- Pg9 Introduction to the Bible
- Pg16 Potent Parables
- Pg22 Psalms through the Centuries
- Pg19 Science & Religion: Conflict or
Something Else (FREE)
- Pg10 Science & Technology – Savors?
Destroyers? Something Else? Two papal views
- Pg8 Spirituality: Seductive and Salient

Science and Nature

- Pg12 Birding 101
- Pg24 Ethics and Genetics
- Pg17 Geology of Lakes and the US
- Pg15 Immunology 101
- Pg23 Intro to Genetics
- Pg22 Life SPRINGS Into Action! - \$35
- Pg12 Quantum Physics and the Elements
- Pg16 Spring Hiking Series

Special Interests / Skills

- Pg12 Amateur (Ham) Radio: Tune In, Reach Out
- Pg15 Cooking for One or Two
- Pg18 Golden Age of Cinema Matinee
- Pg16 Forever Travel Show with Mayflower (FREE)
- Pg24 Prepping for and surviving WW3
- Pg14 The Art of Photography
- Pg16 The Joy of Nature Journaling
- Pg19 Wines of the World – Italy - \$25
- Pg19 Wines of the World – Portugal - \$25
- Pg19 Wines of the World – Spain - \$25

End of Semester Festival **Tuesday May 19th, 11AM – 1PM**

All are welcome to attend this free potluck style event and enjoy a meal with friends. Displays will showcase different classes, and performances will include singing, dancing, juggling, and more.

Spring 2026 Calendar and Program Locations

Spring 2026 Calendar

More information about these upcoming events can be found on our website.

- **Wednesday, Jan 28th** – Forever Travel: *The Mousetrap* by Agatha Christie at Beef & Boards
- **Monday, Feb 9th** – Spring Registration Opens at 9am
- **Friday, Feb 13th** – Forever Learning's Annual Trivia Night Fundraiser
- **Wednesday, Feb 18th** – Spring Instructor Luncheon
- **Wednesday, Feb 25th** – Forever Travel: *A Taste of Broadway* at Cornwell's Dinner Theatre
- **Monday, March 2nd** – First day of Classes
- **Wednesday, March 25th** – Forever Travel Show and Q&A with Mayflower Cruises and Tours
- **Friday, April 3rd – April 10th** - CLOSED for Good Friday and Spring Break – NO CLASSES
- **Tuesday, May 5th** – Forever Travel: Chuihuly at Meijer Gardens
- **Friday, May 15th** – Last Day of Classes
- **Saturday, May 16th** – *Silvertones* Spring Concert
- **Tuesday, May 19th** – Spring End of Semester Festival
- **Wednesday May 20th** – Walking Mishawaka History Tour

Our Locations

Forever Learning hosts classes at various locations thanks to our many community partners. Please note the location of your class prior to registering. Our locations include;

- **Forever Learning Institute** – 54191 Ironwood Road, South Bend, 46635: 574-282-1901
- **The History Museum** - 808 W Washington St, South Bend, IN 46601: 574-235-9664
- **Holy Cross Village** - 54501 State Hwy 933, South Bend, IN 46637: 574-287-1838
- **Howard Park Event Center** – 219 S. St. Louis Blvd. South Bend, 46617. You may park on the street or across St. Louis Blvd. in the parking lot: 574-299-4765
- **Jewish Federation of St. Joseph Vly** – 3202 Shalom Wy, South Bend, 46615: 574-233-1164
- **Southfield Village** – 6450 Miami Circle, South Bend, 46614: 574-231-1000
- **St. Joseph County Parks** – 50651 Laurel Rd. South Bend, 46637: 574-277-4828
- **St. Joseph County Public Library** - 304 S Main St, South Bend, IN 46601: 574-282-4646
- **St. Paul's Life Plan Community** - 3602 S Ironwood Dr, South Bend, 46614: 574-284-9000
- **Zoom** – Instructors will send a link to connect remotely via Zoom. We can help you download it

Forever Learning Trivia Night Fundraiser

Friday, February 13th, 2026

Join us for fun and fellowship with 10 fast paced rounds of general knowledge trivia. Over \$500 in prizes will be awarded to the winning 3 teams. Please RSVP on our website. \$120/per team of 8

Monday Classes

9:00 AM - 10:50 AM

Mon10 Intermediate Watercolor

Joy DeLaurelle

Location: Little Flower A

Sharpen your drawing, painting, and composition abilities. You will grow to understand the balance between moisture, pigment, and paper with each brushstroke. Let your technique serve your creativity and gain clarity to move forward in your art. Materials needed: Watercolor paints, Palettes, Watercolor paper, Brushes, #2 pencil, Gum eraser, Water cup, Paper towel

Max: 10 Min: 6 Sessions: 10



9:00 AM - 9:50 AM

Mon11 Polish for Everyone

Dorota Janik, PhD in Organic Chemistry

Location: Little Flower 4

Begin, or continue, a journey with Polish. We will build on your knowledge of language, memories, and love for all things Polish. Learn new phrases, simplified grammar, and conversation for your next trip to the Chicago Polish store or write a note in Polish to your loved one. Text and materials will be announced at the first class and emailed.

Max: 10 Min: 4 Sessions: 10

9:30 AM - 10:20 AM

Mon12 Forever Cardio Drumming

George Azar, M. Ed.

Location: Little Flower Gym

Cardio drumming is a fun, low-impact, full-body workout set to the great music of the '60s, '70s, and '80s. Using drumsticks, a 65-75cm stability ball, and a 16-24-gallon bucket (with rope handles), we work at our own pace using our arms, legs, and core! All ability levels are encouraged, including sitting. Please purchase your bucket and ball. Drumsticks are available from the instructor for \$3.

Max: 65 Min: 10 Sessions: 10

9:30 AM - 10:20 AM

Mon13 Passion for Piano

Judy Jurrens

Location: Little Flower Upper Room

Explore your passion for music regardless of age or experience. Aimed for beginners we will work together to learn a song each week. Please purchase Hal Leonard's "*Three Chord Songs-Super Easy Songbook*". The first three songs are *Ain't No Sunshine*, *All About That Bass*, and *All Around the Watchtower*. You will NOT need to bring a piano or keyboard to class but need one for practicing.

Max: 10 Min: 4 Sessions: 10

9:50 AM - 11:10 AM

Mon14 Spirituality: Seductive and Salient

Robert Morgan, M.S., LCAC

Location: Little Flower 2&3

This course will discuss spirituality and how we manage life's many issues. Through thoughtful discussions, including about social issues like mental health and addiction, we will develop a deeper understanding of the importance of spirituality in our lives.

Max: 15 Min: 4 Sessions: 10

10:00 AM - 11:00 AM

Mon15 Continuing Beginning German

Ron Cosner, M.A.

Location: Little Flower 5

Learn about dates, telling time, days, months, seasons and years. Then we'll conclude with gender of nouns, Genitive case, talking about one's background and daily schedule, a review of verb tenses and a self-evaluation. From the reader the semester will concentrate on *Hansel and Gretel*.

From *Deutsche Welle* the topic will be family including aging and household tasks. Copy fee of \$2

Max: 12 Min: 4 Sessions: 10

10:00 AM - 11:00 AM

Mon16 Does Economics Effect Our Social Order?

James Halteman, Ph.D.

Location: Holy Cross Village

We live in changing and uncertain times that stress our democratic free market social order. How are you impacted by this and how can we keep our economic system working well for everyone? Can our market economy deal with concerns about the climate, an aging population, poverty, pandemics and international relations and more? Can we maintain our values and hopes? Let's find out.

Max: 10 Min: 5 Sessions: 8

10:00 AM - 11:20 AM

Mon17 Navigating Life with Hearing Loss

Linda Loftus, M.A.

Location: Southfield Village 1

This class provides essential information and practical strategies for individuals with hearing loss, covering the causes and management of tinnitus, the function and use of cochlear implants, effective communication for noisy environments, and crucial emergency preparedness steps. Class instruction will be made accessible with closed captioning displayed on the screen.

Max: 12 Min: 5 Sessions: 10



Monday Classes

10:00 AM - 11:00 AM

Mon18 Tai Chi Fundamentals

Ellen Triebold

Location: Howard Park 1

With gentle, flowing movement Tai Chi promotes calm mental focus while building strength, stability endurance, and balance. The form we learn progresses gradually from simple to complex and can be modified to be accessible to all. For many, Tai Chi becomes a health-giving, lifelong practice. Mary Hagen and Kevin Cawley co-teaching.

Max: 15 Min: 5 Sessions: 10



10:00 AM - 11:20 AM

Mon19 Who's Afraid of Opera: The Richard Wagner Edition

Mark Beudert, A.Mus.Doc.

Location: Little Flower 6

Join international operatic tenor, Pavarotti competition winner, and ND professor (retired) Mark Beudert for a free-wheeling exploration of the life and works of this great and complex German composer!

