

FALL 2025

FOREVER LEARNING INSTITUTE

**THE PREMIER SCHOOL FOR SENIORS
SCHEDULE OF CLASSES AND
REGISTRATION GUIDE**

50

FOREVER  **LEARNING**
I N S T I T U T E

Celebrating 50 years of lifelong learning

**Registration Opens 9:00am August 18th
Classes Begin September 8th**

Course Guide

What is The Forever Learning Institute?

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

Our mission is purely secular; to improve the quality and dignity of senior adult life through continuing intellectual challenge, spiritual reflection, and social interaction.

Our program by the numbers: June 2024 – May 2025 School Year

2766

Class Enrollments

1676

Students & Teachers Served

213

Courses Offered

Teach Your Passion - Become a teacher today

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

Our Board of Directors

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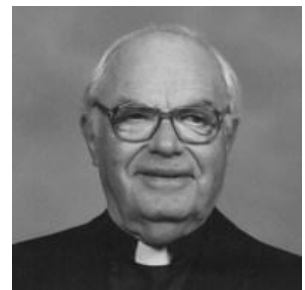
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Thomas Villing

Our Team

George Azar | *Executive Director* | george@foreverlearninginstitute.org
Toni Dunlap-Manthey | *Office Administrator* | toni@foreverlearninginstitute.org

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

Fr. Putz founded Forever Learning in 1974 believing in the importance of continuing education and community involvement regardless of age. A retired professor from the University of Notre Dame, Fr. Putz succeeded in attracting volunteer instructors passionate about sharing their interests with others simply for the joy of learning. Today, we continue to flourish as the most successful senior adult educational program in the region.



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

Taking Courses at Forever Learning

Fall 2025 Semester is Sept 8th – Nov 14th

Registration opens at 9:00AM, August 18th

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

When do I sign up for a class?

Registration opens August 18th at 9:00am. Enrollments are processed on a first-come, first-served basis. Classes often fill to capacity, so sign up early! Registration ends the day before the class begins.

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

How do I sign up by mail? Mail your registration form and tuition to the office as soon as possible. Forms are available in the back of the book, the office, and online.

What if a class has a waitlist?

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

Tuition: Each class is \$55 unless otherwise noted. A \$2.49 service fee is accessed for online purchases and is not refundable.

Scholarships: Scholarships are offered based on financial need and availability. Apply using the form in the back of the book.

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

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.

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 due to weather. We will contact students regarding closures as soon as possible by 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 receive a full refund (minus online service fees)

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

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

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

Go to **fli.coursestorm.com** to see all our courses and enroll today!

Fall 2025 Schedule of Events

We have a great semester planned, so mark your calendars now. You will find more information about many of these events elsewhere in this Course Guide, and on our website.

- **Monday, August 18th** – Fall Registration Opens at 9am
- **Friday, August 22nd** – Forever Learning Back to School Picnic at 12pm
- **Tuesday, August 26th** – Forever Travel: South Bend One History Two Worlds Trip
- **Wednesday, August 27th** – Fall Teacher Orientation Luncheon at 12pm
- **Monday, September 8th** – Most Classes Begin
- **Sunday, September 21st** – The Silvertones “*Sing for Unity*” concert at 2pm at Christ the King
- **Tuesday, October 16th** – Forever Travel: Beatles Vs. Stones Showdown at the Morris Civic
- **Friday, November 14th** – Last Day of Classes
- **Tuesday, November 18th** – Fall End of Semester Festival

Our Locations

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

- **Forever Learning Institute** – 54191 Ironwood Road, South Bend, 46635: 574-282-1901
- **Holy Cross Village** - 54501 State Hwy 933, South Bend, IN 46637 (Classes may be in Andre Place, or one of the villas): 574-287-1838
- **Howard Park Event Center** – 219 S. St. Louis Blvd. South Bend, 46617. You may park on the street or across St. Louis Blvd. in the parking lot: 574-299-4765
- **Southfield Village** – 6450 Miami Circle, South Bend, 46614: 574-231-1000
- **St. Joseph County Parks** – 50651 Laurel Rd. South Bend, 46637: 574-277-4828
- **St. Joseph County Public Library** - 304 S Main St, South Bend, IN 46601: 574-282-4646
- **St. Paul’s Life Plan Community** - 3602 S Ironwood Dr, South Bend, 46614: 574-284-9000
- **The Bridge Center** – 2436 Miracle Lane, Mishawaka, 46545: 574-255-6613
- **The Jewish Federation of St. Joseph Valley** – 3202 Shalom Way, South Bend, 46615: 574-233-1164
- **Zoom** – Instructors will send a link to connect via Zoom. If you have never used Zoom, please download the application prior to the first class.

Join Us for Summer Fun at the FLI Back to School Picnic

Friday, August 22nd – Noon to 2:00pm

Come to enjoy fellowship, food, refreshments, Kona Ice, and the smooth sounds of Bob Pelligrino and his Caribbean steel drum. Please RSVP on our website.

Forever Travel

Join a great community on the move! Forever Learning is home to a fun and thriving travel program helping you explore sights and experiences both near and far.

We offer a variety of local and international trips and experiences. Our travel opportunities are accessible and designed to make the experience easy and fun from beginning to end. Any proceeds from Forever Travel support the mission of Forever Learning.

South Bend: One History, Two Worlds | Aug 26th 2025

Join as we explore South Bend's history through a fresh lens. Enjoy a special presentation and guided tour at both The History Museum of South Bend and the Civil Rights Heritage Center. This trip includes lunch with alternating presentations at each museum. Transportation will be provided by Cardinal Buses, picking up and returning to FLI.

Tickets are \$80 each

Beatles vs Stones: A Musical Showdown at the Morris | Oct 16th 2025

Get ready for the ultimate rock 'n' roll face-off! The Beatles and The Rolling Stones, two legendary bands that defined a generation, take the stage in this show featuring world-renowned tribute acts *Abbey Road* and *Satisfaction*. Watch these iconic bands go head-to-head in an electrifying musical duel that ends with an unforgettable encore featuring both bands on stage together.

Tickets are \$90 each for prime seating (Regular Price is \$99.50) Thanks to group rates, we can offer our students a special discount of 10% from the regular price.

Portugal and The Douro River Cruise | June 17th – 27th 2026

Experience the breathtaking history and culture of Portugal on this 11-day tour in partnership with Mayflower Cruises and Tours. Spend 2 nights in the cosmopolitan capital of Lisbon, then, enroute to Porto, visit the pilgrimage site of Fátima and the university town of Coimbra. Finally, we'll navigate a path through Portugal's enchanting countryside while cruising along the dramatic Douro River. Terraced vineyards rise from the riverbanks, and charming towns lay nestled in the hillsides. Before returning home discover the romantic city of Porto, known for its colorful riverfront, thriving food scene, and famous port wine.

From \$5,634 pp (without group rates the regular price is \$6,355) including all flights, transit, cruise, daily tours, 22 meals, local wines, and gratuities. Book soon, this tour is nearly sold-out!

Albuquerque Balloon Fiesta | October 9th – 14th 2026

Witness the awe-inspiring Albuquerque International Balloon Fiesta, featuring over 600 balloons from around the globe. You'll also enjoy the rich history and culture of Santa Fe, and the Pecos National Historic Park, home to ancient archaeological ruins and 19th-century ranches. This 6-day tour offers a rich blend of history and adventure and is offered in partnership with Mayflower Cruises and Tours.

From \$3,524 pp including all hotels, transit, flights, daily tours, admissions, and 8 meals

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Monday Classes

9:00 AM - 10:20 AM

Murder & Mayhem - Zoom

Dorothy McGovern, M.A.

Location: Zoom

Mystery Stories bring us puzzles to solve and criminals and witnesses to analyze. We try to solve the case before the book's detectives do, but sometimes miss a clue, or don't see the twist coming. We will not meet on Oct 20th & 27th.

