

Forever Learning Institute



***Lifelong learning for
those 50 and better!***

***Registration opens
Monday, Aug. 24,
9 AM***

***Classes begin Monday,
Sept. 14, 2026***



Fall 2026 Course Guide

Forever Learning Institute
54191 N. Ironwood Rd., South Bend, IN 46635
(574) 282-1901 • www.ForeverLearningInstitute.org



Forever Learning Fall 2026 Calendar

Wednesday, July 29 — **Savor Spain Food and Wine Experience**

Wednesday, Aug. 5 — **Air Zoo & Kellogg Manor Tour**

Monday, Aug. 24 — **Fall Registration Opens at 9 AM**

Wednesday, Sept. 2 — **Gilmore Car Museum Day Trip**

Wednesday, Sept. 2 — **Fall Event: Slices, Sides and Songs**

Tuesday, Sept. 8 — **Forever Fall Book Fair, 9 AM to 4 PM**

Wednesday, Sept. 9 — **Fall Instructor Luncheon**

Monday, Sept. 14 — **First Day of Classes**

Thursday, Sept. 24 — **Forever Travel Show and Mayflower Q&A**

Saturday, Nov. 14 — **Silvertones Concert**

Friday, Nov. 20 — **Last Day of Classes**

Monday, Nov. 23 — **End of Semester Festival**

Monday, Nov. 30 — **Winter Registration Opens at 9 AM**

Saturday, Dec. 12 — **Silvertones Christmas Concert**

Monday, January 4, 2026 — **Winter Semester Begins**



Free Forever Learning Event!
Slices, Sides and Songs
Wednesday, Sept. 2, 2026

Join us for this FREE event filled with fun, fellowship and music! Enjoy delicious Cost-co pizza, bring a side dish to share, and sing along to your favorite classic tunes. It's a wonderful opportunity to connect with friends, make new memories and enjoy an afternoon of laughter and community. We hope you'll join us for what will be an amazing time! Doors open 11:30 AM, with lunch served at Noon. Please RSVP online at **www.ForeverLearningInstitute.org**

Classes are hosted at a variety of locations

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

- **Forever Learning Institute** – 54191 Ironwood Road, South Bend, IN, 46635 (574) 282-1901
- **Camp Friedenswald** - 15406 Watercress Way Cassopolis, MI, 49031 (269)476-9744
- **Cedar Grove Cemetery** - 100 Cedar Grove Cottage Notre Dame, IN 46556: (574) 631-9993
- **Rum Village** - 2626 S Gertrude St, South Bend, IN 46614 (574) 235-9455
- **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. Park on the street or across St. Louis Blvd. in the parking lot. (574) 299-4765
- **Jewish Federation of St. Joseph Valley** – 3202 Shalom Wy, South Bend, 46615 (574) 233-1164
- **Rachlin Murphy Museum of Art** - St. Andrew Way, Notre Dame, IN 46556 (574) 631-5466
- **The Salvation Army Kroc Center** - 900 W Western Ave., South Bend, IN 46601 (574) 233-9471
- **Southfield Village** – 6450 Miami Circle, South Bend, IN, 46614 (574) 231-1000
- **St. Joseph County Parks** – 50651 Laurel Rd., South Bend, 46637 (574) 277-4828
- **St. Paul's Life Plan Community** - 3602 S Ironwood Dr, South Bend, 46614 (574) 284-9000
- **South Bend Bridge Club** - 2436 Miracle Ln., Mishawaka, IN 46545 (574) 255-6613
- **The Village at Arborwood** - 820 E. Cleveland Rd., Granger, IN, 46530 (574) 247-4680
- **Zoom** – Instructors will send a link to connect remotely via Zoom. We can help you download it.
- **The Beacon** – 4210 Lincolnway W., South Bend, IN 46628

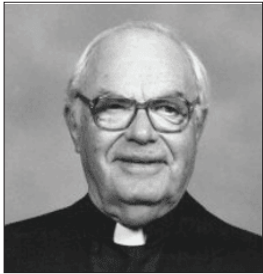
Forever Connected: Empowering Seniors to Thrive in a Digital World

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

- **FREE beginning computer classes**, with laptops provided to make learning accessible.
- **A computer lending library** and assistance in obtaining home internet.
- **Drop-in technology labs** at FLI and the **Beacon Resource Center**.

What is The Forever Learning Institute?

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



Fr. Louis J. Putz, C.S.C.
1908-1998

Forever Learning Institute (FLI) was founded in 1974 by **Father Louis J. Putz, C.S.C.**, who believed 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. Today FLI continues to flourish as the largest senior adult education program in the region.

During the 2025-26 school year, **300 volunteer teachers** offered **340 classes and travel experiences**, reaching **5,082 class enrollments** (up 83% from the previous year) and **6,360 teacher volunteer hours**. In addition, **396 individual donors** supported FLI with monetary contributions.

Board of Directors

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Our Administrative Team

Executive Director: **George Azar** (george@foreverlearninginstitute.org)
Office Administrator: **Toni Dunlap-Manthey** (toni@foreverlearninginstitute.org)
Grant Writer: **Jennifer Knapp-Beudert** (jennifer@foreverlearninginstitute.org)
Course guide layout: **Carol C. Bradley**

Calling all teachers! Are you interested in teaching for FLI? Come and join us as an instructor and share your passion! The mission of Forever Learning is only possible through the gift of time and knowledge from more than 200 volunteer teachers. Teaching is a fun way to give back and meet people with similar interests. Teachers also receive two free class credits per semester and one free class for a spouse.

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2026–2027 Travel Opportunities

August 5, 2026 – \$155

Kellogg Manor & Kalamazoo Air Zoo Day Trip

Tour the historic Kellogg Manor on Gull Lake, home of cereal pioneer W. K. Kellogg, and explore more than 100 fascinating air and space artifacts, exhibits and simulators at the Air Zoo.



Kalamazoo Air Zoo Aerospace and Science Museum

September 2, 2026 – \$130

Gilmore Car Museum Day Trip

Step back in time at one of America's premier automotive museums showcasing classic cars and vintage Americana. The museum, located in Hickory Corners, MI, is dedicated to preserving the history and heritage of America through the automobile. s North America's largest auto museum with over 400 vehicles on display and over 209,100 square feet of exhibit space.

October 9-14, 2026 – \$3,524

Albuquerque International Balloon Festival

Founded in 1972, the festival that began with 13 balloons today features more than 600 hot air balloons from around the globe. The trip also includes visits to historic Santa Fe and the Pecos national Historic Park. *Flights included.*

SOLD OUT — WAITLIST AVAILABLE

April 4–12, 2027 – \$4,695

Holland & Belgium in Bloom.

Enjoy colorful tulip season, charming canals, historic cities and spectacular gardens throughout Holland and Belgium. Sail through the heart of the Netherlands and Belgium, from Amsterdam's canals to the colorful tulip fields of Keukenhof, experience Dutch beauty and culture. We'll also enjoy experiences like guided bike tours and private museum visits. *Flights included.*

Learn more at the Forever Travel Show with Mayflower Cruises and Tours, 2 – 3:20 p.m., Wednesday, September 24, 2026, in the Little Flower Gym.

June 3rd - 14th, 2027 – \$7,074

The British Isles

Discover the history and charm of the British Isles as you visit Scotland, Ireland, England, and Wales on this 12-night tour. See historic royal castles and witness the beauty of England's Lake District and Ireland's countryside. Watch master craftsmen create works of art at the House of Waterford Crystal. Enjoy the tradition of high tea while visiting a village in the Cotswolds. See the medieval cities of Edinburgh, Cardiff, Dublin, and more. *Flights included.*

September 8–17, 2027 – \$5,124

Yellowstone, Grand Tetons & Mt. Rushmore

Experience America's breathtaking national parks and historic landmarks on this unforgettable western adventure. Come explore Yellowstone National Park; see the Grand Teton Mountains and marvel at historic Mount Rushmore in the heart of the Black Hills. Take a leisurely float trip on the scenic Snake River, retracing the path of Lewis and Clark. *Flights included.*

Travel • Learn • Connect • Explore
For details and registration visit:
<https://foreverlearninginstitute.org/forever-travel>



New to Forever Learning? Start here

FLI's **Fall 2026 Semester** begins **Monday, September 14**. Registration opens at 9AM, **Monday, Aug. 24**, and ends on the first day of classes. Please submit paper enrollments to Forever Learning Institute, 54191 N. Ironwood Road, South Bend, IN, 46635, as soon as possible. Visit fli.coursestorm.com to view all learning and travel opportunities and register online. Enrollments are processed on a first-come, first-served basis.

Frequently asked questions

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.

How do I sign up online? Visit fli.coursestorm.com. You can search all classes titles or search by category. 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 register by mail? Mail your registration form and tuition to the office as soon as possible. Registration forms are available on page 31 of this booklet, in the FLI office or online. Checks should be made payable to Forever Learning Institute.

What if a class has a waitlist? Please join the wait 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 on page 30.

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.

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

Withdrawals: If you withdraw from a class before the second class meeting, you may choose between:

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

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- **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.
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9 AM - 9:50 AM (Mon10/\$55)

Ballet for Health & Well-Being

Ginger Flowers

Location: Little Flower Upper Room

Discover the beauty and benefits of ballet in a welcoming class designed for older adults. This gentle, slow-paced course focuses on stretching, posture, graceful movement, balance, and core strength. Improve flexibility, coordination, and body awareness through movements inspired by classical ballet. No prior dance experience is needed, and there are no performances.

Max: 10/Min: 6 Sessions: 10

9 AM - 10 AM (Mon11/Free)

Inside the Salvation Army Kroc Center

Paul Szrom

Location: Little Flower 2&3

Discover how the Salvation Army Kroc Center serves our community through programs that provide resources, support, and hope to individuals and families in need. Hear from staff members Paul Szrom and Linda Buchanan as they share the impact of their work and highlight ways you can get involved. Learn about holiday volunteer opportunities, including Red Kettle Bell Ringing, Angel Tree, and Toy & Food Distribution Day. Monday, September 21, 9 AM.

Max: 40/Min: 5 Sessions: 1

9:20 AM - 10:50 AM (Mon12/\$55)

Polish for Everyone

Dorota Janik, PhD in Organic Chemistry

Location: Little Flower 4

Begin or continue your Polish language journey in this welcoming, conversational class. Learn useful phrases, simplified grammar, and cultural insights while building confidence speaking Polish. Whether preparing for travel, reconnecting with family heritage, or learning for fun, you'll enjoy a supportive environment. Beginners attend the first half hour, followed by instruction and conversation for continuing learners.

Max: 10/Min: 4 Sessions: 10

9:30 AM - 2 PM (Mon13/\$100)

Explore Nature at Camp Friedenswald

Marie Blunt, M.Min.

Location: Camp Friedenswald

Spend a day immersed in nature at Camp Friedenswald in Cassopolis, Michigan. Participants rotate through four camp-themed classes designed to deepen appreciation for the natural world. Lunch is included. Activities are labeled by difficulty level to accommodate varying abilities.