Max: 12 Min: 3 Sessions: 10

10:40 AM - 11:30 AM

Mon20 Forever Fit Intermediate Level

Cathy Roe, certified instructor

Location: Little Flower Gym

What makes this so much fun? Moving to great music, our music of the 50s, 60s and 70s. This 50-minute intermediate-level workout uses a chair for both sitting exercises and standing exercises. The standing exercises use the chair for balance if desired. Resistance bands are provided to increase both upper-body and lower-body strength. We will work on mobility, flexibility, and balance. You will sing along and smile through the whole class!

Max: 75 Min: 4 Sessions: 10

11:00 AM - 12:20 PM

Mon21 Introduction to the Bible

Greg Doyle, M.Div.

Location: Little Flower A

The Bible is a foundational text for all three monotheistic religions (Christianity, Judaism, and Islam). It has had an amazing influence on human culture, thought, art, and literature for thousands of years. Learn about the history and literature of the Bible. Open to anyone, no matter their prior knowledge or religious beliefs. A copy of the Bible is needed for assigned readings. Any copy will do.

Max: 15 Min: 6 Sessions: 10

11:00 AM - 12:20 PM

Mon22 Understanding Medicare Insurance

Megan Rogers

Location: Southfield Village 2

This is an upbeat, comprehensive course for anyone w whether already on Medicare, approaching retirement, or helping relatives with their medical decisions. We will cover your Medicare options; how, when, and where to enroll; when or if you can make changes to what you currently have; how Medicare coordinates with other insurances; provide options if you cannot afford your insurance or medical costs; cover mistakes to avoid; and differences with Medigap Supplemental and Advantage plans.

Max: 25 Min: 3 Sessions: 10

11:10 AM - 12:10 PM

Mon23 Intermediate German

Ron Cosner, M.A.

Location: Little Flower 5

Continue your journey with German. Learn how to get acquainted with people, different types of jobs, duties, and their advantages and disadvantages, and discussing country versus city life, housing ads and moving. We'll review present and past subjunctive adding dann and wenn clauses. In Begegnungen we'll have a review of a verb chart and a self-evaluation. We'll read a short story about restoring a car and another about a traveling pair of onions helped out by a snail. Copy fee of \$2.

Max: 12 Min: 4 Sessions: 10

11:30 AM - 12:50 PM

Mon24 Spanish, Level 1 (Beginning)

Carol Stuart, Ph.D.

Location: Little Flower 2&3

This beginning Spanish class is for those with little or no prior experience in Spanish, or who want to review beginning Spanish. There is an emphasis on pronunciation, basic grammar (the present tense), and getting comfortable listening to and sharing simple conversations. Please purchase the book *Spanish Easy and Fun*, 2023, before the first class. The text has a strong audio component for listening to native Spanish speakers. To fully utilize this component, students will need access to a computer, tablet, or smartphone. Copy fee of \$3

Max: 30 Min: 5 Sessions: 10

Spread the good news and tell a friend about our program.



Monday Classes

12:00 PM - 1:20 PM

Mon25 Pickleball for Beginners—Monday 1

Sue Schneider

Location: Little Flower Gym

Discover pickleball, the fastest growing sport in America! This beginner friendly class introduces you to the essentials: rules, scoring, where to play, and how to find playing partners. You'll develop core skills including serving, sustaining a rally, and placing the ball with purpose through a mix of brief instruction, fun drills, and open play. No athletic background is required, just a willingness to move, learn, and laugh. Note: Good balance and the ability to bend your knees are important for safe play. If you have concerns about your mobility or health, consult your healthcare provider before enrolling. Co-teachers are Mary Chapman and Sharyl Dawes.

Max: 16 Min: 8 Sessions: 10

12:30 PM - 1:50 PM

Mon26 Explore Your Voice

Michael Marquez-Snyder, M.A.

Location: Little Flower Upper Room

Learn breathing, articulation, and phonation techniques as you work with the instructor to learn songs of your choosing. By the end of the course you will have learned one to two songs and have improved your speaking and singing voices. Most of all, we'll have fun! The final class will be a recital that is open to the public.

Max: 15 Min: 10 Sessions: 10

1:00 PM - 1:50 PM

Mon28 Easy Fun 8 Form T'ai Chi Chaun – At Southfield Village

Cecelia Hossler

Location: Southfield Village 1

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. This 50-minute exercise 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 Sessions: 10

1:00 PM - 3:20 PM

Mon27 Continuing American Mah Jongg

Lynn McDonald, MSN, MSEd

Location: Little Flower 6

Have you taken Beginning American Mah Jongg and want to play more, with guidance? Want help seeing where your tiles are leading you? Playing with others is the best way to maintain and improve your MJ skills. We'll spend most of every session

playing. In between classes I will share a weekly video to help you learn more. There'll also be weekly optional homework and short lessons on requested topics. Students provide their own 2025 and 2026 National Mah Jongg League cards. Copy fee of \$5

Max: 14 Min: 4 Sessions: 9

1:00 PM - 1:50 PM

Mon29 Inside the World's 10 Happiest Countries (And the 10 Not so Happy)

David Warkentien, EE & B.S.

Location: Little Flower 1

What makes a country happy? In each of the 20 selected developed countries (10 happy, 10 not so happy) we will seek to answer that question by exploring their history, ethnic makeup, geography, climate, employment, taxes, cost of living, life expectancy, diet, corruption, crime, freedom, religion, health care, childcare, education, and more.

Max: 14 Min: 10 Sessions: 10

1:00 PM - 2:20 PM

Mon30 Murder & Mayhem

Dorothy McGovern, M.A.

Location: Little Flower 2&3

This semester we will read about six police department detectives as they hunt for murderers and bring them to justice.

- *Maigret and the Bum* (1937) George Simenon
- *Ghosts* (1959) Ed McBain (87th Precinct series)
- *The Black Echo* (1990) Micheal Connelly (Bosch series) Edgar Award
- *Rules of Prey* (1989) John Sandford (Prey Series)
- *Shock Wave* (2011) John Sandford

Max: 25 Min: 6 Sessions: 10

1:00 PM - 1:50 PM

Mon31 Science and Technology – Saviors? Destroyers? Something Else? Two Papal Views

Robert Jay Malone, Ph.D.

Location: Little Flower A

Science and technology have brought great changes. Benefits, such as the reduction of childhood mortality, are indisputable. But other advances, such as greatly increased life spans, bring mixed blessings. Longer lives weigh down support systems, and many of the elderly endure pain in their later years. Other byproducts of "advances" cast a shadow over our planet: nuclear weaponry, micro plastics, and global warming. In this course, we examine two papal encyclicals: John Paul II's *Fides et ratio* and Francis's *Ladauto sí* and explore how they bear on the question of science, technology, and the good life.

Max: 20 Min: 8 Sessions: 10



Monday / Tuesday Classes

1:00 PM - 1:50 PM

Mon32 Senior Balance

Dave Stahl, B.S.

Location: St. Paul's

This balance class will focus on both skills such as static & dynamic exercises, locomotor activities, strength and endurance training, using multi-joint muscle groups, and posture exercises.

Max: 30 Min: 10 Sessions: 10



1:30 PM - 2:50 PM

Mon33 Tech Help Desk \$35 / (FREE)

John Chapleau, B.S.

Location: Little Flower 5

This class will teach you about devices, computers, and fixing problems. We'll gain hands on experience by helping others with problems that drop-in. We will have the following devices to help with app problem solving: a Windows 11 PC, a Tahoe compatible MacBook Air, an iPad Air (4th Gen), an Android 15 tablet, an iPhone 14, and a Samsung S23 FE. In the first few classes we'll cover how to update any of our devices to their most current OS level. Tuition is \$35 For those not in the class, this is a FREE drop-in service to help with your tech questions.

Max: 8 Min: 1 Sessions: 10

1:30 PM - 2:50 PM

Mon34 Pickleball for Beginners—Monday 2

Sue Schneider

Location: Little Flower Gym

Discover pickleball, the fastest growing sport in America! This beginner friendly class introduces you to the essentials: rules, scoring, where to play, and how to find playing partners. You'll develop core skills including serving, sustaining a rally, and placing the ball with purpose through a mix of brief instruction, fun drills, and open play. No athletic background is required, just a willingness to move, learn, and laugh. Note: Good balance and the ability to bend your knees are important for safe play. If you have concerns about your mobility or health, consult your healthcare provider before enrolling. Co-teachers are Mary Chapman and Sharyl Dawes.

Max: 16 Min: 8 Sessions: 10

2:00 PM - 3:50 PM

Mon35 Chinese Mahjong - Southfield

Cecelia Hossler

Location: Southfield Village 1

Mahjong is a Chinese game of skill, strategy, and calculation. It is considered a "mind sport" and is fun and interesting to play. You will learn the basics and strategy tips for playing this fun 4-player game.

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 Sessions: 10

9:00 AM - 10:20 AM

Tue10 Forever Cribbage

Cameron Melvoin, B.S.

Location: Little Flower 5

Beginners and experienced players are welcome. Learn and play this exciting board/card game. Great time to meet others and enjoy a great game. Learn 2 handed, three handed, and partner cribbage. Basic math skills are helpful. Great game to share with children and grandchildren.