- *In the Woods* by Tana French
- *The Surgeon* by Tess Gerritsen
- *The Crime at Black Dudley* by Margery Allingham
- *Postmortem* by Patricia Cornwell

Max: 20 Min: 8 Sessions: 8

9:00 AM - 9:50 AM

T'ai Chi Fundamentals

Kevin Cawley, Ph.D.

Location: Howard Park Room 1

With gentle movement T'ai Chi promotes calm mental focus and alignment while building leg strength, endurance, stability and balance. The course progresses gradually from simple to complex, without strain. The basic form that we learn in the class can prepare students for more complex traditional forms. For many T'ai Chi becomes a health-giving lifelong practice.

Max: 16 Min: 6 Sessions: 10

9:00 AM - 10:50 AM

Continuing American Mah Jongg

Lynn McDonald, MSN, MSEd

Location: Little Flower Room 1

Have you taken the Beginning American Mah Jongg class and want to play more? Want help seeing where your tiles are leading you? Want to improve your game? We will spend most of every in-person session playing mah jongg. In between classes I will share a weekly video, where I'll demonstrate a game, narrate what I see in the tiles and how I choose what to do next. There will also be weekly optional homework which we'll review at the next class and an occasional short lesson on a requested topic. Students provide their own 2025 National Mah Jongg League card (nationalmahjonggleague.org or 212-246-3052, \$14-\$15). \$5 copy fee

Max: 14 Min: 4 Sessions: 10

9:00 AM - 9:50 AM

Polish for Everyone

Dorota Janik, PhD in Organic Chemistry

Location: Little Flower Room 4

Begin, or continue, a journey with Polish. We will build on your knowledge of language, memories and love for all things Polish. With new phrases,

grammar, and conversation you will prepare to embark on the next trip to the Chicago Polish store, write a Christmas note in Polish or simply reminisce about conversations you overheard growing up.

Max: 10 Min: 4 Sessions: 10

9:30 AM - 10:20 AM

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. If you have never tried this form of exercise, you are in for a real treat. Using drumsticks, a 65-75cm stability ball, and a 16-24-gallon bucket (with rope handles), we work at our own pace using our arms, legs, and core! All fitness levels are encouraged, even if you must sit. Please purchase your bucket and ball at Meijer, Walmart, or Lowe's. Drumsticks are available from the instructor for \$3.

Max: 60 Min: 5 Sessions: 10

9:30 AM - 10:50 AM

Faith and Facts: A History of Science and Religion in America

Robert Jay Malone, Ph.D.

Location: Little Flower Room 2 & 3

Discussions of the relationship between "science" and "religion," originated in the early 19th century. Before that time, no one pitted religion against science. We will explore the evolving relationship Puritan natural theology to Darwin, the Scopes Trial, Intelligent Design, climate change, vaccines, and AI. We examine how religious beliefs and scientific knowledge have interacted, sometimes clashing, but most times coexisting. \$5 copy fee.

Max: 25 Min: 8 Sessions: 9

10:00 AM - 11:00 AM

Continuing Beginning German

Ron Cosner, M.A.

Location: Little Flower Room 5

We will continue textbook studies of comparatives and superlatives and move on to numbers. From *Begegnungen A2* emphasis will be on occupations and a review of present tense with separable and inseparable verbs. In the reader the Munchhausen section will conclude and we will start coverage of four famous German fairy tales. Finally in *Deutsche Welle A1* we will finish the section on home life and move on into A2, concentrating on the banking system in Germany. \$2 copy fee. Starts Sept 15th

Max: 12 Min: 4 Sessions: 9



Monday Classes

10:00 AM - 11:20 AM

Living Well with Hearing Loss

Linda Loftus, M.A.

Location: Southfield Village

Hearing loss affects one out of eight people in the US. Learn about hearing loss and coping strategies. Topics covered include the impact of relationships, emotional and mental health, over-the-counter hearing aids, technology, and more. Linda, the instructor, has gone from a mild hearing loss in her younger years to a profound loss. Sue, the assistant, experienced sudden single sided hearing loss in her 60's. The format will be a balance of input and discussion. \$7.00 copy fee.

Max: 12 Min: 5 Sessions: 10

10:00 AM - 10:50 AM

Drum Circle

Vincenzo Carrasco, B.A.

Location: Howard Park Room 1

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

Max: 20 Min: 3 Sessions: 10

10:00 AM - 11:00 AM

Economics as a Social Science for our Time

James Halteman, Ph.D.

Location: Holy Cross Village

After exploring the benefits of free market capitalism, we examine challenges of our time that stress our social order. Climate change, income inequality, artificial intelligence, foreign trade and demographic concerns are some of the things that cause a lack of trust in the system and that put free markets at risk. But there are reasons to hope the system can survive and thrive in the future.

Max: 12 Min: 5 Sessions: 9

10:00 AM - 11:00 AM

Themes in Traditional and Classic Country

Music Songs

Cappy Gagnon, B.A.

Location: Little Flower Room A

Each class will be devoted to a different theme, providing historical context and featuring recorded examples. The classes will feature the leading voices of Country Music.

Max: 20 Min: 5 Sessions: 10

10:20 AM - 12:10 PM

Drop-in Tech Help Desk (FREE)

John Chapleau, B.S.

Location: Little Flower Room 4

Walk in with your Phone, Tablet or PC questions. You can come in person, or submit questions ahead of time by email to, jchapleau@alumni.nd.edu. After 1st visit you can select your app of choice for any further help desk dialog on your tech issues (email, text, Zoom, WhatsApp, Facebook, or drop-in again). Anyone who would like to help with tech issues and questions is welcome to join our help desk team on a full semester or occasional free days.

Max: 4 Min: 1 Sessions: 10



10:30 AM - 11:50 AM

Building Racial Harmony

Deborah Dwyer

Location: Little Flower Upper Room

We'll gain an understanding of the existing unconscious beliefs and patterns that have created the structures of racism in our society. Explore the historic roots that shape perceptions and lead us away from a true regard for ourselves and all people. Increase awareness, effectiveness, and compassion to better play a part in a healing solution for our community. Understanding and healing can take place in an atmosphere of respect for the sacred and intrinsic value of every human.

Max: 10 Min: 1 Sessions: 10

11:00 AM - 11:50 AM

Forever Fit Intermediate Level

Cathy Roe, certified instructor

Location: Little Flower Gym

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

Max: 60 Min: 15 Sessions: 10

11:00 AM - 12:20 PM

Demystifying Medicare

Megan Rogers

Location: Southfield Village

Already on Medicare? About to go on Medicare? Helping a loved one? We will cover Medicare options; how, when, and where to enroll; when you can make changes; how Medicare coordinates with

Monday Classes

other insurances; provide options if you cannot afford your insurance or medical costs; cover mistakes to avoid; and differences between plans.

Max: 25 Min: 3 Sessions: 10

11:10 AM - 12:10 PM

Intermediate German

Ron Cosner, M.A.

Location: Little Flower Room 5

This semester will continue textbook studies which finish relative pronouns, moving on to da and wo compounds. In Begegnungen B1 emphasis will be on verbs with prepositions and how to use them with da and wo compounds; also on recognition of verbs turning into nouns and ending with prepositions used in time phrases. From German Short Stories, the two stories *Der Weg Zum Glueck* and *Die Freundschaft, Die Traueme wahr werden laesst*. We'll discuss making a complaint and restaurant situations. \$2 copy fee. Class starts Sept 15th

Max: 12 Min: 4 Sessions: 9

11:10 AM - 12:30 PM

Spanish Level 1 (Beginning)

Carol Stuart, Ph.D.

Location: Little Flower Room 2 & 3

This beginning Spanish class is for those with little or no prior experience in Spanish. The emphasis will be on learning common vocabulary, pronunciation, basic grammar (the present tense) and getting comfortable sharing simple conversations. Please purchase the book *Spanish Easy and Fun*, copyright 2023, before the first class. The class will cover units 1-10 in the book. To fully utilize the audio component of the book, students will need access to a computer or smartphone. \$2 copy fee

Max: 30 Min: 5 Sessions: 10

11:40 AM - 1:00 PM

Drugs and Aging

Tony Zmirski, OBI OSB

Location: Little Flower Room 1

We will discuss how medications and supplements affect people as they age and how to anticipate potential problems. Class will be tailored to the needs of people attending. This class is being offered for INFORMATION PURPOSES ONLY and is not a substitute for your healthcare provider.