This one-day event takes place October 21 and runs rain or shine, with indoor alternatives available if weather conditions require.

Max: 100 Min: 30 Sessions: 1

9:30 AM - 10:20 AM (Mon14/\$55)

Forever Cardio Drumming

George Azar, M. Ed.

Location: Little Flower Gym

Cardio drumming is a low-impact, full-body workout set to the great music of the '60s, '70s, and '80s. Using drumsticks, a stability ball, and a bucket, participants exercise at their own pace while engaging arms, legs, and core muscles. All fitness levels are welcome, including those who prefer to remain seated. Drumsticks available from the instructor for \$3.

Max: 60/Min: 5 Sessions: 10

9:30 AM - 10:50 AM (Mon15/\$60)

Living Well with Hearing Loss

Linda Loftus, M.A.

Location: Little Flower 1

Learn practical strategies for managing hearing loss and improving daily communication. Topics include the hidden impacts of hearing loss, preparing for audiology appointments, assistive technology, and more. The class combines instruction and discussion, drawing from the instructor's personal experience progressing from mild to profound hearing loss. Closed captioning provided. *Copy fee: \$5 included in cost.*

Max: 12/Min: 5 Sessions: 10



Camp Friedenswald, Cassopolis, Michigan

9:30 AM - 11:20 AM (Mon16/\$55)
Photography: No Camera Is a Bad Camera!
Michael Davids

Location: Howard Park 2

Learn practical photography techniques to get more from the camera you already own. Topics include composition, lighting, photographing people and pets, and camera settings. Whether you use a smartphone, point-and-shoot, or advanced camera, you'll receive hands-on instruction, weekly assignments, and plenty of encouragement. Discover how photography can be both creative and fun.

Max: 12/Min: 6 Sessions: 10

10 AM - 10:50 AM (Mon17/\$57)
Continuing Beginning German
Ron Cosner, M.A.

Location: Little Flower 5

Continue building your German skills through grammar, reading, listening, and conversation. Topics include the genitive case, adjectival nouns, modal verbs, hobbies, music, travel, housing, and everyday communication. Students will also explore stories, cultural topics, and *Deutsche Welle* materials while strengthening speaking confidence and comprehension. \$2 copy fee included in cost.

Max: 14/Min: 4 Sessions: 10

10 AM - 11:20 AM (Mon18/\$55)
Who's Afraid of Opera: Fall 2026 Edition
Mark Beudert, A.Mus.Doc.

Location: Little Flower 6

Join internationally acclaimed operatic tenor, Pavarotti Competition winner, and retired Notre Dame professor Dr. Mark Beudert as we prepare for three Metropolitan Opera field trips: Mozart's *Così fan tutte* (October 3), Verdi's *Macbeth* (October 17), and Saint-Saëns' *Samson et Dalila* (December 5).

Max: 15/Min: 3 Sessions: 10

10:20 AM - 11:10 AM (Mon19/\$55)
Passion For Piano I
Judy Jurens

Location: Little Flower Upper Room

Explore your passion for music. Aimed at beginners: We will work together to learn a song each week. Please purchase Hal Leonard's *Three Chord Songs-Super Easy Song Book*. The first three songs in the book are Ain't No Sunshine, All About That Bass, and All Along the Watchtower. You will not need a piano for class, but it is recommended you have one at home for practice.

Max: 15/Min: 4 Sessions: 10

10:40 AM - 12 PM (Mon20/\$55)
The Other Lewis and Clark: Dunbar and Hunter
Robert Jay Malone, Ph.D.

Location: Little Flower 2&3

Discover the little-known story of William Dunbar and George Hunter, explorers commissioned by Thomas Jefferson alongside Meriwether Lewis. Learn how their expedition into the Louisiana Territory advanced scientific discovery while assessing the region's economic potential. Explore Dunbar's expertise as a naturalist and the lasting significance of this often-overlooked journey.

Max: 30/Min: 12 Sessions: 9

11 AM - 12:50 PM (Mon21/\$35)
Creative Hand Stitching & Embroidered Portraits
Jeanne Peckiconis

Location: Little Flower A

Explore embroidery techniques while building confidence with texture, line, and composition. Create a personalized stitch reference book, then apply your skills to a hand-stitched portrait inspired by a favorite photo. Perfect for beginners and experienced makers alike. All materials provided. Supply fee: \$5. Gigi Toth, co-instructor. Meets Mondays Sept. 21-Oct. 26.

Max: 20/Min: 8 Sessions: 6

11 AM - 12:20 PM (Mon22/\$55)
Drugs, Supplements, and Aging
Anthony Zmirski, Obl OSB

Location: Little Flower 4

Learn the differences between drugs and supplements, where they overlap, and how to better understand health-related advertising. Questions and discussion are encouraged, and participants may suggest topics throughout the course. No medical background is required. This class is for informational purposes only and participants will sign a related acknowledgment form.

Max: 10/Min: 4 Sessions: 9

11 AM - 11:50 AM (Mon23/\$55)
Forever Fit- Intermediate Level
Cathy Roe, B.S.

Location: Little Flower Gym

Enjoy a fun, music-filled workout featuring favorites from the 1950s, 60s, and 70s. This chair-based intermediate fitness class incorporates seated and standing exercises, resistance bands, and balance work to improve strength, flexibility, mobility, and coordination. Expect to move, smile, and maybe even sing along.

Max: 85/Min: 15 Sessions: 10

11 AM - 11:50 AM (Mon24/\$55)
The Maupassant Salon (*en français*)
Cheryl Herman, M.A.

Location: Little Flower 1

Practice French through lively discussions of Guy de Maupassant's short stories. Improve vocabulary, speaking confidence, and cultural understanding while exploring the wit, irony, and social insights of 19th-century France. Designed for intermediate French learners. Students must purchase the specified edition of *Contes du Jour et de la Nuit*.

Max: 14/Min: 5 Sessions: 9

11 AM - 12:20 PM (Mon25/\$55)
Understanding Medicare and Medicaid
Megan Rogers, B.S.

Location: Southfield Village

This informative class will dive into everything Medicare and Medicaid. We will discuss what they are, qualifications, types, pros and cons, and what to do if you need to appeal.

Max: 20/Min: 4 Sessions: 9

11:10 AM - 12:10 PM (Mon26/\$57)
Intermediate German

Ron Cosner, M.A.

Location: Little Flower 5

Strengthen your German language skills through grammar, reading, listening, and conversation. Topics include polite requests, wishes, appointments, travel, media, life situations, and everyday communication. Students will also explore stories, *Deutsche Welle* content, and guided conversation exercises. Copy fee: \$2 included in cost.

Max: 14/Min: 4 Sessions: 10

11:20 AM - 12:10 PM (Mon27/\$55)
Passion for Piano II: Chords, Theory & Popular Songs

Judy Jurrens

Location: Little Flower Upper Room

Passion for Piano II is for the student that has some musical background, but wants to learn to play the piano using chords. We will dive a little bit deeper into theory and play songs that have more than 3 chords. Please purchase *Hal Leonard Hit Songs*. The first three songs are *The A Team*, *All About That Bass*, and *All Of Me*. You will not need a piano for class, but it is encouraged at home for practicing.

Max: 15/Min: 4 Sessions: 10

11:30 AM - 12:30 AM (Mon28/\$55)

Tai Chi Fundamentals

Ellen Triebold

Location: Howard Park 1

Experience the benefits of Tai Chi through gentle, flowing movements that promote calm focus, balance, strength, and stability. The form progresses from simple to more complex movements and can be adapted for nearly all abilities. Many participants find Tai Chi becomes a lifelong practice that supports both physical and mental well-being. Co-taught by Mary Hagen and Kevin Cawley.

Max: 15/Min: 5 Sessions: 10

12:10 PM - 1:30 PM (Mon29/\$55)

Pickleball for Beginners

Sue Schneider

Location: Little Flower Gym

Discover Pickleball! 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, please consult your healthcare provider before enrolling.

Max: 16/Min: 8 Sessions: 10

12:30 PM - 1:50 PM (Mon30/\$55)

Explore Your Voice

Michael Marquez-Snyder, M.A.

Location: Little Flower Upper Room

Students will develop stronger speaking and singing skills gained through improved breathing, articulation, and phonation techniques. During the semester, they will work on one or two songs of their choice, which they will perform in a public recital during the last class.

Max: 15/Min: 10 Sessions: 10

Follow us on Facebook for the latest updates!



12:30 PM - 2:50 PM (Mon31/\$55)

Intermediate Watercolor: Elevate Your Painting Skills

Joy DeLaurelle

Location: Little Flower 4

Take your watercolor painting to the next level by refining your skills in drawing, composition, and brushwork. Learn how moisture, pigment, and paper interact while making intentional artistic choices that strengthen your work. Gain confidence, clarity, and techniques to help you continue growing as an artist. Materials list provided prior to class..

Max: 12/Min: 10 Sessions: 10



1 PM - 3:20 PM (Mon32/\$57)

Continuing American Mah Jongg

Lynn McDonald, MSN, MSED

Location: Little Flower 6

Have you taken the Beginning American Mah Jongg class and want to play more, with guidance? This course focuses on selecting a hand and improving strategy. Most class time is spent playing mah jongg, with occasional mini-lessons on requested topics, and optional weekly homework. Between sessions, you'll receive a weekly demonstration video and the homework answers. Students provide their own 2026 National Mah Jongg League card. \$2 copy fee is included in class cost.

Max: 14/Min: 4 Sessions: 10

1 PM - 1:50 PM (Mon33/\$55)

Easy Fun 8 Form T'ai Chi Chaun-Southfield

Cecelia Hossler

Location: Southfield Village

Improve strength, flexibility, balance, energy, and overall well-being through Easy 8 Form T'ai Chi Chuan. Suitable for all fitness levels, this gentle exercise may help lower blood pressure, reduce blood sugar, and ease arthritis discomfort while promoting relaxation and a positive outlook.

Max: 20/Min: 6 Sessions: 10

1 PM - 2:50 PM (Mon34/Free)

Forever Connected Help Desk

Cindy Nikolai, Ph.D.

Location: Little Flower 5

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? Bring your computer questions to open office hours, and I will try to answer them. Bring any questions related to computers, cell phones, or even 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: 16/Min: 1 Sessions: 10

1 PM - 1:50 PM (Mon35/\$55)

Inventions and Discoveries: From fire to AI (Artificial Intelligence)

David Warkentien, EE & B.S.

Location: Little Flower 1

Travel through human history as we explore the inventions and discoveries that transformed civilization. Using the "What, Who, Why, When, Where, and How" approach, we'll examine breakthroughs in transportation, medicine, agriculture, manufacturing, energy, communications, warfare, artificial intelligence, and more.

Max: 14/Min: 10 Sessions: 10

1 PM - 2:20 PM (Mon36/\$55)

Murder & Mayhem: Solving the Mystery

Dorothy McGovern, M.A.