Max: 14 Min: 4 Sessions: 10

9:30 AM - 11:20 AM

Tue11 Exploring English Morphology

Brooks Crofoot, M.D.

Location: Little Flower A

This course introduces students to the rich and varied ways English words are formed. Together, we will explore how prefixes, roots, and suffixes—known as morphemes—combine to create meaning and shape the vocabulary we use every day. Learn common morphemes, develop confidence in analyzing word structure, and gain practical skills for understanding, learning, and effectively using new vocabulary. We'll also discuss the history of the language offering insight into how English has evolved over time. Text Required: *Exploring English Morphology* - \$20 – Available from instructor

Max: 12 Min: 8 Sessions: 10

9:30 AM - 10:50 AM

Tue12 Great Decisions 2026

Paul Stevenson, M.A.

Location: Little Flower 2&3

Great Decisions is a national discussion program created by the Foreign Policy Association. Each week we'll watch a topic video, followed by insightful, respectful, instructor-led discussion. The 2026 topics are America and the World: Trump 2.0 Foreign Policy, Trump Tariffs and the Future of the World Economy, U.S.-China Relations, Ruptured Alliances and the Risk of Nuclear Proliferation, Ukraine and the Future of European Security, Multilateral Institutions in a Changing World Order, U.S. Engagement of Africa, The Future of Human Rights and International Law.

Max: 20 Min: 10 Sessions: 8

Tuesday Classes

9:30 AM - 10:50 AM

Tue13 Sign-Me-Up Sign Language Skill Seminar

Marcia Haslett, M.Ed.

Location: Little Flower 6

Become a better, more confident signer & fingerspeller. Improve expressive sign vocabulary through weekly dialogue/practice activities with classmates, instructors and by viewing/discussing native signer webinars that help increase receptive skills. Our workshop-like course is intended for students who have previous experience gained from multiple intermediate/continuing FLI classes; or equivalent skill learned elsewhere. Co-instructors are Marcia Haslett & Jeanne Peckconis.

Supplies fee of \$7

Max: 15 Min: 7 Sessions: 10

10:00 AM - 11:20 AM

Tue14 Amateur (Ham) Radio: Tune In, Reach Out, Explore the World!

Barry Keating, Ph.D.

Location: Little Flower 4

Discover the fascinating world of Amateur (Ham) Radio, where technology, communication, and friendship meet! This engaging course will guide you through the essentials of radio operation, licensing requirements, and on-air etiquette. Experience hands-on demonstrations with real equipment. You'll learn how to talk with people across town or across the globe. Join the ranks of over 700,000 licensed Hams in the U.S. and open the door to a lifelong hobby that blends science, adventure, and public service. No technical background required just curiosity and enthusiasm!

Max: 12 Min: 3 Sessions: 10

10:00 AM - 11:20 AM

Tue15 Birding 101

Michaele Klingerman

Location: St. Joseph County Parks

Want to learn about the joy of birding? This series is for you! We will begin with basics of bird id while looking at birds as we visit the various St. Joseph County Parks. Dress for the weather and wear appropriate footwear. If you don't have binoculars, no worries! We have optics available.



April 14 St. Patrick's County Park: Harvest Room
April 21 Ferrettie/Baugo Creek Park: Astor Room
April 28 Bendix Woods Park: Runnels Shelter
May 12 Spicer Lake Nature Preserve: Nature Center
May 19 SBEBASanctuary: 59395 Clover Road
May 26 Beverley D. Crone Restoration Site

Max: 12 Min: 6 Sessions: 6

10:00 AM - 11:50 AM

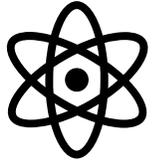
Tue16 Quantum Physics and the Elements - Andrew Sommese, Ph.

Location: Little Flower 1

This course introduces the fundamentals of quantum mechanics—from Planck and his constant to basic applications of Schrödinger's equation and the resulting structure of atoms. With this foundation, we'll take a relaxed, engaging tour through the elements, using the periodic table as our roadmap. Along the way, we'll explore how these elements appear in everyday life, including the 60+ elements found in the phones we carry.

Prerequisites are either the Fall 2025 FLI course Mathematics and Quantum Physics or high school physics, some calculus, and probability.

Max: 12 Min: 3 Sessions: 10



10:30 AM - 11:50 AM

Tue17 Basic iPhone Workshop

Richard Sunshine, Ph.D. and Jane Keller, Ph.D

Location: Little Flower 5

This hands-on class will cover basic iPhone elements, including setting up and using your iPhone, iCloud, calls and contacts, typing and texts, emails, calendar, camera and photos, video chatting with Facetime, browsing the web, and getting and using apps. Required: iPhone with iOS 26 and the book *iPhone for Seniors in Easy Steps, 12th Edition*

Max: 8 Min: 4 Sessions: 10

10:40 AM - 12:00 PM

Tue18 Flutes!

AnneMarie Dawson

Location: Little Flower Upper Room

Have you been yearning to pick up your flute again? Join us for flute choir and ensembles; previous playing experience is required. We will have time set aside for those who wish for extra help. You will need a flute in playing condition, a music stand, a tuner, and a metronome. Contact instructor for reliable flute repair technicians. Copy fee of \$5

Max: 32 Min: 5 Sessions: 10

Calling All Teachers!

If you have a passion to share, consider teaching with FLI. Teaching is a fun way to give back and meet people with similar interests.

Teachers also receive 2 free class credits per semester, and 1 free class for a spouse.

Tuesday Classes

11:10 AM - 12:30 PM

Tue19 Brain Care is Self-Care - \$35

Tom Roe

Location: Little Flower 6

Are you curious about how the brain works? Did you know our brain's main purpose is to keep us alive? Would you like to know how caring for your brain can help build community resilience? Join us to learn how NEAR-P* Science can help you, your families, and our community flourish. The course will give you practical tips on caring for yourself while diving into the broader mission, vision and goals.

Trauma-Informed Care and Self-Healing Communities of Michiana (our local SHCC)

<https://www.selfhealingmichiana.org>

Max: 15 Min: 7 Sessions: 6

11:20 AM - 12:40 PM

Tue20 President Kennedy Assassination: Unwrapping the Crime of the Century

Jack Gordon, Ed.D.

Location: Little Flower 2&3

It has been more than 60 years since President Kennedy was assassinated in Dallas. This class will review the official investigations, media coverage, examination of the medical evidence, photos and films, various theories, and an assumption that the truth about this tragedy still matters in 2026.

Max: 30 Min: 10 Sessions: 8

11:30 AM - 12:20 PM

Tue21 Chair Pilates

Vanessa Canal, M.S., Certified Pilates Instructor

Location: Little Flower Gym

Stay strong, stable, and confident in this fun, music-filled class designed for all levels! Using a chair and optional props, you'll build strength, stability, and balance through safe, effective, seated and standing movements. Modifications are tailored to every ability. Through consistent practice, participants often notice improved posture, coordination, and renewed vitality in daily life.

Max: 60 Min: 20 Sessions: 10

11:40 AM - 12:30 PM

Tue22 Knitting

Beth Holstein

Location: Little Flower A

Learn to knit as you make a dishcloth, potholder or blanket (for the more ambitious). Learn beginning skills: knit, purl, cast on, and bind off. Supplies needed: size 7 or 8 needle (straight or circular 10-14 in); 1 skein Lily Sugar 'n Cream (Michael's) or Crafter's Secret Cotton (Hobby Lobby).

Max: 8 Min: 4 Sessions: 9

12:30 PM - 1:50 PM

Tue23 Pickleball: Dinks and Drills Tuesday 1

Bob Macel

Location: Little Flower Gym

This class is for those who have completed a beginner class or clinic, who know basic rules, and how to keep score. It will provide an opportunity for additional practice and play in a supportive environment. Each class will have open play with classmates, and occasional short lectures and drills designed to improve your game. Paddles and balls provided. Note: Due to high demand, limit 1 class per semester. Caution: To play safely, you must have balance and be able to bend your knees to pick up a ball from the ground. If you have any doubt, please check with your healthcare provider.

Max: 16 Min: 12 Sessions: 10

1:00 PM - 2:50 PM

Tue24 Beginning Chess

John Pletcher, Ph.D.

Location: Little Flower A

Chess – the Game of Kings!! Learn how the pieces move, how to checkmate, and more. The class will cover the rules, tactics, strategy, and history of chess to include famous players such as Bobby Fischer. Students will play most lessons and there will be a class tournament at the end. Chess sets will be provided for classroom use. Chess improves memory and can help protect against dementia. It's also a great game to play with grandkids. No prior knowledge needed. Copy fee of \$3

Max: 12 Min: 6 Sessions: 10

1:00 PM - 2:50 PM

Tue25 Forever Connected Computer Help Desk - FREE

Location: Little Flower 1

Do you have a computer question? Can't figure out how to get to your emails? Confused by the cloud? Want to learn more about the App Store? Come to open office hours, and I will try to answer them. Bring any questions related to computers, cell phones, iPads, Mac or Windows, iOS or Android, no matter how big or small - all questions are welcome. This is a drop-in service. No FLI tuition is required.