Max: 10 Min: 4 Sessions: 9



12:10 PM - 1:30 PM

Pickleball for Beginners - Monday 1

Sue Schneider & Sharyl Dawes M.B.A.

Location: Little Flower Gym

This class is for true beginners. You will learn the basic rules, places to play, and groups to play with. You will learn to serve legally, maintain a rally, and place the ball where you want it to go. Each class will include a short lecture, drills, and open play. You don't have to be an athlete to have fun. Paddles and balls provided. You may register for only one pickleball class each semester. *Caution:* To play this game safely, you must be able to bend your knees and have a good sense of balance. If you have any doubts, please check with your healthcare provider.

Max: 16 Min: 6 Sessions: 9

12:30 PM - 1:50 PM

Who's Afraid of Opera (Fall 2025 Edition)

Mark Beudert, A.Mus.Doc.

Location: Little Flower Room 6

Join international operatic tenor, Pavarotti competition winner, and ND professor (retired) Mark Beudert for a free-wheeling discussion of All Things Operatic, with a concentration on upcoming local live and broadcast performances.

Max: 15 Min: 3 Sessions: 10



12:30 PM - 1:50 PM

Explore Your Voice

Michael Marquez-Snyder, M.A.

Location: Little Flower Upper Room

Students will learn breathing, articulation, and phonation techniques by learning a couple songs of your choice. Each week, we'll work on your songs, and by the end of the course you will have learned them and improved your speaking and singing voices. Most of all we'll have had fun! The final class will be a recital that is open to the public.

Max: 17 Min: 10 Sessions: 10

1:00 PM - 1:50 PM

Easy Fun 8 Form Tai Chi Chaun - Southfield

Cecelia Hossler

Location: Southfield Village

Are you sore and tired from working out? Too old to exercise? Too busy? Then Tai Chi Chuan Easy 8 Form is perfect for you, regardless of your age, gender, or level of fitness. This 50-minute exercise will increase your strength, energy, flexibility, and emotional outlook. Tai Chi Chaun also lowers blood pressure, reduces blood sugar, and relieves arthritis pain.

Max: 20 Min: 6 Sessions: 10

Monday Classes

1:00 PM - 1:50 PM

Living with Low Vision

Donna Horner, M.A.

Location: Little Flower Room 5

As we age, many of us will experience a vision loss due to macular degeneration, glaucoma, diabetic retinopathy, etc. as a result of this many will have to adapt to living a life with low vision. This class will address many of the obstacles people will experience & I will teach techniques and coping skills. This class is directed towards those who are living with low vision or have a family member or friend that may be experiencing this. We will look at lighting, contrast, low vision devices, organizational skills and the importance of support groups.

Max: 12 Min: 5 Sessions: 8

1:00 PM - 1:50 PM

Questions About the Bible Your Priest or Pastor Hope You Never Ask Them

David Warkentien, EE & B.S.

Location: Little Flower Room 2 & 3

In school it is appropriate for students to ask teachers questions during a lecture. In church it is NOT appropriate to ask your priest or pastor questions during a sermon, especially about biblical topics that don't seem to make sense. In this class the instructor will ask the questions (but not provide the answers) about the bible timeline, main characters, creation story, the flood, the exodus, Israel and Judea, the Babylonian exile, prophets, Daniel, Gospels, Paul's writings, Revelation, early Christianity, and much more. The class can add additional questions.

Max: 30 Min: 15 Sessions: 10

2:00 PM - 3:50 PM

Chinese Mahjong - Southfield

Cecelia Hossler

Location: Southfield Village

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

Max: 8 Min: 4 Sessions: 10



2:00 PM - 3:20 PM

Pickleball for Beginners - Monday 2

Sue Schneider & Sharyl Dawes MBA

Location: Little Flower Gym

This class is for true beginners. You will learn the basic rules, places to play, and groups to play with. You will learn to serve legally, maintain a rally, and place the ball where you want it to go. Each class will include a short lecture, drills, and open play. You don't have to be an athlete to have fun. Paddles and balls provided. You may register for only one pickleball class each semester. *Caution:* To play this game safely, you must be able to bend your knees and have a good sense of balance. If you have any doubts, please check with your healthcare provider.

Max: 16 Min: 6 Sessions: 9

2:30 PM - 4:20 PM

The Life and Lessons of Warren Buffett

Leighton Schmitt

Location: Little Flower Room 2 & 3

Warren Buffett recently announced he will step down as CEO of Berkshire Hathaway after 60 years of leadership. He has managed to turn a failing New England textile mill into a \$1 trillion company which employs 400,000 people. In addition to being one of the greatest business leaders of all time, he is also one of the greatest philanthropists in history, having given away more than any living person, \$62 billion. This course will discuss a history of Berkshire, Buffett, and the lessons we can learn from them.

Max: 30 Min: 15 Sessions: 4

Wines of the World with Sharyl Dawes

Build your wine knowledge by sipping and studying your way through some of the world's most famous wine regions. Each session will feature 3-5 tastings, with a discussion of food pairings, tasting notes, and the history and geography of the region. Sharyl has hands-on viticultural and wine-making experience. Class meets from 2:00pm - 3:30pm in Little Flower Payne Hall. The cost is \$25 per session.

- Wines of Spain - September 10th
- Wines of Italy – October 15th
- Wines of Bordeaux – November 12th

Tuesday Classes

9:00 AM - 10:50 AM

Sign-Me-Up' Sign Language Seminar

Marcia Haslett, M.Ed. & Jeanne Peckiconis

Location: Little Flower Room 6

Our workshop-like course is geared for students who have previous experience gained from multiple intermediate/advanced FLI classes; or equivalent skill learned elsewhere. Become a better, more confident signer & fingerspeller. Students will have opportunities to hone and improve their skills & sign vocabulary through weekly dialogue/practice activities with classmates & instructors. \$7 copy fee

Max: 15 Min: 8 Sessions: 10



9:00 AM - 10:20 AM

Camino de Santiago Pilgrimage

Thomas Labuziowski, M.B.A.

Location: Little Flower Room A

How, where, when and why to walk the Camino pilgrimage in Spain. This is the 12th time this class has been taught and over 100 graduates have walked as true Pilgrims and not using tour groups. This interactive class will answer all your questions and will help you map out a perfect pilgrimage for you. Each week there will be multiple guest experts. When you finish this class, you will be prepared to successfully walk the Camino pilgrimage. To maximize the potential of a powerful Camino life transformative experience, students are encouraged to walk the Camino with joy and confidence. The teacher has walked many Camino paths, helped start the local Chapter of the American Pilgrims on the Camino and has served on the national board.

Max: 25 Min: 5 Sessions: 8

9:30 AM - 10:50 AM

Great Decisions 2025

Paul Stevenson, M.A.

Location: Little Flower Room 2 & 3

Great Decisions is a national discussion program created by the Foreign Policy Association. Each year eight timely topics are chosen for the creation of a short video and classroom discussion materials. Interested students will watch a topic video each week, followed by instructor-led discussion. The 2025 topics are American Foreign Policy at a Crossroads, U.S. Changing Leadership of the World Economy, U.S.-China Relations, India: Between China, the West, and the Global South, International Cooperation on Climate Change, The Future of NATO and European Security, AI and American National Security, American Foreign Policy in the Middle East: Taking Stock and Looking Ahead.

Max: 20 Min: 10 Sessions: 8

9:30 AM - 10:20 AM

Passion for Piano

Judy Jurens

Location: Little Flower Upper Room

Age or musical experience should not keep you from exploring your passion for music. We will work together to learn at least one song each week with sheet music and chords. This class is for the beginner student or anyone wanting to learn to play with chords. Please purchase Hal Leonard's "Best Songs Ever/Super Easy Piano Songbook for Beginners and Adults" (available on Amazon for \$18.99) and bring it to the first session. Blue Skies and Can't Help Falling In Love will be one of our first songs from the book. You will NOT need to bring a piano or keyboard to class but should have one for practicing.