Location: Little Flower 2&3

Mystery stories are always a puzzle. As we read the stories, we'll try to figure out whodunit and whydunit before the detectives in the book find these answers. The term will read these mysteries:

Monkeewrench by P.J. Tracy

Iron Lake by William Kent Krueger

Along Came a Spider by James Patterson

Bad Business by Robert B. Parker

Fade Away by Harlan Coben

Max: 25/Min: 8 Sessions: 10

***Spread the good news and tell
a friend about our programs!***

Monday

1:10 PM - 2:30 PM (Mon37/\$55)

Ukulele Workshop

Scott Caviness

Location: Little Flower A

Learn to play the ukulele—an affordable, travel-friendly instrument with a cheerful sound that's easy and fun to learn. Perfect for beginners, grandparents wanting to play with grandchildren, and those with smaller hands. In this class, you'll learn basic chords and songs while building confidence as a musician. A ukulele and tuner are required for participation. Those who already know how to play will benefit from these workshops. Search Amazon for "ukelele starter pack."

Max: 20/Min: 5 Sessions: 10

1:30 PM - 2:20 PM (Mon38/\$55)

Balance for Better Mobility & Stability

Dave Stahl, B.S.

Location: St. Paul's

Improve balance, coordination, strength, and confidence through exercises focused on static and dynamic balance, locomotor movement, posture, endurance, and functional strength. Activities are designed to enhance stability and support everyday movement.

Max: 30/Min: 10 Sessions: 10

2 PM - 3:30 PM (Mon39/Free)

The Shape of Loss: Understanding the Many Forms of Grief in Our Lives

Lisa Haines, LLC

Location: Little Flower 1

Grief is a natural response to many forms of loss, not just death. This course explores grief across the lifespan, including anticipatory, ambiguous, disenfranchised, and cumulative grief. Participants will examine how life changes such as retirement, illness, relationship shifts, identity changes, and unmet expectations can trigger grief. Through discussion and reflection, students will gain insight into grief and learn compassionate ways to understand and respond to it. Class meets Monday, September 14.

Max: 14/Min: 4 Sessions: 1

2 PM - 3:50 PM (Mon40/\$55)

Chinese Mahjong-Southfield Village

Cecelia Hossler

Location: Southfield Village 6

Mahjong is a fascinating Chinese game of skill, strategy, and calculation often described as a "mind sport." Learn the basics of the official game, tile recognition, scoring, and winning strategies while enjoying friendly competition. Researchers suggest mentally

Tuesday

stimulating games may help support cognitive health. Join us to sharpen your thinking skills and discover the enjoyment of Chinese Mahjong.

Max: 16/Min: 4 Sessions: 10

9 AM - 10:20 AM (Tue10/\$55)

Knitting Made Easy: A Beginner's Guide

Beth Holstein, MSN, MBA

Location: Little Flower A

Perfect for those who have never knitted or haven't picked up needles in years. Learn to knit, purl, read patterns, and master basic knitting skills while creating a dishcloth. Bring to the first class: #7 knitting needles (straight or circular) and one skein of solid-colored 100% cotton yarn (such as Sugar and Cream or Peaches and Cream.) Avoid spending a lot on supplies.

Max: 8/Min: 4 Sessions: 9

9 AM - 10:50 AM (Tue11/Free)

Understanding Your Pelvic Floor: The Foundation of Core Health

Anne Clifford, PT, DPT

Location: Little Flower Upper Room

Learn about pelvic floor anatomy, function, and common conditions such as incontinence. This seminar covers proper pelvic floor contractions ("Kegels"), the relationship between the pelvic floor and core muscles, and conservative treatment options. Open to all, with emphasis on female anatomy. Presented by a certified pelvic floor specialist. Class meets Tuesday, September 29.

Max: 40/Min: 5 Sessions: 1

9:30 AM - 10:50 AM (Tue12/\$55)

Advanced ASL: Build Fluency and Confidence

Elsie Nemeth, B.S.

Location: Little Flower 6

Continue expanding your American Sign Language skills in a fun, supportive environment. Weekly practice focuses on vocabulary growth, finger-spelling, communication, expression, ASL history, and confidence-building. Intended for students with intermediate-level signing experience or higher. Co-teacher Marcia Haslett, M.Ed

Max: 10/Min: 4 Sessions: 10

9:30 AM - 10:50 AM (Tue13/\$55)

Great Decisions 2026

Paul Stevenson, M.A.

Location: Little Flower 2&3

Great Decisions is a national discussion program developed by the Foreign Policy Association. Each week, participants will watch a short video and engage in instructor-led discussions on current global issues. Topics for 2026 include U.S. foreign policy, tariffs and the global economy, U.S.-China relations, nuclear proliferation risks, Ukraine and European security, changing international institutions, U.S.-Africa relations, and the future of human rights and international law.

Max: 20/Min: 10 Sessions: 8

9:30 AM - 10:20 AM (Tue14/Free)

Just Do What the Song Says 2.0

Judy Bradford

Location: Little Flower Gym

Remember those songs that beckoned you to dance because they told you what to do? These songs will spark the young adult that is still in you. Let's recall a time when you could just move and have a good time with friends. Here are some of the songs: *Do the Freddy* (Freddy and the Dreamers); *The Twist* (Chubby Checker); *Do You Love Me* (The Contours), the *Hokey Pogy*, *Shake* (The Animals) and *Do the Locomotion* (Dee Dee Sharp). This is a one-time dance party, lasting about an hour, on Tuesday, October 6.

Max: 40/Min: 5 Sessions: 1

9:30 AM - 10:50 AM (Tue15/\$55)

Stories Written in Stone: Geology of the Great Lakes and America

Timothy McBride

Location: Kroc Center 1

"Did you ever wonder how those beautiful rocks on Lake Michigan's beach were made? Why do some look like coral you've seen in Florida? Some look as black as lava. Some look to be layered with sands of a different color. Each of these rocks tell a story that we will explain in this course. We will tell 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 you see now.

Max: 40/Min: 5 Sessions: 10

10 AM - 11:50 AM (Tue16/\$55)

Basic iPhone Workshop

Richard Sunshine, Ph.D.

Location: Little Flower 5

This hands-on class introduces the basics of using an iPhone, including setup, iCloud, calls and contacts, typing and texting, email, calendar, camera and photos, FaceTime, web browsing, and downloading and using apps. An iPhone running iOS 26 is required. Jane Keller will co-teach the class.

Max: 8/Min: 5 Sessions: 10

10 AM - 11:50 AM (Tue17/\$55)

Probability: From Games of Chance to Modern Science

Andrew Sommesse, Ph.D.

Location: Little Flower 1

Explore probability's evolution from coin, dice, and card games into a vital modern discipline. This two-semester course will cover statistics, hypothesis testing, and real-world models, culminating in financial derivatives and statistical physics. Any mathematics beyond high school algebra will be developed in class.

Max: 10/Min: 3 Sessions: 10

10 AM - 11:20 AM (Tue18/Free)

South Bend Watch Company

Bill Stockton

Location: Holy Cross Village 1

(One session) We will discuss the history of Indiana's only watchmaker, the people involved, products, location, ultimate demise and aftermath, in addition to the need for high-quality watches and a little about how they work. Bring your old pocket watches and I'll provide any information I can.

Max: 35/Min: 5 Sessions: 1

10:30 AM - 12 PM (Tue19/\$55)

Power of Presence

Laura Baker

Location: Little Flower 4

Having trouble managing difficult emotions? The Power of Presence is a six-week psychoeducational course designed to help reduce anxiety and depression while increasing overall well-being. Using evidence-based cognitive, behavioral, and mind-body strategies, participants will learn and practice new tools each week. This is not a therapeutic intervention. Weekly attendance is expected.

Max: 12/Min: 6 Sessions: 6

10:40 AM - 12 PM (Tue20/\$35)

Write Your Own 10-Minute Stage Play

Mark Bradford

Location: Little Flower A

The goal of the class will be to have you complete a 10-minute play in four weeks. Class participants will critique each other's work. Tentatively one or two will be selected for either a table read or produced on stage as part of a "festival."

Max: 5/Min: 2 Sessions: 4

10:50 AM - 12:10 PM (Tue21/\$55)

Beginning Spanish Conversation & Practice

Carol Stuart, Ph.D.

Location: Little Flower 2&3

Ideal for learners with little or no Spanish experience or those seeking a refresher. Focus on pronunciation, present-tense grammar, listening skills, and simple conversations. Students should purchase *Spanish Easy and Fun* (2023) and have access to a computer, tablet, or smartphone to use the online audio resources.

Max: 25/Min: 10 Sessions: 10

11 AM - 11:50 AM (Tue22/\$55)

Chair Pilates

Vanessa Canal, B.A., 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. No floor work required. Modifications are tailored to every ability. Through consistent practice, participants often notice improved posture, better coordination, and renewed vitality in daily life.

Max: 70/Min: 20 Sessions: 20

11:10 AM - 12:30 PM (Tue23/\$35)

Brain Care is Self Care Expanded

Tom Roe, Master Facilitator of Aces, L.C.A.C.

Location: Little Flower 6

Discover how your brain works and why caring for it matters. Learn practical strategies from NEAR-P science to improve personal well-being, strengthen relationships, and support community resilience. The course also explores Trauma-Informed Care and the Self-Healing Communities of Michiana movement. All materials are provided.

Max: 15/Min: 7 Sessions: 6

11:20 AM - 12:40 PM (Tue24/\$60)

Flutes! Play, Perform & Enjoy

AnneMarie Dawson

Location: Little Flower Upper Room

Have you been looking for a reason to pick up your flute again? Join our flute choir and ensemble program for an enjoyable musical experience with fellow players. Previous flute experience is required. Time will be available for those who would like extra assistance. Participants should bring a flute in playing condition, a music stand, tuner, and metronome. A \$5 copy fee is included in cost. Contact the instructor for recommendations on reliable flute repair technicians.

Max: 30/Min: 5 Sessions: 10

12:10 PM - 1:30 PM (Tue25/\$55)

Intermediate Spanish Practical Spanish for

Everyday Life

Bill Barna, B.A.

Location: Little Flower 1

Improve your practical Spanish skills for everyday situations! This class is designed for travelers and lifelong learners who want to communicate with greater confidence in Spanish. Learn useful phrases for restaurants, shopping, directions, emergencies, and other real-life situations. Practice asking questions and using common verbs such as tener, ir, querer, and poder, along with introductory past tense forms. Build speaking and reading skills through interactive practice and conversation. Class meets 9 times; no class on October 27.

Max: 14/Min: 4 Sessions: 9

12:20 PM - 1:40 PM (Tue26/\$35)

Go Wild: An Insider's Guide to the

Potawatomi Zoo

Diane Schenk

Location: Little Flower A

Take an exciting five-week journey through the history, operations, and conservation work of the Potawatomi Zoo. Explore animals from around the world, learn about the people who keep the zoo running, and enjoy a special visit from animal ambassadors. You'll leave with a deeper appreciation for one of our community's treasured attractions.