Max: 10 Min: 2 Sessions: 10



Tuesday Classes

1:00 PM - 2:20 PM

Tue26 Dante's Divine Comedy

Thomas Parisi, Ph.D.

Location: Little Flower 2&3

A seminar devoted to Dante's masterwork of late-medieval Christianity. We will follow the Pilgrim's journey through the three realms of the afterlife, with an emphasis on Purgatory and Paradise, and explore the contexts – autobiographical, psychological, philosophical, theological, moral – that have made the poem so life-changing for so many. We will use the three-volume paperback Mandelbaum translation published in Bantam Classics, inexpensive and handy.

Max: 25 Min: 5 Sessions: 10

1:00 PM - 2:20 PM

Tue27 From Whence the Arts? From Whence Heidegger?

Chris Miller, M.A.

Location: Little Flower 6

Life is the great inexplicable. Who is it who will explain this mystery to us? Clearly, it is the artists and thinkers who gather together meaning. Art is that which "houses" what it is to be human. This is what Heidegger has taught us, that it is art which records the successive iterations of human existence. With Heidegger, we will learn to see the arts as snapshots of unfolding, successive eras, one following upon the next, each different but, however same. Call it, if you may, a rumble in the jungle of thought (shout out to M. Ali) In short, we will meditate on the arts, inviting the "from whence" to address us. (shout out to Heidegger) Copy fee of \$5.

Max: 15 Min: 5 Sessions: 10

1:00 PM - 2:20 PM

Tue28 Of Time and Textile

Connie Peterson-Miller

Location: Little Flower 4

Bring your latest needlework project and come form a hearth circle. Each session we'll explore a range of topics: the history of knitting in America; when some needles went to war and others stayed home

to mend or protest; knits and knitters of fame, infamy and anonymity; knitting traditions from around the world; science of the spin, and more. Class time will include hands-on demonstrations, light refreshments and perhaps a sing-along or two.

Max: 12 Min: 4 Sessions: 10

1:30 PM - 2:50 PM

Tue29 The Art of Photography - Taking Great Pictures!

Mary Finlay-Sims, B.A.

Location: Little Flower 5

This class is all about taking great pictures, not photo editing or apps. What makes a great picture? Why are some pictures bland and others of the same subject more appealing? What catches our eye? Students will learn about and experiment with composition, framing, perspective, light & shadow, contrast and other elements of picture-taking through instruction and assignments, followed by sharing & critiquing pictures they have taken. They will also develop new ways of looking at the world around them. Digital cameras and cell-phone cameras are both fine. Materials fee of \$15

Max: 12 Min: 4 Sessions: 10



2:00 PM - 3:20 PM

Tue30 Pickleball: Dinks and Drills Tuesday 2
Bob Macel

Location: Little Flower Gym

This class is for those who have completed a beginner class or clinic, who know basic rules, and how to keep score. It will provide an opportunity for additional practice and play in a supportive environment. Each class will have open play with classmates, and occasional short lectures and drills designed to improve your game. Paddles and balls provided. Note: Due to high demand, limit 1 class per semester. Caution: To play safely, you must have balance and be able to bend your knees to pick up a ball from the ground. If you have any doubt, please check with your healthcare provider.

Max: 16 Min: 12 Sessions: 10

Forever Connected: Empowering Seniors to Thrive in a Digital World

We're excited to share that the Community Foundation of St. Joseph County has approved a grant in support of our **Forever Connected** initiative. Coming in 2026 the program will provide:

- FREE beginning computer classes with laptops provided to make learning accessible
- A Computer lending library and assistance in attaining home internet
- A Drop-in Technology lab at FLI and the Beacon Resource Center

Wednesday Classes

9:00 AM - 11:30 AM

Wed10 Beginning Watercolor Session 1

Nancy Barr

Location: Howard Park 2

This class is for anyone who wishes to learn watercolor techniques. Whether you already have watercolor experience or have never picked up a paintbrush before, this class offers a fun and supportive environment through a variety of projects.

Full list of materials will be emailed prior to first class, estimated cost \$40-\$50. Copy fee of \$5.00

Max: 18 Min: 12 Sessions: 10

9:00 AM - 11:20 AM

Wed11 Cooking for One or Two

Susan Siemers

Location: Little Flower Kitchen

This hands-on class will focus on healthy eating habits and making food that tastes great! Learn knife skills, new techniques, and how to adapt recipes to make them better for YOU. I have taken cooking classes in France and will bring my experiences to the classroom. At least half of the classes will finish with a shared sit-down meal. The rest will include eating up the fruits of our labors, always a tasty bite or two. \$20 fee for food.

Max: 12 Min: 8 Sessions: 10

9:00 AM - 9:50 AM

Wed12 Easy Fun 8 Form T'ai Chi Chaun

Cecelia Hossler

Location: Little Flower Gym

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. This 50-minute exercise 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 Sessions: 10

9:00 AM - 9:50 AM

Wed13 French 1: Beginning French

Cheryl Herman, M.A.

Location: Little Flower 6

This is an introduction to the French language for those with little or no prior experience. We will learn to speak French and engage in basic conversation, with elements of French culture incorporated into each weekly lesson. Please purchase *Language Hacking: French* by Benny Lewis, which will provide structure for the course and offer opportunities to practice between sessions. J'espère vous voir bientôt! (Hope to see you soon.)

Max: 15 Min: 5 Sessions: 10

9:00 AM - 10:50 AM

Wed14 Immunology 101

Doris Collins, DMD

Location: Little Flower 1

Ever wonder how our amazing immune system works? It's all about how the body detects and eliminates harmful threats or invading pathogens that, if left unchecked, will cause disease or worse. This course will examine our immune system in detail, concentrating on how specific cells, biochemicals and barriers interact to protect us. Knowledge of basic biology is helpful, but not necessary.

Max: 12 Min: 8 Sessions: 10

10:00 AM - 10:50 AM

Wed15 Drum Circle

Vincenzo Carrasco, B.A.

Location: Little Flower Gym

Drum Circle is a fun, educational, and accessible musical experience that celebrates diversity, inclusion, and expression! Participants of drum circle will learn about various percussion instruments from all over the world and the proper technique for playing each instrument. The goal is for everyone who participates to discover and share their sense of rhythm with each other, even if just by clapping along! Dancing encouraged!

Max: 20 Min: 10 Sessions: 10

10:00 AM - 10:50 AM

Wed16 French 1: Semester 2

Cheryl Herman, M.A.

Location: Little Flower 6

This class is a continuation of French 1, and we will move forward with Units 4–6. The emphasis remains on learning to speak French and engaging in basic conversation, with French culture woven into each weekly lesson. Students should purchase *Language Hacking: French*, which provides the structure for the course and helpful practice opportunities between class sessions. J'espère vous voir bientôt! (Hope to see you soon.)

Max: 15 Min: 5 Sessions: 10

10:00 AM - 10:50 AM

Wed17 Poland's Struggles to Regain Independence

Robert Jankowski, MBA

Location: Little Flower 4

A look at Poland's many rebellions and revolutions to regain independence. Includes heroes of the American Revolution, Napoleon and many other notable figures from history.

Max: 12 Min: 2 Sessions: 10



Wednesday Classes

10:00 AM - 11:50 AM

Wed18 Silvertones

Maretta Hershberger, M.A.

Location: Little Flower Upper Room

Silvertones is a glee club for seniors – no auditions! We welcome anyone who wants to sing. Our focus is on performance of music that is both fun and entertaining, as well as serious; we sing both religious and non-religious music. This spring is our 10th anniversary, so we are celebrating by performing many of our favorite songs from past semesters, going all the way back to 2016! Silvertones gives a free public concert each semester and performs for as many as a half dozen senior groups and retirement centers as well. Participation in performances is expected unless there are extenuating circumstances. Most performances are in the afternoon. Great camaraderie adds to the fun - we are a very social group. Extra rehearsals may be scheduled to be fully concert-ready by the third weekend in May.

Max: 50 Min: 10 Sessions: 10

10:00 AM - 10:50 AM

Wed19 Spring Hiking Series

Mikaela Gohn

Location: St Joseph County Parks

Ready, set, hike! During this series, you will explore several parks and observe different plant and animal habitats, all while getting some healthy exercise. This program consists of six guided hikes, some of which may take place on moderately hilly terrain and muddy trails. Class meets weekly from March 11th to April 22nd, starting at St. Patrick's County Park.

Max: 20 Min: 10 Sessions: 6



10:00 AM - 11:50 AM

Wed20 The Joy of Nature Journaling

DeAnna Varela, M.A.

Location: St. Patrick's County Park Brown Barn

Step into the sunshine and let your creativity wander! The Joy of Nature Journaling is a relaxed, playful course for anyone eager to explore the outdoors with curiosity and a sense of fun. No experience needed—just an open mind and a love for the natural world. Learn quick sketching skills, simple nature photography, collage, and gentle guided writing. Your naturalist instructor shares fun facts and easy techniques as you slow down, notice small wonders, and create joyful pages that celebrate the beauty around you. *Runs April 1 - May 6 in the Brown Barn at St. Patrick's County Park. A journal and a pencil will be provided. Copy fee of \$5.