Max: 10 Min: 4 Sessions: 10

10:00 AM - 12:20 PM

Beginning & Intermediate Bridge

Thomas Hebron

Location: Bridge Center

This course will introduce the basic concepts of Contract Bridge: how to evaluate a hand, make a bid, defend, keep score, and play a hand. Bridge is an excellent way to keep your mind sharp. The required text is Audrey Grant's Bridge Basics (\$12) and can be purchased through Amazon or Better World Books. We are located at 2436 Miracle Lane, Mishawaka IN 46545 in the Town & Country Shopping Center. Co-Instructor is Cappy Gagnon.

Max: 40 Min: 4 Sessions: 10

10:00 AM - 11:50 AM

Mathematics and Quantum Physics

Andrew Sommese, Ph.D.

Location: Little Flower Room 1

This course is the first of a planned two course sequence on physics (statistical mechanics and quantum mechanics). The second course would follow in the spring. In this fall course, the calculus, probability and statistics, and linear algebra and operator theory needed for quantum mechanics will be covered. Along with these mathematical foundations, the Lagrangian approach to classical mechanics and the basic theory of harmonic oscillators will be developed. The requirement for the course is high school algebra.

Max: 10 Min: 3 Sessions: 10

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



Tuesday Classes

10:00 AM - 11:20 AM

Fall Hiking Series

Mikaela Gohn

Location: St. Joseph County Parks

NOTE Class Meets Wednesdays not Tuesdays. Ready, set, hike! During this series, you will get to explore several county parks and observe different plant and animal habitats while getting in healthy exercise. This program will consist of six guided hikes, some of which may take place on moderately hilly terrain and muddy trails. Hikes will take place at 10 AM on Wednesdays, from October 1 to November 5. The first class will be held at St. Patrick's County Park.

Max: 25 Min: 10 Sessions: 6



10:30 AM - 12:20 PM

Basic iPhone Workshop

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

Location: Little Flower Room 5

This hands-on class will cover BASIC iPhone elements, including setting up and starting to use your iPhone, the iCloud, calls and contacts, typing and texts, emails, calendar, camera and photos, video chatting with Facetime, browsing the web, and getting and using apps. An iPhone running iOS 18 and the book "*iPhone for Seniors in easy steps, 11th edition*" is required. Jane Keller will be co-teaching.

Max: 8 Min: 4 Sessions: 10

10:30 AM - 11:50 AM

The Power of Civility

Peter Stone, D.Min.

Location: Little Flower Room 4

The class is a timely seminar-style exploration and discussion of "civility" founded on selfless kindness in a shared society. "Civility" signifies the idea of respect within a community of citizens for each other in pursuit of the common good. Discussions strive to be thoughtful examinations of three c's: criticality, compassion and creativity. Class text is *In Praise of Civility* by James W. Heisig (2021, 124 pp.)

Max: 10 Min: 5 Sessions: 10

10:40 AM - 12:00 PM

Flutes!

AnneMarie Dawson

Location: Little Flower Upper Room

Yearning to pick up your flute again? Join us for flute choir and ensembles; previous playing experience is required. We will have time set aside for those who wish extra help. You'll need a flute, music stand, tuner, and a metronome. Contact the instructor for reliable flute repair technicians. \$5.00 copy fee.

Max: 30 Min: 5 Sessions: 10



10:40 AM - 12:00 PM

Revelation: a Book of Hope, Promise and Praise

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

Location: Little Flower Room A

Have you ever thought, "Revelation, oh, that scares me." Or, "It's so confusing!" Let's take another look, a different look. This class is not to assemble an end-times timeline. Instead, we concentrate on the context, significant themes, and the abundance of praise as they relate to times past, present and future. We will discover that the roots of much of Revelation can be found throughout Scripture. Come, re-discover Revelation, a Book for all times, a Book of hope, promise and praise.

Max: 12 Min: 6 Sessions: 10

10:45 PM - 12:00 PM

Intermed French Through Short Stories, Zoom

Jerry Gloster, M.A.

Location: Zoom

This class will work for advanced beginners as well as those who are at either a beginning or advanced intermediate level. Text: French Short Stories for Intermediate Level + AUDIO: Improve Your Reading and Listening Skills in French by Frederic Bibard, Manuela Miranda (Pbk), 2021. 8 sessions minimum with 1-2 extra sessions depending on availability.

Max: 20 Min: 5 Sessions: 8

10:45 AM - 11:45 AM

Pilates Chair

Vanessa Canal

Location: Little Flower Gym

Stay strong, stable, and confident with this fun, music-filled session designed for all levels! This supportive class helps build stamina, strength, stability, and balance in a safe and effective way. Set to upbeat, enjoyable music, each movement is tailored to meet you where you are, with plenty of modifications and encouragement. Leave feeling energized and empowered. Please bring 2 to 3 lb hand weights or two water bottles to each class.

Max: 20 Min: 10 Sessions: 10

11:00 AM - 12:00 PM

Floral Design – St. Paul's

Andrea Keck

Location: St. Paul's

Hands on floral design class where Creativity Blooms! In this engaging session, you will learn the basics of floral arrangement, explore seasonal flowers, and design your own beautiful bouquet or centerpiece to take home. \$20 materials fee. Class meets Sept 9th, Oct 14th, & Nov 11th

Max: 10 Min: 2 Sessions: 3

Tuesday Classes

11:10 AM - 12:00 PM

From Rasputin to Putin

David Stefancic, Ph.D.

Location: Little Flower Room 6

A history of Russia and the Soviet Union in the 20th and 21st centuries.

Max: 15 Min: 1 Sessions: 10

11:10 AM - 12:10 PM

A History of the White House - Part I

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

Location: Little Flower Room 2 & 3

The White House is, perhaps uniquely, the seat of the executive power of the United States and a family residence. In this course we will examine the construction, alterations and historic moments of the White House, as well as the experiences of the families that have called it home. Part I of the course will cover the period of the Founders to the administration of William McKinley.

Max: 30 Min: 5 Sessions: 10

12:20 PM - 1:40 PM

Augustine of Hippo

Thomas Parisi, Ph.D.

Location: Little Flower Room 6

This seminar focuses on Peter Brown's biography of Augustine, a work that not only illuminates Augustine's life but also offers profound insights into the dilemmas of living in any era. Our discussions will cover a broad range of topics, reflecting the challenges Augustine faced in his time, guided by the reflections on our readings. Participation requires the weekly readings. We will explore controversies within the context of Augustine's historical and cultural environment.

Max: 15 Min: 7 Sessions: 10

12:30 PM - 1:50 PM

Pickleball: Dinks, Drills, and Beyond - Tuesday 1 - Bob Macel

Location: Little Flower Gym

This class is for those who have completed a beginner class or clinic, and know basic rules. It will provide an opportunity for additional practice and play in a supportive environment. You will participate in short lectures and drills designed to improve all aspects of your game. Each class will include open play with other class members. Paddles and balls provided. You may register for only one pickleball class each semester. Caution: To play this game safely, you must be able to bend your knees and should have a good sense of balance. If you have any doubts, please consult your healthcare provider.

Max: 16 Min: 12 Sessions: 10



12:30 PM - 1:50 PM

Spanish Level 2 (Advanced Beginning)

Carol Stuart, Ph.D.

Location: Little Flower Room A

This class is for students who feel comfortable with Spanish pronunciation, basic vocabulary, and using the present tense in the Spanish language. We will build up our vocabulary and learn additional grammar including how to talk in past tense. Please purchase a copy of *Spanish Easy and Fun* (c. 2023). We will cover units 11-22 in this course. To get the most out of the class, students will need a computer or smartphone to access the audio components.