Max: 20/Min: 5 Sessions: 5

12:20 PM - 2:10 PM (Tue27/\$55)

Unlocking Words: Exploring English Morphology
Brooks Crofoot, M.D.

Location: Little Flower 4

Discover how English words are built and how understanding word parts can expand your vocabulary. Learn the meanings of common prefixes, roots, and suffixes, develop skills in analyzing unfamiliar words, and explore the fascinating history of English vocabulary. This course will help you better understand, learn, and use words with confidence. Text required: *Exploring English Morphology* (\$20), available through the instructor. One session may be adjusted if needed.

Max: 12/Min: 8 Sessions: 10

12:40 PM - 2 PM (Tue28/\$55)

Pickleball: Dinks and Drills Tuesday 1
Greg Danner

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 PM - 2:20 PM (Tue29/\$55)

Dickens' *Bleak House*
Marie Brenner, Ph.D.

Location: Little Flower 6

Charles Dickens' *Bleak House* is often labeled his masterpiece and his most technically ambitious novel. An exploration of Dickens' biography and the novel's historical context will enhance our reading. What are the targets of his satire? What new unforgettable characters do we meet? They range from lords and ladies to crossing sweepers, from the slightly insane to the darkly sinister. There is even a detective brought in to solve the mystery. Any edition is fine; read chapter one for the first class.

Max: 10/Min: 4 Sessions: 10

1 PM - 2:30 PM (Tue30/\$55)

Football 101: The Hows & Whys of the Game
Cameron Melvoin, B.S.

Location: Little Flower 2&3

Love football but wish you understood it better? This fun, welcoming course explores football terminology, coaching strategies, offense, defense, special teams, rules, and equipment. Classes include discussion, Q&A, and optional deeper dives for advanced learners. Guest speakers may include representatives from Notre Dame Athletics and a Michigan high school referee. Co-taught by John Pletcher.

Max: 25/Min: 5 Sessions: 8

1 PM - 2:50 PM (Tue31/Free)

Forever Connected: Beginning Computer and Smartphone Skills
Cindy Nikolai, Ph.D.

Location: Little Flower 5

Build confidence using computers, smartphones, and essential online tools. Learn email, internet safety, passwords, online forms, social media, banking, shopping, apps, and more. Devices are provided, and a skills checklist will guide progress. Students who complete the course may borrow a computer through the FLI Lending Library.

Max: 10/Min: 4 Sessions: 10

1 PM - 2:30 PM (Tue32/Free)

No Experience Necessary: Art Club for Adults
Sarah Martin

Location: Raclin Murphy Museum of Art

Spend time looking at, discussing, and making art at the Raclin Murphy Museum of Art. Each session will focus on a different artwork, artist, theme, or creative technique as participants explore the Museum's collection through close looking, conversation, and hands-on art-making. Come prepared to flex your creative muscles, experiment with new materials and ideas, and discover fresh sources of inspiration in a welcoming, low-pressure environment designed for all experience levels.

Max: 15/Min: 8 Sessions: 6

1 PM - 3:30 PM (Tue33/\$55)

Films and Fashions of Audrey Hepburn

Judith Heying

Location: Little Flower Upper Room

Would there be a “Little Black Dress” without Audrey Hepburn and Givenchy? Join us as we follow Audrey’s movie career and fashion evolution by watching and discussing ten of her films. Fashion mavens welcome -- the presenters are serious movie buffs but merely fashion aficionados.

Max: 30/Min: 10 Sessions: 10

1 PM - 2:10 PM (Tue34/\$55)

The Monk Knew First: Thomas Merton, World Religions, and the Wisdom AI Cannot Download

Richard Putz, B.A.

Location: Zoom

In the 1960s, Trappist monk Thomas Merton studied other faiths to deepen his own. This course explores how AI shapes and flattens religious experience, asking what cannot be automated. Using the Fons Vitae World Religions Series and Catholic Social Teaching, we will examine what Merton discovered in other traditions to better understand genuine encounters in an age of AI. Come ready to think deeply and leave with insights you can share.

Max: Min: Sessions: 10

1:50 PM - 3:10 PM (Tue35/\$35)

Forever Pinochle Club

Beth Holstein, MSN, MBA

Location: Little Flower 1

Join us for Forever Pinochle Club, a lively and social gathering for anyone who enjoys the classic card game of strategy, skill, and friendly competition! Each week, players will come together for relaxed games, conversation, and plenty of laughter. Whether you’re an experienced pinochle player or looking to refresh your skills, this club is a wonderful way to connect with others, share tips, and enjoy an afternoon of cards and camaraderie. No formal instruction—just fun, friendship, and great hands. All skill levels are welcome!

Max: 12/Min: 6 Sessions: 10

2 PM - 2:50 PM (Tue36/\$55)

Let’s Train Your Brain! Improve Hearing and Memory

David Keenan

Location: Little Flower A

Let’s Train Your Brain! Discover **LACE AI Pro**, an auditory training app designed to improve hearing in noise, process rapid speech, strengthen memory and recall, enhance deductive reasoning, and develop speech-reading skills. Often described as physical therapy for hearing and memory, LACE can help users get more from hearing aids and benefit those with normal hearing as well. A free lifetime license (\$350 value) is included. Participants should plan to use the app 10–15 minutes daily. Hearing aids, ear buds or earphones connected to smart phone or tablet required.

Max: 20/Min: 5 Sessions: 10

Election Basics - How Elections Work in St. Joseph County (Tue37/\$55)

Amy Rolfes, BA, MA in Education, Certification in Election Administration

Location: Little Flower Payne Hall

Curious about how Elections work in St. Joseph County? Who does what — from voter registration to Election Day operations and certification of results? Guided by Indiana Election law, administered by certified Election Officials, and carried out by trained community members just like you at our vote centers, elections are truly a team effort. Join County Clerk Amy Rolfes for an inside look at the Election process and discover how every vote makes its way from ballot box to final results. No class week 8 (Nov 2-6).

Max: 100/Min: 10 Sessions: 9

9 AM - 9:50 AM (Wed14/\$55)

Apple Social Media apps with an AI twist

John Chapleau, B.S.

Location: Little Flower 1

Discover how Google’s Gemini integrates with Apple’s latest AI features. Learn how Apple is using Gemini to help power next-generation on-device intelligence through Apple Foundation Models, enhancing privacy and performance. We’ll also explore Apple Intelligence Extensions, which allow users to choose third-party AI tools and even set Gemini as their default assistant for supported tasks. This class provides a practical look at the future of AI on Apple devices.

Max: 12/Min: 3 Sessions: 10

Follow us on Facebook for the latest updates!



9 AM - 11:30 AM (Wed11/\$55)

Beginning Watercolor Session 1

Marjorie Midkiff

Location: Little Flower Payne Hall

Whether you're new to watercolor or looking to build on existing skills, this class offers a fun and supportive environment for learning basic watercolor techniques through a variety of projects. Students will explore color, brushwork, and composition while developing confidence in their artistic abilities. A materials list will be emailed before the first class (estimated cost \$40–\$50). Co-taught by Nancy Barr.

Max: 18/Min: 10 Sessions: 10

9 AM - 12 PM (Wed12/\$55)

Cooking for One or Two

Susan Siemers, MM

Location: Little Flower Kitchen

Learn to prepare delicious meals while building healthy eating habits. This hands-on class covers knife skills, recipe adaptations, and practical cooking techniques to help you become a more confident cook. Drawing on experiences from cooking classes in France and Midwestern cuisine, the instructor offers a variety of flavorful recipes. Most sessions include sampling your creations, with several ending in a shared meal. \$20 food fee payable to the instructor.

Max: 12/Min: 6 Sessions: 10

9 AM - 9:50 AM (Wed13/\$55)

Easy Fun 8 Form T'ai Chi Chaun

Cecelia Hossler

Location: Little Flower Gym

Improve strength, flexibility, balance, energy, and overall well-being through Easy 8 Form T'ai Chi Chaun. Suitable for all fitness levels, this gentle exercise may help lower blood pressure, reduce blood sugar, and ease arthritis discomfort while promoting relaxation and a positive outlook.

Max: 20/Min: 6 Sessions: 10

9 AM - 9:50 AM (Wed14/\$55)

The Gunfight at the O.K. Corral: Fact vs. Myth

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

Location: Little Flower A

The Oct. 16, 1881, gunfight at the O.K. Corral in Tombstone, Ariz., has been a popular subject for Hollywood. Unfortunately, almost all of the many movies and T.V. show episodes about the incident are largely myth and not factual. In this course, we will learn the truth about the event and its famous participants including Wyatt Earp and Doc Holliday.

Max: 20/Min: 5 Sessions: 10

9:10 AM - 10 AM (Wed15/\$35)

Yoga for True Beginners

Eileen Gerspach

Location: Little Flower 2&3

Curious about yoga but unsure where to start? This gentle, small-group class introduces basic poses, simple transitions, and techniques to improve balance, flexibility, and overall well-being. Build confidence in a relaxed, supportive environment. Bring a yoga mat and water bottle; chairs, blocks, and blankets will be provided. Participants should be able to get down and up from the floor independently using props. Class will meet on Wednesday and Thursday for the first three weeks, making the class 6 sessions.

Max: 6/Min: 2 Sessions: 6

10 AM - 11:20 AM (Wed16/\$55)

AI, Prediction, and the Future We Can See

Barry Keating, Ph.D.

Location: Little Flower 4

Can we predict elections, weather, stock markets, disease outbreaks, or the next big trend? Explore forecasting, predictive analytics, and artificial intelligence in everyday language. Through demonstrations, activities, case studies, and discussion, you'll learn how experts make predictions, how computers uncover patterns, and how AI is reshaping our world. No technical background required—just curiosity.

Max: 10/Min: 3 Sessions: 10

10 AM - 11:50 AM (Wed17/\$55)

Intermediate iPhone/iPad Workshop

Richard Sunshine, Ph.D.

Location: Little Flower 5

Explore the newest features in iOS 27 and iPadOS 27, including Apple Intelligence tools designed to simplify daily tasks. Learn practical tips, online safety, scam prevention, and how to use AI apps such as Gemini and ChatGPT. We'll also cover AI-powered photo editing, greeting card creation, and image generation. An Apple Intelligence-compatible iPhone or iPad is required. Co-taught by Jane Keller.

Max: 8/Min: 5 Sessions: 10

10 AM - 11:50 AM (Wed18/\$55)

Silvertones

Maretta Hershberger, M.A.

Location: Little Flower Upper Room

Silvertones is a senior glee club that performs throughout the community and presents a public concert each semester. This fall, members will join the Evergreen Singers of Greencroft-Goshen for a special combined concert on November 14. Rehearsals continue through the public Christmas concert in December. Members are expected to participate in both performances. Concert will be on Saturday, Dec. 12.

Max: 50/Min: 10 Sessions: 10

10 AM - 11:20 AM (Wed19/Free)

South Bend Watch Company

Bill Stockton

Location: The Village at Arborwood 1

(Single session class) We will discuss the history of Indiana's only watchmaker, the people involved, products, location, ultimate demise and aftermath, in addition to the need for high-quality watches and a little about how they work. Bring your old pocket watches and I'll provide any information I can.