Max: 12 Min: 7 Sessions: 6

10:00 AM - 10:50 AM

Wed21 Value Investing Like Buffett (FREE)

Leighton Schmitt

Location: Little Flower Payne Hall

Join for this free session that explores the life and investment approach of Warren Buffett. Buffett has had one of the best long term track records in investing history. He will also go down as one of the greatest philanthropists in history. This session is purely for entertainment and educational purposes and is NOT financial advice of any kind. No FLI tuition due. One session only on March 4th

Max: 100 Min: 30 Sessions: 1

10:20 AM - 11:40 AM

Wed22 Potent Parables

Rev. Dr. Patrick Somers, M.Div, D. Min.

Location: Little Flower A

Surprising, shocking, and downright radical! Study Jesus' parables of the kingdom of heaven in their cultural and scriptural context. Unvarnished understandings of familiar scriptures will give added meaning for today's living – our relationship with each other and with God. Bring your Bible. Worksheets will be provided.

Max: 14 Min: 4 Sessions: 10

10:30 AM - 12:20 PM

Wed23 iPad Photo Editing Workshop

Richard Sunshine, Ph.D. & Jane Keller, Ph.D.

Location: Little Flower 5

This workshop will use a \$10 app plus Apple software on the iPad to edit class and student photos. We will cover restoring old photographs, removing unwanted people and features, adding images, adding text, changing background, and adjusting the exposure, texture, and color in selected areas of photos, and creating collages, cards, etc. We will demonstrate some of the Apple Intelligence photo editing features as they evolve. An iPad running iPadOS 26 is required, but Apple Intelligence capabilities are not required.

Max: 8 Min: 4 Sessions: 10

10:30 AM - 11:50 PM

Wed24 Forever Travel Show (FREE)

Mayflower Cruises and Tours

Location: Little Flower Payne Hall

Traveling is one of the great joys of life. Learn about our upcoming 2026-27 trip options in this fun and informative session. We'll discuss trips to Portugal, The Netherlands & Belgium, The Albuquerque Balloon Fiesta, and Mt Rushmore, Yellow Stone, and Grand Teton National Park. Bring your questions! One session only March 25th



Wednesday Classes

11:00 AM - 11:50 AM

Wed25 A History of the White House - Part II

William Gilroy, M.A., M.S.

Location: Little Flower 2&3

The White House is both the seat of executive power in the United States as well as a family residence. This course will span the period from the presidency of Abraham Lincoln to the present. We will examine both the physical alterations and historic moments of the White House, as well as the experiences of the families that have called it home.

Max: 25 Min: 5 Sessions: 10

11:00 AM - 11:50 AM

Wed26 French 2

Cheryl Herman, M.A.

Location: Little Flower 6

We will continue with *Hacking French* by Benny Lewis. We will complete Unit 8 until the end of the book. Also we will continue to learn about the past tense and learn the future tense. We will also read and have discussions from *le Petit Nicolas*, French Edition, pocketbook (\$16.94 on Amazon). Be sure to buy the pocketbook version. On se verra bientôt!

Max: 15 Min: 5 Sessions: 10

11:30 AM - 12:50 PM

Wed27 Solid Silver Dancers

Cathy Roe, certified instructor

Location: Little Flower Gym

This cardio dance class teaches a vocabulary of dance steps and styles (40s, 50's, 60's, disco, Broadway, etc.), which are choreographed into "dances." The first 50 minutes is dedicated to dancing and feels like a dance workout that is easy on the knees and made especially for us seniors. But still fun and sassy! After the first few classes, a 20–25-minute rehearsal will follow for those who want to be in the performance versions of the dances. (You can just do the first 50 minutes if you don't want to be in the performances).

Max: 40 Min: 4 Sessions: 10

12:00 PM - 2:30 PM

Wed28 Beginning Watercolor Session 2

Nancy Barr

Location: Howard Park 2

This class is for anyone who wishes to learn basic watercolor techniques. Whether you already have watercolor experience or have never picked up a paintbrush before, this class offers a fun and supportive environment through a variety of projects. Full list of materials will be emailed prior to first class, estimated cost \$40-\$50. Copy fee of \$5.00

Max: 18 Min: 12 Sessions: 10

12:10 PM - 1:00 PM

Wed29 From Rasputin to Putin-Part 2

David Stefancic, Ph.D.

Location: Little Flower 2&3

This engaging Russian history class details the era from Stalin and continues to Putin.

Max: 30 Min: 1 Sessions: 10

12:10 PM - 1:30 PM

Wed30 Pinochle for Beginners

Beth Holstein

Location: Little Flower 1

Learn the basics of the card game pinochle. Enjoy playing this old German card game played with 2 to 8 people. Working in teams you will calculate meld, order of playing the cards, taking tricks, and scoring. There will be time for practice each week.

Max: 12 Min: 8 Sessions: 10

1:00 PM - 2:20 PM

Wed31 From Factory Floors to AI: Integrating Catholic Social Teaching - Zoom

Richard Putz, B.A.

Location: Zoom

Explore how 130 years of Catholic teaching on work, dignity, and technology—spanning from Pope Leo XIII to Pope Leo XIV—can guide us through the challenges posed by AI and automation. This course draws clear connections between social encyclicals and urgent questions: What defines just wages in a gig economy? How can we preserve human creativity when AI encroaches on creative labor? Can technology truly serve, rather than replace, people? Join a thoughtful exploration of faith's enduring principles—human dignity, solidarity, and the common good—offering historical wisdom and practical hope for a just digital future.

Max: 20 Min: 5 Sessions: 10

1:00 PM - 1:50 PM

Wed32 Geology of Lakes and the US

Timothy McBride

Location: Little Flower 6

Ever wonder how those beautiful rocks on Lake Michigan's beach were made? Why do some look like coral or black as lava? Some are layered with sands of different colors. Each of these rocks tells a story. Learn the story of how the earth evolved and the unique process that formed the continents. Rocks can also tell the story of the evolution of life. Come learn these processes and you will never see beaches, mountains and plains in the same way. Finally, you will learn to appreciate the time involved in the development of the earth's surface.

Max: 16 Min: 8 Sessions: 10



Wednesday Classes

1:00 PM - 3:20 PM

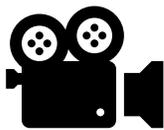
Wed33 Golden Age Of Cinema Matinee

Randall Matthews, M.S.

Location: Howard Park 1

Our class will enjoy watching a different movie from the 30's, 40's, 50's and 60's for each of our ten sessions. The films will cover a variety of cinematic genres from comedy to drama, musicals to noir, and everything in between. Our hosts (Judith, Jeff, and Randy) will frame the week's movie with an introduction and summary analysis, as well as interesting tidbits and trivia. The emphasis is on fun as well as film critique and information sharing among class members and hosts. Class questions and comments are encouraged.

Max: 42 Min: 15 Sessions: 10



1:00 PM - 2:50 PM

Wed34 Forever Connected: Beginner Computer & Smartphone Skills - FREE

Location: Little Flower 5

This welcoming, beginner-level course helps learners build confidence using provided computers, smartphones, and essential online tools. Over 10 weeks, students will learn how to use devices, set up accounts and manage passwords, send and receive emails, navigate the internet safely, use social media, shop and bank online securely, and access helpful digital resources. Smartphone basics such as texting, calling, and using apps are also included. A skills checklist will guide learning and assess progress. Students who successfully complete the course may check out a computer from the FLI Lending Library for home use. This course is free due to a generous grant from the Community Foundation of St. Joseph County.

Max: 8 Min: 3 Sessions: 10

1:20 PM - 2:40 PM

Wed35 Colored Pencil Painting

Suzanne Harris

Location: Little Flower 2&3

This semester, we'll continue our colored pencil journey with a review of the basic steps for achieving realism—perfect for both returning students and newcomers. In the first half, we'll focus on portraits of people and animals; in the second half, you'll paint from your own reference images. Supplies: Strathmore Bristol Vellum paper, professional-grade Prismacolor pencils (minimum 12-count, not watercolor), pencil sharpener, Tombow mono sand and kneadable erasers. Copy fee of \$2.

Max: 25 Min: 4 Sessions: 10

1:30 PM - 2:50 PM

Wed36 Beginning Guide to Sketching

Terry Nix

Location: Little Flower A

Discover how to use the elements of art to create a variety of sketches. We will learn about both materials and techniques. Everyone is encouraged to find their own style. Each week will involve a different aspect of sketching. Materials are available at Hobby Lobby: 1) Faber-Castell Graphite Grip Pencils Artist Drawing Set (3 pencils 2B, B, HB, eraser, and metal sharpener), \$6.49. 2) Master's Touch Hardcover Spiral Sketch Pad (acid free paper)—your choice of size, \$6.99 - \$19.99

Max: 9 Min: 6 Sessions: 10

2:00 PM - 3:20 PM

Wed37 Music Theater Workshop

Michael Marquez-Snyder, M.A.