Max: 20 Min: 5 Sessions: 10

12:50 PM - 1:40 PM

Colored Pencil Painting

Suzanne Harris

Location: Little Flower Room 2 & 3

This class will introduce the student to the relaxing art of colored pencil which today is accepted as a serious medium of professional artists. You will learn the methods of creating realism in your paintings through layering and blending processes. You will need to purchase Artist's Professional Grade Prismacolor Pencils—NOT water color pencils (the 12 pencil set or larger), a kneadable eraser, a good pencil sharpener, and Strathmore Bristol Vellum paper. \$2 copy fee

Max: 20 Min: 10 Sessions: 10

1:00 PM - 2:50 PM

Computer Help Desk (FREE)

Cindy Nikolai, Ph.D.

Location: Little Flower Room 1

Do you have a computer question? Can't figure out how to get to your emails. Confused by the cloud. Want to learn more about the App Store? 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: 12 Min: 3 Sessions: 10

Course Certificates Available

Looking for a unique gift for a birthday or holiday? Give the gift of learning! Certificates may be purchased online, or in the FLI office. Minimum purchase is \$5, maximum is \$500.

Tuesday Classes

1:00 PM - 1:50 PM

The Development of the English Language

Roger Chrastil, M.A.

Location: Little Flower Room 5

In this course we will discuss and analyze the development of the English language, particularly in the United States, including grammar, usage, slang and idioms.

Max: 12 Min: 5 Sessions: 10

1:00 PM - 3:30 PM

Let's Get "Cary-ed" Away!

Judith Heying & Robert Heying

Location: Little Flower Upper Room

Box office favorite Cary Grant had a 30-year career in which he never won an Academy Award. We'll watch his rise from bit player to star through 10 movies, some familiar, some less known. In addition to movie trivia, your hosts will also share biographical background that coincides with the year of each film. Sorry, popcorn is not supplied.

Max: 30 Min: 10 Sessions: 10



2:00 PM - 3:20 PM

Pickleball: Dinks, Drills, and Beyond - Tuesday 2

Bob Macel

Location: Little Flower Gym

This class is for those who have completed a beginner class or clinic, and know basic rules. It will provide an opportunity for additional practice and play in a supportive environment. You will participate in short lectures and drills designed to improve all aspects of your game. Each class will include open play with other class members. Paddles and balls provided. You may register for only one pickleball class each semester. *Caution:* To play this game safely, you must be able to bend your knees and should have a good sense of balance. If you have any doubts, please consult your healthcare provider.

Max: 16 Min: 12 Sessions: 10

2:00 PM - 3:20 PM

Thomas Hardy's Return of the Native

Dr. Marie Brenner

Location: Little Flower Room 2 & 3

This novel offers a powerful combination of Fate's twists and turns in Hardy's corner of Southwest England. We'll supplement the novel with helpful references to Hardy's poetry and biography as we engage with some of his most memorable characters. Any edition of the novel will do.

Max: 15 Min: 5 Sessions: 10

2:00 PM - 3:50 PM

Beginning American Mah Jongg

Lynn McDonald, MSN, MSEd

Location: Little Flower Room 6

Learn the game whose name means "clattering sparrows" due to the sound made by the tiles as they are shuffled. We will learn American mah jongg using the National Mah Jongg League's card of hands. There will be ample time for students to play and hone their skills. Students should purchase their own 2025 National Mah Jongg League card (\$14-\$15) online or call 212-246-3052. Materials fee is \$5

Max: 14 Min: 4 Sessions: 10

2:30 PM - 4:00 PM

Real Food, Real Easy

Stacey Glassburn-Wilson

Location: Little Flower Kitchen

We will explore ways to stretch your food budget with meal prepping, creative recipes using seasonal ingredients and odd items from the pantry as well as ways to save time and effort using online grocery services. Students will prep meals for the fridge or freezer for fast dinner solutions, enjoy an outing to the local farmer's market, learn about ways to create small batch tasty meals at home and navigate the ins and outs of alternatives to the traditional grocery store trips.

Max: 10 Min: 6 Sessions: 8



4:00 PM - 4:50 PM

Understanding Homelessness

Carl Hetler, M.Div

Location: St Joe Library

This four-week class will look at the causes of homelessness, the resources available in our community, and how you can get involved. Come with your questions, concerns, doubts and ideas!

Resources available at

www.southbendin.gov/homeless

This course meets at the Community Learning Center of the South Bend Main Library, in Classroom C. The price is \$30.

Max: 20 Min: 5 Sessions: 4

FLI Spirit Wear

Forever Learning has partnered with local firm

It's Tops to host an online store. You can purchase t-shirts, jackets, and other items to show your love of life-long learning. They make great gifts. Show your school spirit today!

Wednesday Classes

9:00 AM - 11:20 AM

Beginning Watercolor Session 1

Nancy Barr

Location: Howard Park Room 2

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

Max: 18 Min: 12 Sessions: 10

9:00 AM - 9:50 AM

Easy Fun 8 Form Tai Chi Chaun

Cecelia Hossler

Location: Little Flower Gym

Are you sore and tired from working out? Too old to exercise? Too busy? Then this class is perfect for you, regardless of your age, gender, or level of fitness. This 50-minute exercise will increase your strength, energy, flexibility, and emotional outlook. Tai Chi Chaun also lowers blood pressure, reduces blood sugar, and relieves arthritis pain.

Max: 20 Min: 6 Sessions: 10

9:00 AM - 10:20 AM

Tell a Good Story

JoLynn Brown, M.A.

Location: Little Flower Room A

Everyone has a story to tell. Make it a memorable one by exploring the art of storytelling. Learn to mine for memories, develop the best story structure, add tone and tenor, and confidently present to an audience. You don't have to be a writer. Bring your lively imagination and engaging personality. Tell a captivating true story from your life to a friendly community. Join in the fun of wits and words.

Max: 12 Min: 6 Sessions: 10

9:00 AM - 9:50 AM

French 1: Beginning French

Cheryl Herman, M.A.

Location: Little Flower Room 6

This class is an introduction to the French language for those with 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 the book *Language Hacking: French*. This book will provide structure to the class and make it easy for students to practice in between our class sessions. J'espere vous voir bientot! (Hope to see you soon).

Max: 15 Min: 5 Sessions: 10

9:00 AM - 11:20 AM

Cooking For One or Two

Susan Siemers

Location: Little Flower Kitchen

Sometimes it is difficult to make special meals when it is just you. Learn how to make tasty and nutritious meals in small quantities. When you eat better, you feel better. Learn together and learn to really enjoy cooking and eating. Hands on – everyone will get a chance to use the tools. For over 20 years I have owned and operated a restaurant, then a home bakery. \$10 fee covers food, including a sit-down meal the day before Thanksgiving.

Max: 12 Min: 4 Sessions: 10



9:30 AM - 11:00 AM

Power of Presence

Laura Baker

Location: Little Flower 1

Having trouble managing difficult emotions? This course uses evidenced-based strategies to help decrease feelings of anxiety and depression and increase a sense of well-being. Each week, new tools using cognitive and behavioral approaches and mind-body strategies will be introduced and practiced, therefore weekly attendance is expected.

Max: 10 Min: 6 Sessions: 6

10:00 AM - 11:20 AM

Exploring the Tiny World of Dollhouses

Mo Miller

Location: Little Flower Room 4

Step into the fascinating world of dollhouses and miniatures. You will learn about the history of dollhouses and the current explosion of the craft, while building your own unique room box. Enjoy hands-on crafting without being overwhelmed. Each week we will work together to design and complete your room box. Cost of Supplies: Approx \$35+

Max: 10 Min: 4 Sessions: 10

10:00 AM - 11:50 AM

Nature Journaling 101

DeAnna Varela, M.A.

Location: St. Patrick's Park

Join a park naturalist for this indoor/outdoor course and explore ways of seeing and recording observations in nature. No art experience is necessary, and a simple journal will be provided. Please bring a notebook with a pocket or folder. Access to a computer and internet is needed for homework, resources, and printable materials. NOTE this class will meet at St. Patrick's Park in the Brown Barn, and have several "field trip" days

Max: 12 Min: 7 Sessions: 10

Wednesday Classes

10:00 AM - 11:50 AM

Silvertones

Maretta Hershberger, M.A.