Max: 35/Min: 5 Sessions: 1

10 AM - 11:50 AM (Wed20/\$35)

The Joy of Nature Journaling

DeAnna Varela, M.A.

Location: St. Joseph County Parks

Step outside and discover the joy of observing nature through sketching, photography, collage, and writing. No experience is necessary—just curiosity and a love of the outdoors. Learn simple creative techniques while exploring the beauty around you. Meets September 16–October 21 at the Brown Barn in St. Patrick's County Park. A journal and pencil are included; please bring a \$5 copy fee to the first class.

Max: 12/Min: 7 Sessions: 6

10 AM - 11:20 AM (Wed21/\$55)

Writing the Stories of Your Life

Ann Carey Schmiedeler, B.A.

Location: Little Flower 6

If you ever wanted to write your memoir but felt it was too overwhelming, this class is for you. You will learn how to organize your life's experiences into short stories based on topics the instructor will provide every week. You will also find inspiration from your classmates' stories and develop skills to produce a memoir

that will be treasured by your descendants.

Max: 12/Min: 6 Sessions: 10

10:10 AM - 11:30 AM

(Wed22/\$55)

Forever Cribbage

Cameron Melvoin, B.S.

Location: Little Flower 1

Join the movement! 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: 12/Min: 4 Sessions: 10

10:10 AM - 11:30 AM

(Wed23/\$55)

Major Motifs of the Minor Prophets

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

Location: Little Flower A

Tucked away in a corner of the Bible we may rarely read are found some of the most potentially life-changing and world-shaping truths by the "Minor" Prophets. Investigate who these oft overlooked prophets of the Old Testament are and discover what they reveal about true justice, worship and faithfulness, and God's sovereignty, blessing and love. Please bring your Bible, any translation welcome.

Max: 18/Min: 8 Sessions: 9

10:20 AM - 11:10 AM

(Wed24/\$60)

Mishawaka History

Pete DeKever, M.S.

Location: Little Flower 2&3

This course explores Mishawaka's rich and interesting history from 1832 to the present day. Our lessons will include the city's origins, major businesses and industries, Mishawaka's participation in our nation's wars, historic landmarks past and present, significant historic events, the city's schools, sports history, ethnic heritage, and famous Mishawakans. One class meeting will be a field trip to the Mishawaka Historical Museum, with a \$5 admission charge. \$5 copy fee included in cost.

Max: 30/Min: 15 Sessions: 10

11:30 AM - 12:20 PM (Wed26/\$55)
Let Them Eat Cake: The French Revolution and Napoleon

David Stefancic, Ph.D.

Location: Little Flower/2&3

A look at the French Revolution and how it came about and led to the rise of Napoleon the Great.

Max: 30/Min: 1 Sessions: 10

11:30 AM - 12:50 PM (Wed27/\$55)

Solid Silver Dancers

Cathy Roe, B.S.

Location: Little Flower Gym

Learn dance styles from the 1940s through today—including Broadway, disco, and more—in this fun, low-impact cardio dance class. The first 50 minutes focus on dancing for fitness and enjoyment. Optional rehearsal time follows for those who wish to perform. Easy on the knees, great for fitness, and full of fun and friendship.

Max: 45/Min: 15 Sessions: 10

11:40 AM - 12:30 PM (Wed28/\$55)

Song Circle

Kevin Cawley, Ph.D.

Location: Little Flower 6

Gather for a weekly sing-along featuring favorite songs, poems, hymns, and popular classics. Participants can share selections, discuss their significance, and enjoy group singing with instrumental accompaniment. Musicians are welcome to join in, and lyric videos will help everyone participate.

Max: 16/Min: 6 Sessions: 10

11:50 AM - 12:40 PM (Wed29/\$55)

French and Indian War

Joe Zdziebko, B.A., M.A.

Location: Little Flower A

Explore the often-overlooked French & Indian War (1754–1763), a conflict that reshaped North America, established Britain as a global power, and helped set the stage for the American Revolution. Examine period uniforms, equipment, maps, furs, and other artifacts while learning about military strategies and frontier life. The instructor, a longtime educator and French reenactor, brings firsthand experience from historical events across the U.S. and Canada.

Max: 20/Min: 1 Sessions: 10 12 PM - 2:30 PM (Wed30/\$55)

Beginning Watercolor Session 2

Nancy Barr

Location: Little Flower/Payne Hall

Whether you're new to watercolor or looking to build on existing skills, this class offers a fun and supportive environment for learning basic watercolor techniques through a variety of projects. Explore color, brushwork, and composition while developing confidence in their artistic abilities. A materials list will be emailed before the first class (estimated cost \$40–\$50). Co-taught by Marjorie Midkiff.

Max: 18/Min: 10 Sessions: 10



12:10 PM - 1:30 PM (Wed32/\$55)

The Science of Extreme Weather

Timothy McBride

Location: Little Flower/Upper Room

Discover the forces that create lightning, tornadoes, supercell thunderstorms, lake-effect snow, and hurricanes. Using engaging presentations from University of Illinois meteorologist Eric Snodgrass, this course combines stunning visuals with accessible explanations of complex weather phenomena. Perfect for anyone fascinated by the power of nature.

Max: 40/Min: 5 Sessions: 10

Visit flicoursestorm.com to view all our learning opportunities!

1 PM - 2:20 PM (Wed33/\$55)

Beginning Euchre

Cathy Wilson

Location: Little Flower Balcony

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: 12Min: 3 Sessions: 8

1 PM - 2:20 PM (Wed34/\$57)

Beginning Pastel

Pam Fozo, BFA

Location: Southfied Village 2

Discover the beauty and versatility of pastel art. Working with pure pigment sticks, you'll learn basic drawing /painting techniques suitable for landscapes and many other subjects. This beginner-friendly course covers materials, techniques, and composition while providing plenty of hands-on practice. There will be additional supply costs. A \$2 copy fee included in cost. A materials list will be sent prior to the first class for those who wish to purchase their own supplies.

Max: 15Min: 4 Sessions: 10

1 PM - 1:50 PM (Wed35/\$55)

Discover Your Colours & Timeless Style

Linda Riland Smith, BFA

Location: Little Flower 1

Boost your confidence and self-expression through personalized color and style guidance. Learn how the right colors, clothing choices, and wardrobe essentials can enhance your appearance and simplify dressing. This eight-week course helps you create a timeless, authentic style that works for you.

Max: 8/Min: 3 Sessions: 8

1 PM - 2:50 PM (Wed36/Free)

Forever Connected Help Desk-The Beacon/Door D

Cindy Nikolai, Ph.D.

Location: The Beacon 1

Have a computer question? Bring your computer questions to open office hours, and I will try to answer them. Bring any questions (no matter how big or small) related to computers, cell phones or even iPads. Mac or Windows, iOS or Android. This is a drop-in service. No FLI tuition is required.

Max: 20/Min: 1 Sessions: 10

1 PM - 2:20 PM (Wed37/\$35)

Forever Euchre Club

George Azar, M. Ed.

Location: Little Flower Gym

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! Each week, 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—just plenty of cards, laughter, and camaraderie. Bring your competitive spirit and get ready for lots of fun! All skill levels are welcome.

Max: 80Min: 12 Sessions: 10



Get connected! Bring any questions about your computer, phone or other device—no matter how big or small — to the Forever Connected Help Desk, 1 to 2:50 p.m. Wednesdays at The Beacon 1. Mac or Windows, iOS or Android welcome. This drop-in service is free!

1 PM - 1:50 PM (Wed38/\$55)

Major Battles Throughout History

David Warkentien, EE & B.S.

Location: Little Flower A

Explore more than 20 pivotal battles that shaped civilizations and changed the course of history. From ancient conflicts such as Marathon and Hastings to Waterloo, the World Wars, and major American military engagements, we'll examine who fought, why they fought, how battles unfolded, and their lasting consequences through maps and discussion.

Max: 15Min: 10 Sessions: 10

1 PM - 3:20 PM Wed45/\$55

The Golden Age Of Cinema Matinee

Randall Matthews, M.S.

Location: Little Flower 2&3

Our class will enjoy watching a different movie from the 1930's-1960's for each of our 10 class sessions. The films cover a variety of cinematic styles from comedy to drama, musicals to noir, and everything in between. Your hosts (Jeff, Judith, 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. Questions and comments are strongly encouraged.

Max: 24/Min: 15 Sessions: 10

1:30 PM - 2:50 PM (Wed46/\$35)

Intro to Genealogy: Organize & Preserve Your Family History

Kathee Kiesselbach, BFA

Location: Little Flower 5

Have old photos, family stories, and documents tucked away in boxes? Learn how to organize and preserve your family history for future generations. This course covers photographs, records, certificates, and personal stories, while explaining primary and secondary sources. Explore both traditional and digital genealogy tools, secure preservation methods, and the roles of DNA testing and AI in family research. Bring a laptop or iPad if you'd like to follow along. Dates: Sept 16, 30 and Oct 14, 28.

Max: 16/Min: 5 Sessions: 4

Free Medicare Counseling Sessions

Dave McCarthy, SHIP Counselor

Location: Little Flower 6

Receive free, unbiased guidance from SHIP to help you navigate Medicare with confidence. In this one-on-one session, compare Medicare, Supplement, Advantage, and Part D plans; explore coverage options and get enrollment assistance. Learn about benefits, claims, appeals, beneficiary rights, and programs that may help lower out-of-pocket costs. Ideal for anyone seeking personalized Medicare support.

Reserve your meeting time:

Sept 16,	1 PM to 1:50 PM	(Wed39/Free)
Sept 16,	2 PM to 2:50 PM	(Wed50/Free)
Oct 21,	1 PM to 1:50 PM	(Wed41/Free)
Oct 21,	2 PM to 2:50 PM	(Wed51/Free)
Oct 28,	1 PM to 1:50 PM	(Wed42/Free)
Oct 28,	2 PM to 2:50 PM	(Wed52/Free)
Nov 4,	1 PM to 1:50 PM	(Wed43/Free)
Nov 4,	2 PM to 2:50 PM	(Wed53/Free)
Nov 11,	1 PM to 1:50 PM	(Wed44/Free)
Nov 11,	2 PM to 2:50 PM	(Wed48/Free)
Nov 18,	1 PM to 1:50 PM	(Wed40/Free)
Nov 18,	2 PM to 2:50 PM	(Wed49/Free)

Show your School Spirit! We've partnered with local firm It's Tops to host an online store with FLI merch! Purchase gifts, T-shirts, jackets and more and pick up at the FLI office. Visit <https://foreverlearninginstitute.org/> and click on "FLI Merchandise."

2 PM - 3 PM (Wed47/\$25)

How to Start Weaving

Terry Nix, A.A.S., B.S.