Location: Little Flower Upper Room

In the workshop, students will learn about the many elements that differentiate music theater from plays and operas. Students will explore sound with movement, improve their pronunciation, further develop their vocal quality, and learn about character development. By the end of the workshop, students will have learned one to two pieces of their choosing that they will be able to perform in any place, at any time. The final class will be a recital that is open to the public.

Max: 15 Min: 10 Sessions: 10

2:00 PM - 3:30 PM

Wed38 Red Ball Tennis

Sue Schneider & Mary Chapman

Location: Little Flower Gym

Red Ball Tennis is a fun social tennis experience designed for everyone. It's played with a shorter tennis racquet and a lower compression tennis ball with a slower bounce. There are four players in a game and it's played on a pickleball court. There are only a few rules, simple scoring, and lots of fun. If you're looking for a new game to try, consider Red Ball Tennis. Join us for this inaugural class! Racquets and balls provided.

Max: 16 Min: 8 Sessions: 10



FLI Spirit Wear

FLI has partnered with local firm It's Tops to host an online store. You can purchase gifts, t-shirts, jackets, and more. Purchases can be picked up directly from our office.

2:00 PM - 3:20 PM

Wed39 Science & Religion: Conflict or Something Else? - FREE

Robert Jay Malone, Ph.D.

Location: Little Flower Payne Hall

The so-called Conflict Thesis, made popular by Andrew Dickson White and John William Draper in the 19th century, claims that science and religion are, at best, in conflict, and, at worst, at warfare with each other. This talk will look at the historical roots of this purported tension, beginning with the Galileo affair and ending with Intelligent Design. We will examine Stephen Jay Gould's Non Overlapping Magisteria (NOMA), Richard Dawkins' belief that many Christians are essentially idiots, and wrestle with the idea of beauty and the numinous qualities of nature. One session only meets April 22nd, 2026

Max: 50 Min: 10 Sessions: 1

3:00 PM - 4:50 PM

Wed40 Why Studebaker Failed

Leighton Schmitt

Location: Little Flower 2&3

In 1959 Studebaker earned a record profit of over \$28 million. Just 4 years later the plant was closed for good. What happened? Join for this sweeping history meets business class and learn what led to the end of the line for South Bend's once largest employer. Class meets from March 4th to April 1st.

Max: 36 Min: 25 Sessions: 5

Wines of the World With Sharyl Dawes

Build your wine knowledge by sipping and studying your way through some of the world's most famous wine regions. Each session will feature 3-5 tastings, with a discussion of food pairings, tasting notes, and the history and geography of the region. Sharyl has hands-on viticultural and wine-making experience.

Fri26 Wines of Italy – 3/20/2026

Fri27 Wines of Portugal – 5/15/2026

Fri28 Wines of Spain – 4/17/2026

2:00 PM – 3:20 PM - Location: Little Flower Room A. The cost is \$25 per session.

Caution: Consuming alcohol can have negative health effects and may interact with medications in the blood stream. If you are uncertain, please consult your medical professional.

9:30 AM - 10:30 AM

Thu10 Juggling Without Drops

Bill Hooper

Location: Little Flower Gym

Join the fastest growing sport in Europe! Juggling without drops with a new device called the juggle board which is juggling by rolling balls on rails not throwing. Learn to juggle 3-4 balls, pass six balls with a partner and develop a multitude of juggling patterns all while sitting down at a table without drops. This course will then transition for many to a simple, fun and innovative three ball juggling technique called claymotion juggling. Taught by the creative team that developed the popular juggling series, this course is open to everyone regardless of physical ability. All props provided.

Max: 6 Min: 2 Sessions: 9

9:30 AM - 10:50 AM

Thu11 Senior Yoga

Kim Teska, Ph.D.

Location: Little Flower Upper Room

A focus on moving every part of the body from head to toe. Gentle poses that are adapted as needed for the less flexible.

Max: 25 Min: 5 Sessions: 10

9:30 AM - 11:20 AM

Thu12 South Bend Watch Company - FREE

Bill Stockton

Location: Little Flower 2&3

This will be a **single session class on March 12**, about the South Bend Watch Company. We will discuss the history of Indiana's only watchmaker, many of the people involved, products, location, ultimate demise and aftermath, the need for high quality watches, and a little about how they work. Afterward, bring your old pocket watches and I'll provide any information I can.

Max: 30 Min: 4 Sessions: 1

10:00 AM - 11:50 AM

Thu13 Chinese Mahjong

Cecelia Hossler & Stella Chan

Location: Little Flower 6

Mahjong is a Chinese 4-player game of skill, strategy, and calculation. It is considered a "mind sport" and is fun and interesting to play. 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: 16 Min: 4 Sessions: 10



Thursday Classes

10:00 AM - 11:20 AM

**Thu14 Everything You Wanted to Know
About Music But Were Afraid to Ask**

Mark Beudert, A.Mus.Doc.

Location: Little Flower 5

Join international operatic tenor and retired ND professor Dr. Mark Beudert (live) and the legendary Leonard Bernstein (on video) as we continue to make the workings of classical music understandable. You will be AMAZED at how much you learn! No prior knowledge required.

Max: 12 Min: 3 Sessions: 10



10:00 AM - 11:00 AM

Thu15 German 1.75

Karen Kazmierzak, M.S.

Location: Little Flower A

Guten Tag! Wie geht's? - This course is a continuation of German 1.5 with a focus on basic communication skills. If you have not joined us in the past but have had some German, you are welcome to sign up. Speaking with correct pronunciation is an important focus of our classes. Grammar and vocabulary are introduced as needed. We discuss various aspects of German culture and learn some folk songs and poems. Text *LANGUAGE HACKING GERMAN*. Copy fee of \$2.00

Max: 15 Min: 4 Sessions: 10

10:00 AM - 11:30 AM

Thu16 Watercolor Workshop - Zoom

Dorothy McGovern, M.A.

Location: Zoom

Each week we'll paint a picture together mixing up our styles from realistic to loose paintings. Before class, you'll receive a photo and sketch along with supplies that we'll need. As always, you're encouraged to paint in your own style. Mostly we'll share ideas, painting tips and fun along the way. Required knowledge: Beginners Watercolor & Zoom

Max: 15 Min: 5 Sessions: 10

10:30 AM - 11:50 AM

Thu17 Intermediate Juggling

Al Eisenhour

Location: Little Flower Gym

Intermediate Juggling is for all graduates of the Learn to Juggle Class or anyone that can juggle three balls. We continue by adding several new props such as spinning plates, Cigar boxes, Rings and many more. By the end participants will be able to juggle three clubs and start to pass clubs with a partner. Participants bring/purchase three juggling clubs. Taught by Ex Pro Juggler Al Eisenhour.

Max: 16 Min: 4 Sessions: 9



10:30 AM - 11:50 AM

Thu18 Learn to Juggle

Bill Hooper

Location: Little Flower Gym

Juggling has been called Miracle-Gro for the brain and body. This course will teach you how to juggle scarves, two and three balls, with many progressing at their own pace to three bouncing balls and rings. Juggling is one of the best exercises for hand eye coordination, brain health, and is a terrific and fun cardio exercise. Join us for a nine-week journey into one of the best and healthiest lifelong activities that will change your life. Taught by Ex-Pro juggler, Bill Hooper with assistance from several juggling teachers who are all past students of the FLI juggling program. All juggling props supplied by FLI

Max: 8 Min: 2 Sessions: 9

11:00 AM - 12:20 PM

**Thu19 Having Fun with French: Advanced
Beginning French**

Jerry Gloster, M.A.

Location: Little Flower 4

This class will work for those who are at an advanced intermediate, intermediate, or advanced beginning level in French. Text: *Easy French: Step-by-Step, Mastering High Frequency Grammar for French Proficiency--Fast* by Myrna Bell Rochester, McGraw-Hill Education, 2009. Eight weeks guaranteed, including the first and last weeks of the semester, with the possibility of 1 or 2 extra classes at the availability of the teacher. Copy fee of \$5

Max: 15 Min: 4 Sessions: 8

11:00 AM - 11:50 AM

**Thu20 Understanding Israel: Its People, History
& the Struggle for Survival and Peace - \$35**

Bob Feferman, B.A.

Location: Jewish Federation

Learn about modern Israel through presenters Bob Feferman, former Community Relations Director, Omer Karavani, Israeli Emissary, and Jordan Price, Programming Director for the Jewish Federation of St. Joseph Valley. Omer will present, "My Israeli Story", which tells his personal story and that of his family. Then we'll have an overview of the Jews of the Middle East, and discuss "Israel the Melting Pot?" Then we'll discuss the history of the city of Safed, a center of Jewish mysticism in the 16th century. The last 2 sessions are titled, "Israel: A Struggle for Survival and Peace". Classes meet: March 5th, 12th, 19th, and April 16th, 23rd and 30th.

Max: 50 Min: 4 Sessions: 6

Thursday Classes

11:10 AM - 12:30 PM

Thu21 Touches of Theater

Barb Thomas

Location: Little Flower A

If you love theater—watching plays, acting, or simply exploring dramatic literature—this class is for you.