Location: Little Flower Upper Room

Silvertones is a glee club for seniors – no auditions! We welcome anyone who wants to sing. Our focus is on performance of music that is both fun and entertaining, as well as serious; we sing both religious and non-religious music. Silvertones gives a public concert each semester and performs for senior groups, retirement centers, service clubs, and private parties as invited. Most performances are in the afternoon or for a luncheon. Great camaraderie adds to the fun. Music for the fall semester focuses on the holidays. Additional rehearsals may be scheduled between Thanksgiving and the concert, which is usually the second weekend in December.

Max: 50 Min: 10 Sessions: 10

10:00 AM - 10:50 AM

French 1 (part 2)

Cheryl Herman, M.A.

Location: Little Flower Room 6

This course is a continuation of French 1. The emphasis will be on learning to speak French and engage in basic conversation using the *Hacking French* book from the spring semester.

Max: 15 Min: 5 Sessions: 10

10:30 AM - 12:20 PM

iPad Photo Editing Workshop

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

Location: Little Flower Room 5

This workshop will use a \$10 app plus an iPad to edit photos. We will cover restoring old photographs, as well as removing unwanted people and features, adding images, adding text, blurring or changing background, and adjusting the exposure, texture, and color in selected areas of photos, and creating collages, cards, etc. We will demonstrate some of the Apple Intelligence photo editing features as they evolve. An iPad with iOS 18 is required, but Apple Intelligence capabilities are not required.

Max: 8 Min: 4 Sessions: 10

11:00 AM - 11:50 AM

French 2

Cheryl Herman, M.A.

Location: Little Flower Room 6

This course will continue to use the same book from the previous semester. We will learn to speak in the past tense and continue our study of culture through conversation. If you had four years of French in high school or two years in college this course is for you.

Max: 15 Min: 5 Sessions: 10



11:00 AM - 11:50 AM

Mishawaka History

Pete DeKever, M.S.

Location: Little Flower Room 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

Max: 30 Min: 15 Sessions: 10

11:30 AM - 1:50 PM

Beginning Watercolor Session 2

Nancy Barr

Location: Howard Park Room 2

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

Max: 18 Min: 12 Sessions: 10



11:30 AM - 12:50 PM

Solid Silver Dancers

Cathy Roe, certified instructor

Location: Little Flower Gym

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

Max: 42 Min: 15 Sessions: 10

Silvertones “Sing for Unity”

Join us for a musical celebration coinciding with the UN International Day of Peace on September 21st, 2:00pm. This event will feature multiple local musical groups at Christ the King Lutheran Church, 17195 Cleveland Rd. It is open to the public and free of charge.

Wednesday Classes

11:30 AM - 12:20 PM

Basic Knitting

Laura Sinn

Location: Little Flower Room 1

Participants will learn basics in knitting: how to cast on and bind off; read simple patterns; introduction to different sorts of knitting needles. The class will also learn how to make swatches which can be used as pot holders or trivets. Ambitious participants may want to make a baby blanket or cozy knee warmers

Max: 8 Min: 4 Sessions: 8

12:10 PM - 1:30 PM

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

Mark Beudert, A.Mus.Doc.

Location: Little Flower Room 6

Join international operatic tenor and retired ND Professor Mark Beudert (live) and the legendary Leonard Bernstein (on video) as we make the workings of classical music understandable. You will be AMAZED at how much you learn!

Max: 12 Min: 3 Sessions: 10

1:00 PM - 2:50 PM

Beginning Chess II

John Pletcher, Ph.D.

Location: Little Flower Room 2 & 3

Chess - the game of kings! The class will cover tactics, strategy, positional play, openings, traps, and endgames. Each lesson will include chess puzzles, an illustrative game, and a chance to play. There will be a match against the instructor, and a tournament at the end against all the other students. Knowledge of how to move the pieces is required. Chess improves memory and is great to play with grandkids. Chess sets provided. \$2 copy fee.

Max: 12 Min: 6 Sessions: 10

1:00 PM - 1:50 PM

Beginning Guitar

David Denlinger

Location: Little Flower Upper Room

Students will learn the basics of note names, chords and rhythm/strumming patterns. Popular songs will be taught along with a basic understanding of standard notation, tablature, and chord/lyric notation. No prior knowledge required. Students need to provide their own instrument. Copy fee of \$1

Max: 20 Min: 10 Sessions: 8

1:00 PM - 2:00 PM

**Fundamental Option: Techno-feudalism or
Techno-emancipation? Only we can decide**

Richard Putz, B.A.

Location: Zoom

What future awaits humanity, and how shall we shape the desired tomorrow? How does technology influence our choices? Are we aware of AI's benefits and pitfalls? Do we understand the fundamental difference between Techno Feudalism vs. Techno Emancipation? Insights from Marshall McLuhan and others on how technology is the medium of the message as we experience emerging technology and Human Life.

Max: 30 Min: 2 Sessions: 10

1:00 PM - 3:20 PM

Golden Age Of Cinema Matinee

Randall Matthews, M.S.

Location: Howard Park Room 1

Our class will enjoy watching a different movie from the 30's, 40's, and 50's for each of our ten sessions. The films will cover a variety of cinematic styles from comedy to drama, musicals to noir, and everything in between. Our 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. Class questions and comments are encouraged.

Max: 42 Min: 10 Sessions: 10



1:00 PM - 2:20 PM

Introduction to Computers

Cindy Nikolai, Ph.D.

Location: Little Flower Room 5

This class will explore basic introductory computer concepts. We will begin with essential terminology and trackpad movements. Then, we discuss fundamental operating system concepts. We continue by exploring common noteworthy applications. We demystify the cloud and wind our way through the internet. Next, we immerse ourselves in social media and online shopping / banking. Along the way, we touch on security and privacy. This class is designed around the Windows 11 but a Windows 10 computer will work. A laptop is preferred so that you can bring it to class and follow along with the exercises. \$10 copy fee

Max: 10 Min: 3 Sessions: 10

Wednesday Classes

1:00 PM - 2:20 PM

Why Is Martin Heidegger So Grumpy?

Chris Miller, M.A.

Location: Little Flower Room A

Martin Heidegger is lauded as a great philosopher. So why do all his photographs show a grinch-like figure? Was he dyspeptic? Unloved by uncaring parents? Or did he find himself thrown into the wasteland of the 20th century? Was his Germany a zombie horror nightmare? Did the dark night of nihilism haunt him, or the atomic bomb, or the threat of an all-consuming technology? And finally, did he propose an escape route? Come then, and explore the world as Heidegger imagined it. Requirements: a cheap copy of a text TBA, a 5\$ copy fee, and a thirst for thinking.

Max: 15 Min: 5 Sessions: 10

1:10 PM - 2:00 PM

Adult Ballet - Beginning & Intermediate

Jill Tulchinsky, B.S.

Location: Little Flower Gym

Want to try Ballet? Here's your chance! Classes will begin by learning the positions and warm up exercises at the "Barre", and proceed by utilizing the room space, "Floor". Materials will be provided with terms and photos to support the steps learned each week. Ballet History and Classical Music will be incorporated and we'll learn a "Variation" from the "Nutcracker". Wear comfortable clothes for easy movement. Ballet slippers are highly recommended (no bare feet, please), and can be ordered online. Ballet slippers are usually 2 SIZES SMALLER than street shoes. Classes begin Oct 1st.

Max: 12 Min: 6 Sessions: 8

1:30 PM - 3:20 PM

Everything's Eventual by Stephen King

Beth Buechler, MA, English

Location: Little Flower Room 1

Using *Everything's Eventual* as our central text, we will examine how King blends horror, suspense, and the supernatural to explore timeless themes: morality, mortality, justice, isolation, and the human psyche. The class will use open dialogue to explore literary analysis, personal insight, cultural/pop cultural context, and life experience. Whether you're a longtime King fan or a newcomer to his work, King's writing will always challenge you to look beyond the scares to ask what these stories say about the world—and about yourself. Required Text: *Everything's Eventual*. Scribner, 2002. \$2 copy fee

Max: 12 Min: 4 Sessions: 7

2:00 PM - 3:20 PM

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

**Crafting Your Way to Christmas -
Ornaments as Gifts and Keepsakes**

Mary Finlay-Sims, B.A.