Location: Little Flower A

Discover how to use a small loom to create a variety of projects while learning some simple techniques. This activity uses both sides of your brain, it's relaxing, and helps keep hands flexible. Materials: Use the following description on Amazon (skip sponsored ads): "Juexica 7-piece weaving Loom Kit for Beginners"; any yarn (Dollar Tree has yarn with various textures), and a pair of scissors. Class is held the first four weeks of the session.

Max: 9/Min: 6 Sessions: 4

2 PM - 3:20 PM (Wed54/\$55)

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. During the course of the workshop, 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: 12/Min: 10 Sessions: 10

2:10 PM - 3:30 PM (Wed55/\$55)

A Holy Trinity: Plato, St. Augustine, Heidegger

Chris Miller, M.A.

Location: Little Flower 1

Plato is, by all accounts, the father of Western thought. His thought engendered St. Augustine, the Prodigal Son whose soul gazing led him to leave off Platonism to return to the Father. Heidegger is the restless spirit, hovering above, drawing all to the Father. Three are one in speaking of the holy. We propose a course in history, philosophy, religion, and spirituality (hint: Heidegger's work). We will move from the darkness of Plato's cave into the light of questioning (the piety of thought) those sacred cows that trap, as amber traps the fly. We will read Plato's *The Republic*, Augustine's *Confession*, and a bit of Heidegger. Buy cheap copies.

Max: 14/Min: 5 Sessions: 10

2:10 PM - 3:30 PM (Wed56/\$55)

To Clothe the Naked: How Textiles and Clothing Meet our Needs and Shape Identity, Gender, Relationships, Societies, and Economies (and that's just the capsule wardrobe)

Connie Peterson-Miller, M.L.S.

Location: Little Flower 4

Bring a needlework project (if you have one in the works) and gather in as we weave through a sartorial history that takes us from the paleolithic string skirt to the string bikinis of St. Tropez. We'll look at who makes our clothing and explore how the clothes we wore down through the ages have fitted us for work and play, for heaven and hell. We'll leaf through the catalog of threads that occasioned scandal, fomented revolution, unraveled empires, and made gala-goers gaga for Gucci. Food, fabric, fun and fashion.

Max: 12/Min: 5 Sessions: 10

2:30 PM - 3:50 PM (Wed57/\$55)

Red Ball Tennis

Sue Schneider

Location: Little Flower Gym

Try this fun, social tennis experience played on a pickleball court with shorter racquets and low-compression tennis balls. Red Ball Tennis is easy to learn, features simple scoring, and provides an enjoyable way to stay active and connect with others. Racquets and balls are provided. Good balance and mobility are recommended.

Max: 16/Min: 8 Sessions: 10

9 AM - 9:50 AM (Thu10/\$55)

Android & Gemini

John Chapleau, B.S.

Location: Little Flower 5

Explore how Gemini enhances Android and Chrome-OS devices. Learn how Screen Context lets Gemini analyze articles, PDFs, and videos on your screen; use Gemini Live for natural voice conversations and real-world assistance through your camera; connect apps like Spotify, WhatsApp, and Google Drive to manage tasks and information; and discover how Gemini in Chrome can summarize articles and explain complex topics without leaving your browser.

Max: 12/Min: 3 Sessions: 10

9 AM - 9:50 AM (Thu11/\$25)
How the Stock Market Works (for Beginners)
Mark Bradford

Location: Little Flower A

Confused about how investments actually work? This beginner-friendly course explains the stock market in plain English, cutting through the jargon and complicated terminology. Learn the fundamentals of investing, how common investment accounts work, and the basics of building wealth. Designed for those with little or no investing experience. This is not a tax course and is not intended for experienced investors.

Max: 15/Min: 5 Sessions: 3

9 AM - 10 AM (Thu12/\$55)
Juggling without Drops

Bill Hooper, MBA

Location: Little Flower 1

Discover a unique way to juggle using the Juggle Board, a device that lets you roll balls on rails instead of throwing them. Learn to juggle three or four balls, pass six balls with a partner, and explore a variety of patterns while seated or standing. Improve hand-eye coordination, brain development, and social interaction. Open to all ability levels. All equipment is provided.

Max: 6/Min: 3 Sessions: 8

9 AM - 10:30 AM (Thu13/\$55)
Watercolor Workshop – Zoom

Dorothy McGovern, M.A.

Location: Zoom

Paint a new picture each week while learning watercolor techniques in a supportive online environment. Before class, you'll receive a sketch, reference photo, and supply list. During class, we'll practice techniques and create finished paintings ranging from loose to realistic styles. Students are encouraged to personalize their work through color and artistic choices. Sessions are recorded so you can catch up if you miss a class.

Max: 15/Min:5 Sessions:10

9:30 AM - 10:20 AM (Thu14/\$55)
Poland's Struggles To Regain Independence
Robert Jankowski, M.B.A.

Location: Little Flower 4

A look at rebellions and revolutions in Poland between the partitions and the Treaty of Versailles, with quite a cast of characters including Napoleon.

Max: 10/Min: 1 Sessions: 10

9:30 AM - 10:50 AM (Thu15/\$55)

Senior Yoga

Kim Teska, Ph.D.

Location: Little Flower Upper Room

Senior Yoga helps all needing more flexibility and balance. We move every joint from head to toe. Please bring your own yoga mat, 8-10 ft yoga strap, and a cushion for your knees if needed.

Max: 33/Min: 5 Sessions: 10

10 AM - 10:50 AM (Thu16/\$55)

Area Flora, Fauna, and History

Garry Harrington

Location: Rum Village

We'll take a brief look at the plants, animals, and fascinating history of northern Indiana and southern Michigan.

Max: 20/Min: 10 Sessions: 10

10 AM - 11:50 AM (Thu17/\$55)

Beginning Bridge

Thomas Hebron

Location: The Bridge Center 2

Curious about Bridge? This welcoming course introduces one of the world's most popular card games. Learn the fundamentals of card play, bidding, scoring, and basic strategy in a relaxed and social setting. Whether you are completely new to Bridge or need a refresher, you'll enjoy exercising your mind while meeting new friends. Purchase *Bridge Basics 1: An Introduction*, by Audrey Grant, before class.

Max: 20/Min: 2 Sessions: 10

10 AM - 11:50 AM (Thu18/\$55)

Chinese Mahjong

Cecelia Hossler

Location: Little Flower 6

Mahjong is a fascinating Chinese game of skill, strategy, and calculation often described as a "mind sport." Learn the basics of the official game, tile recognition, scoring, and winning strategies while enjoying friendly competition. Researchers suggest mentally stimulating games may help support cognitive health. Join us to sharpen your thinking skills and discover the enjoyment of Chinese Mahjong.

Max: 16/Min: 4 Sessions: 10

10 AM - 11:20 AM (Thu19/\$55)

Free Market Economics in a Changing World

James Halteman, Ph.D.

Location: Holy Cross Village 1

Explore the strengths of a free-market economy and the challenges facing today's society. Topics include climate change, artificial intelligence, an aging population, income inequality, political division, and other forces shaping our future. We'll discuss whether our economic system can adapt and thrive amid these pressures. No prior study of economics is required.

Max: 8/Min: 4 Sessions: 8

10 AM - 11 AM (Thu20/\$57)

German 2.0

Karen Kazmierzak, M.S.

Location: Little Flower A

Herzlich Willkommen! This course continues the work of German 1.75 with an emphasis on practical communication and correct pronunciation. Students will expand vocabulary, strengthen grammar skills, and explore aspects of German culture through songs, poems, and discussion. Those with some previous German experience are welcome. Text: *Language Hacking German* by Benny Lewis. Copy fee: \$2 included in cost. Classes will begin September 24.

Max: 15/Min: 4 Sessions: 9

10 AM - 11:20 AM (Thu21/\$55)

Leonard Bernstein Explains It All: The Omnibus Programs

Mark Beudert, A.Mus.Doc.

Location: Little Flower 5

Discover how Leonard Bernstein made classical music accessible and exciting through his legendary 1950s television appearances on Omnibus. Join retired Notre Dame professor and operatic tenor Dr. Mark Beudert as we explore programs on Beethoven's Fifth Symphony, jazz, conducting, modern music, Bach, opera, and American musical comedy. No musical background is required.

Max: 15/Min: 3 Sessions: 10

10 AM-11:20 AM (Thu22/\$55)

The Artist's Way: It's Never Too Late to Begin Again

Carol C. Bradley, M.S.

Location: Little Flower 2&3

Create the life you want to live! Julia Cameron's 1992 book *The Artist's Way: The Spiritual Path to Higher Creativity* has sold more than 5 million copies. This guided 10-session course, based on her new book, *It's Never Too Late To Begin Again*, gives you the

opportunity and tools to explore your creative dreams and make your 50+ years the most creative and fulfilling time of your life.

Max: 20/Min: 5 Sessions: 10

10 AM - 11:50 AM (Thu23/Free)

Tour of Cedar Grove Cemetery

Jon Adamson, B.A.

Location: Cedar Grove Cemetery 1

A tour of Notre Dame's Cedar Grove Cemetery--its spiritual significance, history, stories of the deceased, and beauty of the headstones and grounds. Thursday, September 24.

Max: 25/Min: 2 Sessions: 1

10 AM - 11:50 AM (Thu24/Free)

Tour of Cedar Grove Cemetery

Jon Adamson, B.A.

Location: Cedar Grove Cemetery 2

A tour of Notre Dame's Cedar Grove Cemetery--its spiritual significance, history, stories of the deceased, and beauty of the headstones and grounds. Thursday, October 1.

Max: 25/Min: 2 Sessions: 1

10:30 AM - 11:50 AM (Thu25/\$55)

Intermediate Juggling: Ball Passing and Props

Bill Hooper, MBA

Location: Little Flower Gym

Designed for graduates of Learn to Juggle, Juggling Without Drops, or anyone who can juggle three balls. Learn partner passing with balls, rings, and clubs while exploring specialty props such as diabolo, spinning plates, cigar boxes, poi, hats, and balancing techniques. By course end, students will work toward juggling three clubs and beginning club passing. Participants should bring or purchase three juggling clubs.

Max: 16/Min: 4 Sessions: 9

10:30 AM - 11:50 AM (Thu26/Free)

Medicare & Health Insurance 101

Sondra Gardetto, MS

Location: Little Flower 1

Confused by Medicare and health insurance options? This informative session explains how Medicare and health insurance plans work, common coverage gaps, potential out-of-pocket costs, financial risks, and key considerations when evaluating benefits. We'll also discuss anticipated changes for 2027 and what they may mean for current plan holders. Designed to help you make more informed healthcare decisions. This is a one day only on Oct 1st

Max: 14/Min: 5 Sessions: 1

11 AM - 11:50 AM (Thu27/\$35)

Buildings of the University of Notre Dame
Marsha Stevenson

Location: Little Flower Upper Room

This five-session course will focus on significant buildings on the University of Notre Dame campus. Among these are the Basilica; the Main Building (aka the Golden Dome); the Log Chapel and Grotto; the Libraries; the stadium and other athletic facilities; and public venues such as the art museum and sculpture park. Each class will be an illustrated lecture, and no prior knowledge is needed.