We'll read and discuss several modern and contemporary plays, view performance clips, and learn about each play's history and playwright. You'll have copies to read in advance and take on character roles in class. We'll share insights, offer brief critiques, and select scenes for a final readers' theater performance for guests. A field trip to a local production may also be possible. Copy fee of \$2.00

Max: 12 Min: 6 Sessions: 10

11:50 AM - 1:10 PM

Thu22 Spanish, Level 2 (Advanced Beginning)

Carol Stuart, Ph.D.

Location: Little Flower 5

This class is for students who feel comfortable with Spanish pronunciation, basic vocabulary, and using the present tense in the Spanish language. We will build up our vocabulary and learn additional grammar including how to talk about events in the past. Please purchase *Spanish Easy and Fun, 2023*. We will cover units 11-20 in this course. To get the most out of the class, students will need a computer, tablet, or smartphone to access the audio components. Copy fee of \$3.

Max: 16 Min: 5 Sessions: 10



12:00 PM - 1:20 PM

Thu23 Italian Language and Culture Through Food (Part 2)

Nancy D'Antuono, Ph.D.

Location: Little Flower 1

This course will continue to explore and expand upon the unique cultural heritage of Italy's regions relative to their culinary preferences and innovations. We will continue to review major grammar points and to develop conversational skills pertinent to travel to Italy. Supplementary cultural materials will be provided by the instructor, as before. Our text continues to be *Italian Through Food* by Andrea Parisi (available on Amazon)

Max: 12 Min: 5 Sessions: 10

12:10 PM - 1:30 PM

Thu24 Civility (Expanded)

Peter Stone, D.Min.

Location: Little Flower 6

What do you love? Seminar-style, the project will incorporate class conversations about student experiences with love and hope in a shared society

as well as stories about civility heroes now and in the past. Examples include James Baldwin, Archbishop Desmond Tutu, Robin Wall Kimmerer, Wendell Berry, and others. Answering a call for action something as simple as planting and appreciating a tree to counter the ecological crisis? "The text is *Love's Braided Dance* by Norman Wirzba, Yale University Press, 2024 (157pg).

Max: 12 Min: 4 Sessions: 10

12:20 PM - 1:40 PM

Thu25 Pickleball for Beginners-Thursday

Donna Adams

Location: Little Flower Gym

Discover pickleball, the fastest growing sport in America! This beginner friendly class introduces you to the essentials: rules, scoring, where to play, and how to find playing partners. You'll develop core skills including serving, sustaining a rally, and placing the ball with purpose through a mix of brief instruction, fun drills, and open play. No athletic background is required, just a willingness to move, learn, and laugh. Note: Good balance and the ability to bend your knees are important for safe play. If you have concerns about your mobility or health, consult your healthcare provider before enrolling. Assisted by Sam Haag and Sue Fassett

Max: 16 Min: 8 Sessions: 10

1:00 PM - 2:20 PM

Thu26 US Politics in the Last 100 Years: II

John H. Haas, Ph.D.

Location: Little Flower 2&3

This class will pick up the story of the US, primarily from the political angle, from the 1970s up to the present. Topics include the twilight of New Deal liberalism, the breakup of the Roosevelt coalition, the fracturing of American culture, the rise of the "New Right," the search for identities of all kinds, the Age of Terror and a Global War against it, a worldwide Great Recession, a pandemic that provoked an explosion of populist grievances we're still reckoning with, and more. Expect readings of 20 pages per week. Copy fee of \$5.

Max: 30 Min: 5 Sessions: 10

1:30 PM - 3:20 PM

Thu27 Cedar Grove Cemetery Tour - FREE

Jon Adamson

Location: Cedar Grove Cemetery

Join us for a free lecture and tour of Cedar Grove Cemetery--the cemetery on the campus of Notre Dame. Learn about local history and the fascinating lives of both famous and ordinary people interred at Cedar Grove. The lecture will be held in All Souls

Thursday / Friday Classes

Chapel--the oldest continuously used chapel on campus. This will be followed by a tour of the grounds, stopping at various graves along the way.

This is a single session class meeting on April 16th

Max: 20 Min: 12 Sessions: 1

2:00 PM - 3:50 PM

Thu28 Advanced Spiritual Art Journal with Magazine Collage

Rev. Marianne Chalstrom, M.Div.

Location: Little Flower A

Have fun tending your Creative Soul with this art journal practice. We use magazine collage and journaling techniques to explore creativity, memories, feelings and inner wisdom through the found expressing our soul's native language. This art journal practice is fun and soul-tending as we come together in a safe group setting. Additional journaling, and/or YouTube videos may be assigned outside of class. Highly recommended: at least one semester or collage retreat with the instructor.

Bring: Sketchbook, gluestick, scissors, magazines.

Max: 12 Min: 5 Sessions: 8

2:00 PM - 2:50 PM

Thu29 Psalms through the Centuries

Kevin Cawley, Ph.D.

Location: Little Flower 5

The Psalms have an interesting history: regarded as sacred scripture by Jews, Christians, and Muslims -- sung in ancient times and still sung today. In this class we will study the psalms themselves and their history, including their importance in the development of music and musical notation. We will learn how the singing of psalms changed from ancient times through the Middle Ages and into modern times. We will also learn how to sing psalms in English -- both the simplified chant of plainsong and the psalms transformed into hymns in modern hymnals. (You won't have to sing if you don't want)

Max: 12 Min: 4 Sessions: 10

2:00 PM - 3:20 PM

Thu30 Spanish Conversation, Level 5

Janet McPeak, DML

Location: Little Flower 1

This course is a continuation of Spanish Level 4. The objective is to practice vocabulary and grammatical topics through conversation. While Spanish 4 emphasized speaking in the past tenses, Spanish V will go on to include conversational practice in conditional and future time frames.

Max: 12 Min: 10 Sessions: 8

9:00 AM - 10:20 AM

Fri10 Fundamental of Options Trading

Warren Rees

Location: Little Flower 2&3

Would you like to earn income without having to work a job? Buy insurance to protect against potential losses in your stock market investments? Do you have an interest in trading stocks but fear that you will either lose too much money or have insufficient funds to make the effort worthwhile? If so, options trading may be a good alternative since they can be used to address each of these issues. This class will begin with the basics of options trading and work step-by-step through what you must understand to incorporate them into your financial strategy. Recommended text: *The Options Playbook* by Brian Overby (2024).

Max: 15 Min: 5 Sessions: 10



9:00 AM - 11:00 AM

Fr11 Life SPRINGS Into Action! - \$35

Jan McGowan, B.A., MLS

Location: St. Joseph County Parks

Once each month, meet a naturalist at a County Park for an introduction to what's going on with plants, animals and insects as nature reawakens from winter. Then head out for a naturalist-led hike to look and listen for nature in action. Dates and locations: March 6 at St. Patrick's County Park; April 3 at Spicer Lake Nature Preserve; May 1 at Bendix Woods County Park.

Max: 15 Min: 7 Sessions: 3

10:00 AM - 11:50 AM

Fri12 Oldtime Contra Dance

Kevin Cawley, Ph.D.

Location: Little Flower Gym

Contra dance, popular in the British Isles and in America since colonial times, might remind you of the dancing you see in movies based on Jane Austen novels -- or of the hoedowns in westerns. Couples progress through the dance in long parallel lines doing figures such as allemande, dosido, circle, star, promenade, and swing. We will also learn some circle dances using these figures. We will learn dances from England, Scotland, Ireland, Wales, Canada and America, dating from the 1700s through the 1900s. Roy Somerville assisting.

Max: 36 Min: 12 Sessions: 10

Follow us on Facebook for the latest updates!



Friday Classes

10:00 AM - 11:00 AM

Fri13 The History Museum: 150 Years

Stephanie McCune-Bell

Location: The History Museum of South Bend

The History Museum's 150 Years in the Making is designed to bring to life the Museum's rich history of collecting and preserving the past. Individuals enrolled in the course will learn about a variety of themes related to the Industrial Revolution, the expanding western frontier, European immigration, the Great Migration, and Victorian-era architecture. Students will meet at the Museum's campus for each session. Some walking required.

Max: 25 Min: 10 Sessions: 8

10:10 AM - 11:00 AM

Fri14 Redistricting 101 - \$35

Ralph Spelbring, B.A.

Location: Little Flower 1

Michigan's 5th Congressional District, formerly represented by Gerald Ford, covers parts of Calhoun, Kalamazoo, and Berrien Counties. It stretches along the state lines of Indiana and Ohio, from Lake Michigan to Lake Erie. The district's boundaries are often noted for their irregular shape. Critics suggest it may impact local community representation, while others contend that the district's shape reflects broader political or demographic considerations. Can it be fixed?

Max: 12 Min: 3 Sessions: 5

10:20 AM - 11:10 AM

Fri15 Writing the Stories of Your Life I

Ann Carey Schmiedeler, B.A.