Location: Little Flower Room 6

This class will be structured around the creation of 9 different types of Christmas Ornaments. It will also be an opportunity to share ideas that will perhaps expand project goals. Bead-and-Wire, Miniature Wreath, Mini Snowmen, Inside-Out Ball, Scenes in Eggs, and Brightly Colored Bread Dough are some of the masterpieces you will make. This is a very hands-on class. Materials fee: \$20 due to the instructor at first class.

Max: 10 Min: 6 Sessions: 10

2:30 PM - 3:30 PM

Are You Thinking More About Religion Because of AI? - Zoom

Richard Putz, B.A.

Location: Zoom

Or maybe you are rethinking religion in an age of crisis and wonder if AI is contributing to the crisis? If AI is sparking a contemplation on faith, spirituality, or profound questions within you, rest assured, you're not alone! A multitude of individuals, like us, find that technological advancements—be it AI, space exploration, or bioengineering—nudge us to reevaluate long-standing philosophical and religious concepts. The relationship between AI and religion is complex and evolving. It will likely remain a significant reflection area as AI continues to advance.

Max: 30 Min: 2 Sessions: 10



Wednesday Classes

2:30 PM - 3:20 PM

Practical Dating Tips for Women Over 50

Dorothy J. Mincy, M.A.

Location: Little Flower Room 5

You weren't born to know how to date later in life. Is the idea of dating so complex that it is too scary to contemplate? Are you having trouble getting a clear vision of the person you want in your life? How does online dating work? How do you introduce your date to family and friends? Join our hosts, Dorothy and Diane as we discuss the winning dating formula for women over 50 while learning about a dating blueprint that will put your knowledge into action. Come and understand the etiquette for dating in your senior years.

Max: 10 Min: 5 Sessions: 5



6:00 PM - 6:50 PM

Hidden Minorities: Gypsies (Rom), Romanichal, and Irish and Scottish Travellers - Zoom

Richard P. Devine, Ph.D.

Location: Zoom

Learn about an often-forgotten minority group. Our text is *The Gypsies* by Jan Yoors from Waveland Press. I'll show how to access the text and other readings and videos online. Two key websites for accurate information about Romanies and Travellers are www.gypsylloresociety.org and www.ASAnet.org. Other resources such as the documentary *American Gypsy: A Stranger in Everybody's Land* will be discussed.

Max: 20 Min: 10 Sessions: 10

One-Day Only FREE Offerings

These one-time only sessions are free of charge but please RSVP as space is limited. If you're grateful for our program, please consider making a donation of any amount to support our mission. Every dollar counts!

10:00 AM - 11:20 AM | September 17th

Einstein: How One Mild-Mannered Physicist

Changed The Way We Understand Our World

Prof. Mitchell Wayne

Location: Little Flower Payne Hall

More than one hundred years ago, Albert Einstein, armed with nothing more than paper, pencil and his intellect, radically changed our view of the universe. Einstein's enormous influence is still being felt today with the exciting new discovery of gravitational waves. This talk will attempt to explain a few of his most significant discoveries, how they changed our understanding of the laws of nature and their relevance to today's world. While the focus will be on Einstein's science, the presentation will include some discussion of Einstein the person.

10:00 AM - 10:50 AM | October 8th

Just Do What the Song Says (FREE) \$0

Judy Bradford

Location: Little Flower Gym

Join us for a fun one-day-only dance party. Remember those songs that beckoned you to just get up and dance?

These songs will spark your inner teen, recalling 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); *Jump* (Van Halen); *Shake, Shake, Shake* (KC and the Sunshine Band); and *Do the Locomotion* (Dee Dee Sharp).



10:00 AM - 11:50 AM | September 24th

South Bend Watch Company History (FREE) \$0

Bill Stockton

Location: Little Flower Payne Hall

We will discuss the unique history of Indiana's only watch maker, The South Bend Watch Company, which started in 1903. We will discuss the need for high quality watches, a little about how they work, the company's origins, many of the people involved, products, location, ultimate demise and aftermath. For anyone who has an old pocket watch and would like to bring it to the class, Bill will remain afterward to provide any information he can about it.

10:00 AM - 11:20 AM | October 22nd

A Brief History of Particle Physics (FREE) \$0

Prof. Mitchell Wayne

Location: Little Flower Payne Hall

This lecture provides an introduction to the field of particle physics (also known as high energy physics) for the general public. The context of the presentation is historical, from the early 20th century until the present. Some of the key people and their contributions to the field will be discussed.

1:00 PM - 2:30 PM | November 5th

Wealth Management Insights (FREE) \$0

Indiana Trust Wealth Management

Location: Little Flower Payne Hall

Join us for this educational talk featuring insights from 2-3 presenters hosted by Indiana Trust Wealth Management.

Thursday Classes

9:00 AM - 10:20 AM

Boomer Orienteering

Michael Slattery & Justin Tylka

Location: St. Joseph County Parks

Come learn map reading skills while enjoying the beauty of St. Joseph County Parks. We'll meet each Thursday in Sept. Sites will alternate between St. Pat's Park and Ferrettie/Baugo Creek County Park. Each week you will explore a different part of the park in search of 5 orienteering locations (controls). A new map will be provided each week, and an instructor will be on site to guide your search.

Max: 20 Min: 10 Sessions: 4

9:00 AM - 10:20 AM

Learn to Juggle

Bill Hooper & Al Eisenhower

Location: Little Flower Gym

This course will teach you how to juggle and pass with a partner, juggling scarves, balls or even clubs for those that advance. Juggling is one of the best exercises for hand eye coordination, brain health as well as a terrific and fun cardio exercise. All students will begin learning with scarves and progress at their pace to three balls, then clubs, with many learning multiple juggling props such as spinning plates, cigar boxes, Devil Sticks, etc. Join us, juggling is one of the greatest healthy hobbies for all ages.

Max: 10 Min: 4 Sessions: 8

9:00 AM - 10:20 AM

Watercolor Workshop - Zoom

Dorothy McGovern, M.A.

Location: Zoom

Each week we'll paint a picture and mix it up with loose and realistic painting trying different techniques. Before class you will receive an email with a sketch, reference photo, and materials list. Make the painting their own - choosing different colors, or applying your own style and perspective. Mostly we'll have fun sharing painting ideas.

Prerequisites: Beginners Watercolor & Zoom Experience. Class does not meet Oct 16th and 23rd

Max: 12 Min: 5 Sessions: 8

9:30 AM - 10:20 AM

Poland's Struggles to Regain Independence

Robert Jankowski, MBA

Location: Little Flower Room 4

A look at many rebellions and revolutions in Poland between the partitions and the Treaty of Versailles. It's quite a cast of characters including Napoleon.

Max: 10 Min: 1 Sessions: 10

9:30 AM - 10:20 AM

French & Indian War

Joe Zdziebko, M.A.

Location: Little Flower Room 2 & 3

We'll explore an almost forgotten time period of North American history, 1754-1763, The French & Indian War. This event had a lasting effect on this continent, made England a world power, and helped bring about the American Revolution. You have the opportunity to observe and discuss many pieces of equipment, uniforms, maps, furs, and other items. The war itself and methods of fighting in it will also be talked about. The instructor has been a teacher and a French reenacting soldier.

Max: 30 Min: 1 Sessions: 10

9:30 AM - 10:30 AM

Yoga for Seniors

Kim Teska, Ph.D.

Location: Little Flower Upper Room

Gentle yoga class focusing on moving every part of the body with a focus on breath. Everyone will need their own yoga mat, and a 10 ft yoga belt. Wear comfortable clothes. If you have yoga blocks and a blanket, and use them, bring them. Please let the instructor know in private if you have any physical limitations she should know about.

Max: 20 Min: 5 Sessions: 10

10:00 AM - 11:50 AM

A Case of Mistaken Identity - You're Not Who You Think You Are! Who are You?