Max: 20Min: 5 Sessions: 5

11 AM - 12:20 PM (Thu28/\$57)

Having Fun with French: Advanced Beginning French

Jerry Gloster, M.A.

Location: Little Flower 4

For students with more than a basic knowledge of French, this course strengthens grammar, vocabulary, and conversation skills. Suitable for advanced beginners through intermediate learners, the class uses *Easy French: Step-by-Step* by Myrna Bell Rochester. Classes begin with Chapter 11. Optional tutoring is available before class. Copy fee of \$2 included in cost. Eight classes guaranteed, with possible additional sessions as schedules allow.

Max: 10Min: 4 Sessions: 8

11 AM - 11:50 AM (Thu29/\$25)

Perspectives on the Holocaust

Bob Feferman, B.A. Location: Jewish Federation of St. Joseph Valley

This series explores different perspectives on the Holocaust. Topics include the role of eugenics and racism, a personal story of escape from Nazi Germany, the inspiring survival story of an Auschwitz survivor, and the courageous actions of non-Jews who risked their lives to save others. Through history and personal accounts, participants will gain a deeper understanding of this tragic period. Meets October 8, 15, 22, and 29.

Max: 30/Min: 4 Sessions: 4

11:20 AM - 12:40 PM (Thu30/\$55)

Discussion of Pat Conroy's *Beach Music* A Novel
Patrick Murphy, Ph.D.

Location: Little Flower A

Join a thoughtful discussion of Pat Conroy's acclaimed novel *Beach Music*. The story examines the impact of a young woman's suicide on family and friends across three generations.

Set in Rome and South Carolina, the novel explores themes of family, religion, politics, war, culture, and nature from World War II through the 1980s. Used paperback copies are widely available online.

Max: 20/Min: 10 Sessions: 9

11:40 AM - 1 PM (Thu31/\$55)

Music Basics

Kelly Havens, Ph.D.

Location: Little Flower 2&3

Listening to music can be an active and rewarding experience. Learn the fundamental elements of Western classical music—including rhythm, melody, harmony, and form—and discover how these concepts enhance appreciation of many musical styles. Using examples ranging from techno and musical theater to Mozart, Beethoven, Debussy, and Strauss, this course provides practical listening tools for all music lovers.

Max: 20/Min: 10 Sessions: 10

2 PM - 12:50 PM (Thu32/\$55)

Ballroom Dancing Lessons

Joey Rohde

Location: Little Flower Upper Room

Step onto the dance floor with confidence! Learn the basics of Waltz, Foxtrot, Tango, Cha-Cha, Rumba, and Swing in a welcoming, beginner-friendly environment. No partner or prior experience is required. Ballroom dancing provides excellent exercise, opportunities to meet new people, and a skill you can enjoy for years to come.

Max: 50/Min: 10 Sessions: 8

12 PM - 12:50 PM (Thu33/\$57)

Introduction to Origami

R. Patrick Hickey

Location: Little Flower 5

Learn the basic folds and foundational forms used to create a wide variety of origami designs. This hands-on course will help students develop the skills needed to follow origami instructions found in books and online. Paper types and supplies will be discussed during the first class. Square origami paper is available from craft stores or online retailers. Copy fee: \$2 included in cost.

Max: 10/Min: 3 Sessions: 10

12:10 PM - 1:30 PM (Thu34/\$55)
Civility: Where Manners Meet Morality
Peter Stone, D.Min.
Location: Little Flower 6

Seminar-style class centering on the virtue of courage that leaves traces, a community improved and carried forward. Class members are encouraged and welcome to contribute from personal experience, context, and diverse ideals leading to civil and robust conversations. We focus on stories of selfless kindness in a shared society. Guide for this class is *Theo of Golden*, national bestselling novel by Allen Levil.

Max: 12/Min: 5 Sessions: 10

12:20 PM - 1:40 PM (Thu35/\$55)
Pickleball for Beginners-Thursday
Donna Adams
Location: Little Flower Gym

Discover Pickleball! 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, please consult your healthcare provider before enrolling. Assistants include **Sue Fassett, Sam Haag** and **Cheryl Ulrich**

Max: 16/Min: 8 Sessions: 10

12:50 PM - 2:10 PM (Thu36/\$55)
Automobile Ownership 3.0
Phillip Potter, BBA, MBA
Location: Little Flower 4

Stay informed about today's rapidly changing automotive market. This course explores current industry trends, vehicle options, purchasing strategies, lease-versus-buy decisions, financing alternatives, maintenance practices, and resale considerations. Learn how market conditions affect ownership costs and gain practical knowledge to make confident vehicle purchasing and ownership decisions.

Max: 12/Min: 5 Sessions: 10

1 PM - 2:50 PM (Thu37/Free)
Forever Connected: Beginning Computer and Smartphone Skills; The Beacon-Door D
Cindy Nikolai, Ph.D.

Location: The Beacon 1

Build confidence using computers, smartphones, and essential online tools in this welcoming beginner-level course. Learn email, internet safety, social media, passwords, online forms, digital banking and shopping, smartphone basics, and more. A skills checklist helps track progress, and successful participants may borrow a computer from the FLI Lending Library.

Max: 10/Min: 4 Sessions: 10

1 PM - 2:50 PM (Thu38/\$55)
Spirituality, Salient and Seductive
Rob Morgan, M.S., LCAC
Location: Little Flower A

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

Max: 12/Min: 4 Sessions: 10

1:10 PM - 2:30 PM (Thu39/\$55)
AI Unleashed: Creating, Learning and Preserving What Matters
Amanda Ding, M.S.

Location: Little Flower 5

Artificial Intelligence is transforming how we create, learn, and work. In this hands-on course, explore practical AI applications including artwork generation, personalized storybooks, photo restoration, video creation, and AI-assisted writing. Learn how AI can support research, organization, productivity, and lifelong learning. We'll also introduce emerging technologies such as AI agents and workflow automation. No technical background is required. Bring a laptop or tablet with internet access.

Max: 16/Min: 5 Sessions: 10

Follow us on Facebook for
the latest updates!



1:10 PM - 2:30 PM (Thu40/\$55)

InterPlay

Indi Dieckgrafe, MFA

Location: Little Flower Upper Room

InterPlay combines movement, storytelling, voice, and play in a creative and welcoming environment suitable for all ages and abilities. Through simple, easy-to-learn activities, participants explore self-expression, connection, and joy while engaging body, mind, heart, and spirit. No experience is needed, and observation is always welcome. Wear comfortable clothing and be ready to move.

Max: 16/Min: 6 Sessions: 10

1:20 PM - 2:40 PM (Thu41/\$55)

Dictators' Playbook

Rev. Christopher Kuhn, M.A.

Location: Little Flower 2&3

Building on previous discussions of World War II-era dictators, this course examines authoritarian leaders of the postwar world. Explore how modern dictators adapted strategies from earlier regimes while using new technologies and media to gain and maintain power. We'll also consider why democratic societies often underestimate the methods used to manipulate institutions and consolidate authority.

Max: 20/Min: 5 Sessions: 10

1:30 PM - 3:30 PM (Thu42/\$55)

English As A New Language for Beginners

Carol Stuart, Ph.D.

Location: Kroc Center 1

This class is for adults 18 and older who speak little to no English, but who want to learn! The coursebook (*Ventures Basic*, from Cambridge University) is included in the class fee. Scholarships covering the class fee may be available. If needed, contact the FLI office.

Max: 25/Min: 6 Sessions: 10

2 PM - 3:20 PM (Thu43/\$55)

Advanced Spanish Language Conversation & Practice

Janet McPeak, DML

Location: Little Flower 6

This course will give students the opportunity to practice Spanish conversation based on practical everyday topics. The level of the students will be assessed on day 1 of the class to help tailor the course to their particular ability levels, interests and needs. Most of each class will consist of Spanish conversation in small groups. Classes will begin October 1.

Max: 15/Min: 7 Sessions: 8

2 PM - 3:20 PM (Thu44/Free)

Forever Travel Show

Becky Squires

Location: Little Flower Gym

Come, learn about all the trips coming up through Mayflower. This session will meet on September 24.

Max: 50/Min: 10 Sessions: 1

2 PM - 3:20 PM (Thu45/\$57)

Touches of Theater

Barb Thomas, Ed.D

Location: Little Flower 1

Explore modern and contemporary plays through reading, discussion, and performance. Participants will examine playwrights, historical context, and dramatic themes while viewing selected performance clips. Students will read plays in advance, assume character roles during class, and share critiques and insights. The course culminates in a readers' theater presentation, with a possible field trip to a local production. Copy fee: \$2 included in cost.

Max: 12/Min: 6 Sessions: 9

3:10 PM - 4 PM (Thu46/\$55)

Beginner Cardio Drumming

Ruth Metcalf

Location: St. Paul's

Get moving with this fun, beginner-friendly cardio drumming class. Drum along to upbeat music while enjoying gentle exercise from a seated or standing position. The class emphasizes stretching, arm movement, and participation at your own pace, making it accessible to all fitness levels. Participants should bring a large exercise ball, bucket or basket, and drumsticks or wooden spoons. (No class Oct. 22.)

Max: 15/Min: 1 Sessions: 8

9 AM - 11 AM (Fri10/\$25)

Autumn's Subtleties and Splendor

Jan McGowan, Interpretive Naturalist, MLS

Location: St. Joseph County Parks

Meet a naturalist at one of the St. Joseph County Parks on three Fridays in Fall, to discover and observe life's preparation for winter. Programs begin with an indoor introduction to what's going on with the plants, animals and insects that share our world. Then head out to look and listen for nature in action. Outdoor portion will be rain or shine, so dress for the weather. Bring binoculars if you have them. We will have loaners available.

Sept 18—**Bendix Woods Nature Center**

October 16—**Spicer Lake Visitors Center**

November 20—**St. Patrick's Park Brown Barn**

Max: 15/Min: 8 Sessions: 3

9:10 AM - 10 AM (Fri11/\$55)

Notre Dame and the Civil War

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

Location: Little Flower 2&3

The esteemed novelist and historian Shelby Foote once said of the American Civil War: "It was the crossroads of our being, and it was a hell of a crossroads." The war was also a crossroads for the University of Notre Dame as numerous students, and Holy Cross priests, brothers and sisters from neighboring St. Mary's College became immersed in the conflict. In this course we will examine how the war impacted Notre Dame and the many roles members of its community played in the conflict.

Max: 25/Min: 5 Sessions: 10

9:30 AM - 10:20 AM (Fri12/\$55)

French 1-Beginning French

Cheryl Herman, M.A.

Location: Little Flower 5

An introduction to the French language for those with no (or very limited) prior experience. The emphasis will be on learning to speak French and engage in basic conversation. French culture will be included in each weekly lesson. Students should purchase: *Language Hacking French* by Benny Lewis for \$19.95 on Amazon. This will provide structure to the class and make it easy for students to practice (hopefully daily) in between our class sessions.