Location: Little Flower A

This class will help you write your memories and stories for future generations. Each class offers topics to consider, and students inspire each other with their memories and stories in a spirit of camaraderie. Rather than writing an autobiography you will discover the joy and fun of recalling various episodes in your life, such as a first job or a favorite holiday tradition. At the end you will have a unique collection of short stories. Copy fee of \$1.

Max: 10 Min: 5 Sessions: 10

10:30 AM - 11:50 AM

Fri16 Beginning Euchre

Sharyl Dawes, MBA

Location: Little Flower 5

Discover the fun and friendly game of Euchre in this beginner course designed just for you. Learn the rules, card values, basic strategies, and the partnerships that make this classic game so enjoyable. Each session offers clear instruction,

practice hands, and time to build confidence while socializing with fellow players. By the end, you'll be ready to join games with friends and family—and can easily transition into the Forever Euchre Club when you're ready.

Max: 16 Min: 4 Sessions: 10

10:30 AM - 12:50 PM

Fri17 Intro to Genetics

Sharon Dennis, B.S.

Location: Little Flower 6

In today's world, terms like genetics, mRNA vaccines, and CRISPR technology appear everywhere. This class provides a solid foundation in the basics of genetics and inheritance, exploring how they shape evolution, diversity, modern medicine, and cutting-edge biotechnology. It also serves as an excellent companion to my other course, Ethics in Genetics.

Max: 15 Min: 5 Sessions: 10

11:00 AM - 12:20 PM

Fri18 Forever Euchre Club - \$30

George Azar, M. Ed.

Location: Little Flower Balcony

Join us for Forever Euchre Club, a fun and social class designed for those who enjoy this fast-paced card game of strategy and teamwork! Participants will gather to play friendly games of euchre in a relaxed and welcoming environment. Whether you're a seasoned player or just learning the ropes, this club offers a great opportunity to sharpen your skills, share tips, and enjoy lively conversation. No formal instruction. Bring your competitive spirit and get ready for lots of fun! All skill levels are welcome.

Max: 36 Min: 4 Sessions: 10



11:00 AM - 12:50 PM

Fri19 Watercolor Workshop

Gloria Mann

Location: Little Flower 2&3

Our Spring painting will bring in the Birds, Butterflies and Insects. We will work on mixing and painting with tones from primary colors and mixing neutral tones. Our abstract work will consist of Cubism and Pointillism. We will also work on people and faces in pictures. One class will be devoted to just 10-minute paintings. Also, pen, ink and watercolor flowers, fruits and vegetables and much more. Prerequisite: Beginning Watercolor. Copy fee of \$3

Max: 24 Min: 8 Sessions: 9

Friday Classes

11:30 AM - 12:20 PM

Fri20 Writing the Stories of Your Life II

Ann Carey Schmiedeler, B.A.

Location: Little Flower A

This class will help you write your memories and stories for future generations. Each class offers topics to consider, and students inspire each other with their memories and stories in a spirit of camaraderie. Rather than writing an autobiography you will discover the joy and fun of recalling various episodes in your life, such as a first job or a favorite holiday tradition. At the end you will have a unique collection of short stories. Copy fee of \$1.

Max: 10 Min: 5 Sessions: 10



12:20 PM - 1:40 PM

Fri21 Spanish, Level 3 (Intermediate)

Carol Stuart, Ph.D.

Location: Little Flower 5

This course is for those who are comfortable with the present and preterite tenses in Spanish and want to deepen their understanding of Spanish grammar and communication. We will learn the imperfect past tense, the future tense, and subjunctive mood, among other verb forms, and will engage in classroom conversation. Please purchase the book *Spanish Easy and Fun* (c. 2023) before the first class. This course will cover units 21-30 in the book. Students will need access to a computer, tablet, or smartphone for home audio study. Copy fee of \$3.

Max: 16 Min: 5 Sessions: 10

12:30 PM - 1:20 PM

Fri22 Beginning Hula

Becky Albrecht

Location: Little Flower Gym

We will learn the basics of traditional Hawaiian dance, focusing on graceful movements, fluid arm gestures, and rhythmic footwork. Students will learn fundamental steps such as the basic kaholo, ami, and hula pahu, while also understanding the cultural significance behind the dance. The course emphasizes the connection between movement and storytelling, as well as the importance of rhythm and breath in hula. Perfect for beginners, this class offers a fun, energizing way to improve flexibility, coordination, and body awareness, all while exploring the rich history of Hawaiian culture.

Max: 15 Min: 7 Sessions: 10

1:00 PM - 2:20 PM

Fri23 Ethics and Genetics

Sharon Dennis, B.S.

Location: Little Flower 6

In an age of rapidly advancing technology, genetics is playing an increasingly significant role in science and medicine. With these breakthroughs come profound questions. Who owns our genes? Are GMO foods safe? Is it ethical to create entirely new proteins to combat disease and disorders? What are the caveats and concerns surrounding CRISPR technology? Should we create "designer babies"? What happens if insurance companies gain access to our genetic profiles? Are we, in some ways, playing God? Join as we explore these questions and many more. No prior knowledge needed.

Max: 16 Min: 2 Sessions: 10

1:00 PM - 1:50 PM

Fri24 Prepping for and Surviving WW3, Cyberattacks and Other Calamities

David Warkentien, EE & B.S.

Location: Little Flower 2&3

Hope for the best, prepare for the worst. Learn how to protect yourself and family. We'll discuss medical supplies, water purification and extraction, finding, growing and storing food, camping gear, tools, fire starters, CBRN (Chemical, Biological, Radiation, and Nuclear) hazmat suits and masks, emergency radios, Geiger counters, EMP (Electromagnetic Pulse) detection. Over 250 "show and tell" items will be displayed. Learn the pros and cons of "bugging in" (staying home) and "bugging out" (leaving home) for the various types of calamities along with when it will be safe to go outside again.

Max: 30 Min: 10 Sessions: 10

1:00 PM - 2:20 PM

Fri25 The Aftermath of Nazism & World War II

Rev. Christopher Kuhn, M.A.

Location: Little Flower 1

This course concerns the legacy of fascism and conflict upon the German people, specifically the families and survivors of the Nazis, beginning with the Denazification Program initiated by the United States and its allies. We will discuss the Nuremberg Trials, military tribunals, executions and imprisonments, as well as the fate of German prisoners-of-war. Focus topics will be the refugee population and the Holocaust resettlement, the widows and "rubble" women living in devastated German cities, as well as the education of the German youth in post-war publications and media.

Max: 14 Min: 10 Sessions: 10

11:00 AM – 2:00 PM - APRIL 29th Only

Wed42 Fun with Stitching - Appliqué - \$20

Jeanne Peckconis

Location: Payne Hall

Cut, stitch, and create! This beginner embroidery appliqué class is a relaxed introduction to combining fabric and embroidery. You'll learn basic appliqué methods and simple stitching techniques while making a unique small project. All materials are included, but feel free to bring your own fabric scraps or tools. Perfect for beginners and anyone curious about stitching—no experience required. This session will be held on Wednesday, April 29.

Max: 30 Min: 10 Sessions: 1

10:00 AM – 11:00 AM – March 18th Only

Wed41 How to Successfully Declutter Your House with Kirsten Sharpe - FREE

Location: Payne Hall

Kirsten Sharpe, Managing Broker and Owner of Sharpe Realty and The Realtor for Seniors™, will guide attendees through what decluttering truly means, why it's worth doing, and the psychology behind letting go. She will share practical steps to take action and begin decluttering, along with proven strategies for staying clutter-free. The presentation also includes helpful resources on where to donate or discard items responsibly, followed by a Q&A session with Kirsten Sharpe. The session will meet on March 18.

Max: 50 Min: 10 Sessions: 1

9:30 AM – 11:20 AM

Mon36 Building Photography Skills Using Digital and Cellphone Cameras

Michael Davids

Location: Little Flower 1

This hands-on course will explore how to enhance your photographic skills using all forms of digital cameras, including point-and-shoot, cell phone, and more advanced digital SLR cameras. You do not need prior experience or instruction; come with an open mind and a desire to learn how to do more with the camera you have. Each week, there will be assigned topics for photographic exploration including composition, lighting, exposure and how to enhance the shots. During the class, we will offer a public critique of your photos and answer your questions.

Max: 12 Min: 5 Sessions: 10

The Mission of Forever Learning is only possible thanks to your generosity. We have increased tuition only once in the past 20 years. Thank you to our many volunteers, teachers, donors, and corporate sponsors who make that possible!

During the Year 2025

5774

Volunteer hours were donated by our teachers

389

Individuals donated monetarily

\$53,86

Was the average amount donated

We are not funded by any federal, state, or local program. The companies below have generously given \$1,000 or more in support of our mission in the past year.

Thank you!

INDIANA TRUST
Wealth Management



St. Paul's



50

FOREVER  LEARNING

I N S T I T U T E

Celebrating 50 years of lifelong learning

**54191 Ironwood Rd.
South Bend, IN. 46635
574-282-1901**

**A special thank you to our
semester sponsor**



INDIANA TRUST
Wealth Management

Legacies Built On Trust