Max: 15/Min: 5 Sessions: 9

10 AM - 12:20 PM (Fri13/\$55)

Beginning American Mah Jongg

Lynn McDonald, MSN, MEd

Location: Little Flower 6

Learn the game whose name means "clattering sparrows" due to the sound of the tiles as they're shuffled. We'll use the National Mah Jongg League card, with plenty of time to play and build skills. By the end of the course, you'll be ready to confidently join a mah jongg group. Students purchase their own 2026 NMJL card. \$5 materials fee.

Max: 14/Min: 4 Sessions: 10

10 AM - 11:50 AM (Fri14/\$55)

Oldtime Contra Dance

Kevin Cawley, Ph.D.

Location: Little Flower Gym

Experience the lively tradition of contra dance, popular since colonial times. Dancers learn figures such as allemande, dosido, circle, star, promenade, and swing while progressing through long lines of couples. Instruction includes walk-throughs before dancing to music, with guidance from a caller throughout. Circle dances and English country dances will also be introduced. <https://sites.nd.edu/wcawley/dance/>.

Max: 32/Min: 8 Sessions: 10

10:30 AM - 11:30 AM (Fri15/\$55)

French 1 Continued

Cheryl Herman, M.A.

Location: Little Flower 5

This course is a continuation of the French 1 course. We will continue in the same book *Language Hacking French* by Benny Lewis for \$19.95 on Amazon. If you had French in high school, you could take this class without having taken the first one.

Max: 15/Min: 5 Sessions: 9

10:30 AM - 12:20 PM (Fri16/\$35)

Religion and Politics

Angela McCarthy, Ph.D.

Location: Little Flower 2&3

Explore the complex relationship between religion and politics in the United States. Topics include America's religious history and landscape, theories of religion and culture, public opinion, voting behavior, and the role religion plays in shaping American society, identity, and contemporary political life.

Max: 25/Min: 2 Sessions: 4

11 AM - 2 PM (Fri17/\$35)

Rest In Peace

Kathleen Matuszak, MPA

Location: Little Flower A

What happens when someone dies, and who makes the important decisions? Join a licensed funeral director with 17+ years of experience for an informative look at burial, cremation, funeral planning, legal considerations, and consumer choices. Learn about key documents, the history and science of funeral service, and ways to avoid costly mistakes. Bring your questions for an open Q&A and gain practical knowledge to help your family make informed decisions. Meets every other Friday for a 3-hour session.

Max: 12/Min: 1 Sessions: 5

11:40 AM - 2 PM (Fri18/\$55)

Canasta for Canasta Lovers

Kathee Kiesselbach, BFA

Location: Little Flower 5

Do you love playing canasta? Or maybe it's been a while. Let's get back on that horse! You already know how much fun it is! Score sheets will be provided as well as rules and cards.

Max: 16/Min: 4 Sessions: 10

12:30 PM - 1:20 PM (Fri19/\$55)

Hula

Becky Albrecht

Location: Little Flower Gym

Learn the basics of traditional Hawaiian hula through graceful movements, expressive hand gestures, and rhythmic footwork. Students will explore foundational steps while discovering the cultural stories and history behind the dance. The course emphasizes rhythm, coordination, flexibility, and fun in a welcoming beginner-friendly environment. An optional performance opportunity will be available.

Max: 15/Min: 7 Sessions: 10

12:30 PM - 2:20 PM (Fri20/\$58)

Watercolor Workshop

Gloria Mann

Location: Little Flower 2 & 3

Return to your watercolor practice and enjoy creating with fellow artists. Projects include tropical leaves, palm trees, bamboo, roses, black-and-white studies, quick paintings, desserts, landscapes featuring the sun or moon, abstract art, and a final composite project. Prerequisite: Beginning Watercolor. Copy fee: \$3 included in cost.

Max: 24/Min: 8 Sessions: 10

1 PM - 2:20 PM (Fri21/\$55)

Indiana's 92 Counties: A Journey Across the Hoosier State

David Warkentien, EE, B.S.

Location: Little Flower 6

Discover the rich history and unique character of Indiana's counties in this engaging course. Explore the dates when each county was established; origins of the county's name; notable residents and Native American tribes. We will also consider the battles, forts, and historic maps of each county, and learn about the railroads, agriculture, industry, scenic attractions and the stories that have shaped each county's identity.

Max: 15/Min: 10 Sessions: 10

1:40 PM - 3:10 PM (Fri22/\$55)

Sing and Serve

Cindy Antos

Location: Little Flower 1

Share the joy of music while serving local nursing home residents. Students will learn and perform favorite Disney songs through solo and group singing. After a couple of rehearsals we will then transition to performances at area nursing homes. Pumpkin carols will also be included in October. Total of 9 classes/performances; no class Nov. 6.

Max: 14/Min: 8 Sessions: 9

2:10 PM - 3:40 PM (Fri23/\$25)

Wines of the World Italy

Thomas Labuzienski, M.B.A.

Location: Little Flower A

Professor Elisa Ascione, PhD, Assistant Dean of Academics at Loyola University Rome, food and wine anthropologist, and certified sommelier, will join us live from Rome via Zoom on Friday, October 30. At 2:10 PM, participants at Forever Learning Institute will enjoy a guided tasting of selected Italian wines while exploring Italy's rich wine culture, traditions, and regions through her expert insights.

Max: 15/Min: 4 Sessions: 1

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



Making the arts accessible...

*Through the support of the
The Community Foundation
of St. Joseph County,
the Indiana Arts Commission
and FLI Sponsors*

Forever Creative, a new initiative made possible with the support of the **Community Foundation of St. Joseph County, the Indiana Arts Commission** and **FLI sponsors**, will expand access to meaningful arts experiences for older adults across Michiana through instruction, creative practice and community engagement.

Participants can explore the visual arts through hands-on classes; sing with the Silvertones choir; perform with the Solid Silver Dancers or participate in special workshops — including collaborations with the **South Bend Museum of Art**.

The initiative welcomes participants of all skill levels, and will help remove barriers to participation in the arts by providing expert instruction as well as scholarships, supplies, transportation and performance opportunities — all at little or no cost.

As FLI students share the art they have created through performances and art exhibits at retirement communities, nursing homes, churches and other community venues, **Forever Creative** will also bring the arts to older adults in the community who are unable to travel.

By making arts participation accessible, affordable and inclusive, **Forever Creative** will enrich the lives of older adults while strengthening their connection to the cultural life of the South Bend community. Stay tuned for more on this exciting program!



***Our grateful thanks to the many wonderful
volunteers, donors and corporate sponsors who make
this mission possible!***

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Scholarship Application Form

In keeping with our mission, Forever Learning offers scholarships to assist with the cost of classes. Scholarships are based on need and space availability. Please return this application to the FLI office. (54191 N. Ironwood Rd., South Bend, 46635.)

Name:

Last

First

M.I.

Address:

City:

State:

Zip:

Phone (cell):

Phone (home):

Previous Student? Yes/No

Requested course #1 _____

Requested course #2 _____

(Please include course number, day and time)

Approved By: _____

Date: _____

Forever Learning Institute Course Registration Form

Registration opens at 9 AM, Monday, Sept. 24. Please fill out this form and return or mail to the Forever Learning office, Institute office, 54191 N. Ironwood Rd., South Bend, IN 46635; Register online at www.ForeverLearningInstitute.org.

Name:

Last	First	M.I.	M / F ☐ ☐	Date:
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Address:

City:

State:

Zip:

Phone (Cell):

Phone (Home):

Birth Year:

Email:

Emergency Contact:

Phone:

Course Name/Number

Day:

Time:

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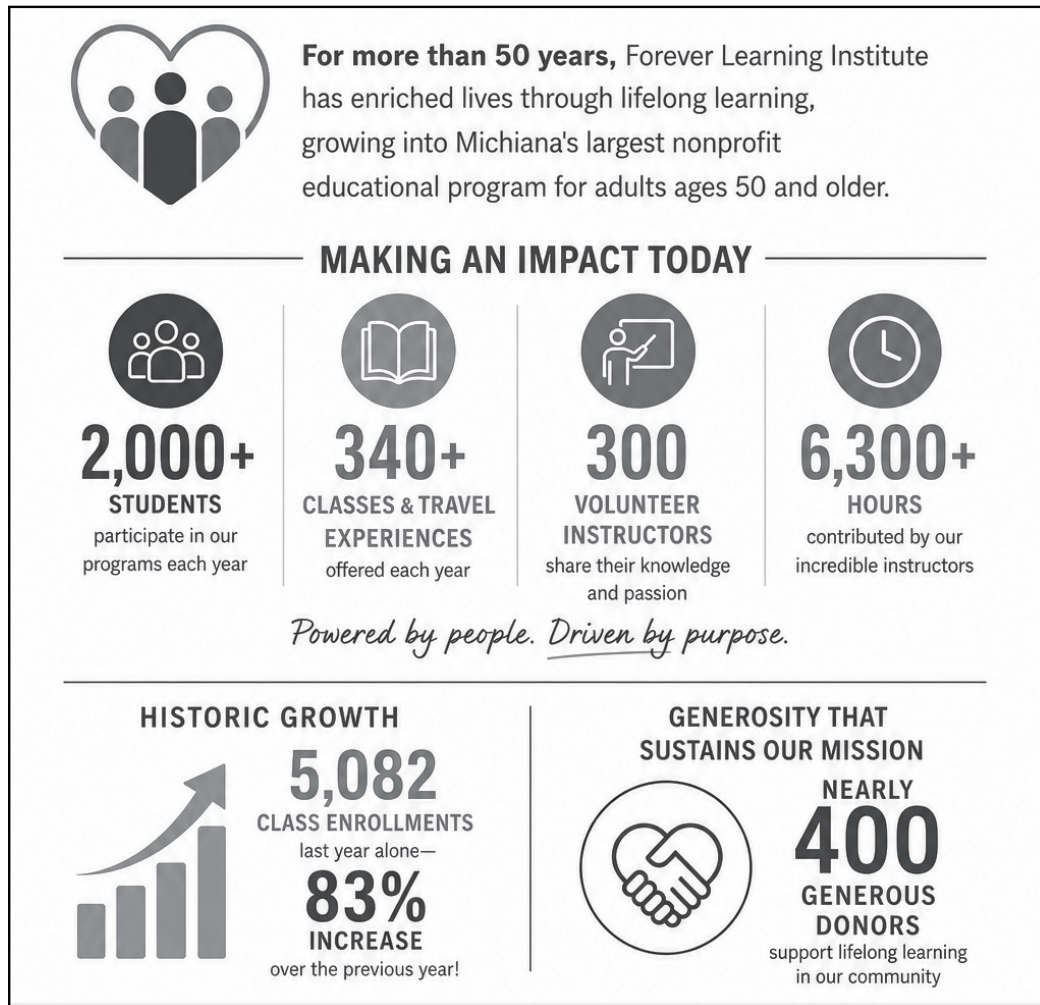
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