Tom Petersen, Ph.D.

Location: Little Flower Room 1

Assume an attitude of benevolence toward your SELF. My hope is this course will be open, personal, and reflective, as well as chronically encouraging. This course is FOR you, ABOUT you, the topic is You. Let prudence be your guide. There are many, many other aspects about your life, your sense of "self", to talk about. I never want you to feel pressured or forced to say anything. You are free to be quiet, observe, listen, and reflect at any given time or moment. Let this be a time for peace, reflection, and appreciation for the life you've been given. When you realize who you truly are, many dissatisfactions will simply fall away.

Max: 10 Min: 5 Sessions: 10

Like us on Facebook for the latest updates!



Thursday Classes

10:00 AM - 11:20 AM

Beginning Sign Language

Jeanne Peckiconis

Location: Little Flower Room 5

For beginners, we'll learn new sign vocabulary each week with frequent review and practice. Learn to incorporate facial expression & eye gaze and how hearing loss in any age group greatly affects communication, mood, & social skills. Text: *Signing for Kids (and Adults!)* by M. Flodin. \$18 & \$5 copy fee due to instructor by 2nd class.

Max: 11 Min: 5 Sessions: 10



10:00 AM - 11:50 AM

Chinese Mahjong - Thursdays

Cecelia Hossler

Location: Little Flower Room 6

Mahjong is a game of skill, strategy, and calculation. It is considered a "mind sport" and is fun and interesting to play. You will learn the basics of the official game and strategy tips for playing. Researchers believe that playing the game is beneficial for staving off dementia, cognitive, and memory difficulties. So, come challenge your mind with Chinese Mahjong.

Max: 8 Min: 4 Sessions: 10

10:00 AM - 11:00 AM

German 1.2

Karen Kazmierzak, M.S.

Location: Little Flower Room A

Guten Tag! This course is a continuation of German 1 with a focus on basic communication skills. If you have not joined us in the spring but have had a bit of German in the past, you are welcome to participate. Speaking and correct pronunciation are the focus. Grammar and vocabulary are introduced as needed. German culture is an important part of this course. We will study a few poems and learn some folk songs. Our text: *LANGUAGE HACKING GERMAN - LEARN HOW TO SPEAK GERMAN RIGHT AWAY*. \$3 copying fee. Class does not meet on Sept 18th.

Max: 12 Min: 4 Sessions: 9

10:30 AM - 11:50 AM

Intermediate Juggling - Ball and Club Passing

Bill Hooper & Al Eisenhour

Location: Little Flower Gym

Intermediate juggling is for all graduates of the learn to juggle class or anyone that can juggle three balls. The class will continue the development cycle for juggling and add in several new props such as spinning plates, Poi, cigar boxes and Rings. Juggling clubs and passing with a partner will be developed with expectations that by the end of this

class all participants will be able to juggle three clubs and pass clubs and/or rings with a partner. All participants will be required to purchase three juggling clubs for the course if they do not own.

Max: 15 Min: 4 Sessions: 9

10:40 AM - 12:00 PM

InterPlay

Indi Dieckgrafe, MFA

Location: Little Flower Upper Room

InterPlay is a creative form of movement/dance and play appropriate for all ages and abilities. Class begins with a warm-up and then moves into a series of "forms" that allow you to play with movement, simple stories, and voice. The forms are taught incrementally and are easy to learn, allowing you to connect with your inner self and with others. No one is judged or put on the spot, and you can sit out and observe whenever you care to. InterPlay integrates body, mind, heart and spirit, and is the perfect antidote to stress. Please wear comfortable clothing and be ready to move.

Max: 16 Min: 6 Sessions: 9

11:00 AM - 12:20 PM

Discussion of Books by Local Authors

Patrick Murphy, Ph.D.

Location: Little Flower Room 2 & 3

In the last year, two books written by South Bend authors have been published. The first is ARA by Mark Hubbard about the life of the legendary Notre Dame football coach. The second is Mr. Churchill in the White House by Robert Schmuhl, retired ND professor, about the British Prime Minister's visits there during two presidencies. The course will discuss each book for five weeks.

Max: 20 Min: 10 Sessions: 10

11:00 AM - 12:20 PM

Having Fun with French: Adv Beginning French

Jerry Gloster, M.A.

Location: Little Flower Room 4

Students must know all regular present tenses, the passe compose, the imperfect, the immediate future with aller, the irregular verbs: être, avoir, faire, & aller. They also should know the direct & indirect object subject pronouns. Text: *Easy French: Step-by-Step, Mastering High Frequency Grammar for French Proficiency--Fast* by Myrna Bell Rochester, 2009. \$5 copy fee. 8 classes minimum

Max: 15 Min: 4 Sessions: 8

Thursday Classes

11:00 AM - 12:00 PM

Understanding Modern Israel: Its People, and Struggle for Survival and Peace

Bob Feferman, B.A. & Omer Karavani

Location: Jewish Federation

Learn about modern Israel through presenters Bob Feferman, Community Relations Director, and Omer Karavani, Israeli Emissary for the Jewish Federation of St. Joseph Valley. In the 1st session Omer will present, "My Israeli Story", which tells his personal story and that of his family. The 2nd session will be an overview of the Jews of the Middle East, and the 3rd session will be on "Israel the Melting Pot?" The last 2 sessions are titled, "Israel: A Struggle for Survival and Peace". Classes will meet: Oct 16th, 23rd, 30th and Nov 6th, and 20th.

Max: 25 Min: 5 Sessions: 5

12:00 PM - 1:20 PM

Italian Language and Culture through Food

Nancy D'Antuono, Ph.D.

Location: Little Flower Room 1

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

Max: 12 Min: 5 Sessions: 10

12:00 PM - 1:20 PM

Spanish Level 3 (Intermediate)

Carol Stuart, Ph.D.

Location: Little Flower Room A

This course is for people who feel comfortable with the present and past tenses in Spanish and want to deepen their understanding of Spanish grammar and communication. We will learn the future and subjunctive tenses, among other verb forms, and will engage in classroom conversation. Please purchase the book *Spanish Easy and Fun* (c. 2023) before the first class. This course will cover units 21-30 in the book. To get the most out of the audio component of this class, students will need access to a smartphone or computer. \$2 copy fee

Max: 20 Min: 5 Sessions: 10

Travel Ideas Wanted

Forever Travel wants to hear your ideas for local or international trips. We seek to offer fun and affordable opportunities both near and far.

12:10 PM - 1:30 PM

Automobile Ownership 102

Phillip Potter

Location: Little Flower Room 6

We'll begin with a brief overview of the current automotive industry and how it affects your purchase and ownership experience. Then we'll explore the sales process, acquisition timing, lease vs. purchase, and finance alternatives. We'll discuss maintenance practices and how they affect your vehicle, and conclude with resale alternatives, trade-in vs outright sale, and using internet research to maximize your buying/selling position. As such having an internet capable device is preferable

Max: 12 Min: 5 Sessions: 10



12:20 PM - 1:40 PM

Pickleball for Beginners-Thursday

Donna Adams, Sam Haag and Sue Fassett

Location: Little Flower Gym

This class is for true beginners. You will learn the basic rules, places to play, and groups to play with. Learn to serve legally, maintain a rally, and place the ball where you want it to go. Each class will include a short lecture, drills, and open play. You don't have to be an athlete to have fun. Paddles and balls provided. You may register for only one pickleball class each semester. *Caution:* To play this game safely, you must be able to bend your knees and have a good sense of balance. If you have any doubts, please check with your healthcare provider.

Max: 16 Min: 8 Sessions: 10

12:30 PM - 2:50 PM

Cribbage For All

Cameron Melvoin, B.S.

Location: Little Flower Room 5

Learn and play this exciting board/card game that's fun to share with children and grandchildren. It's a great time to meet others. Beginners and experienced players are welcome. Learn 2 handed, three handed, and partner cribbage.

Max: 12 Min: 4 Sessions: 10

12:40 PM - 3:00 PM

Jazz and Blues Go to the Movies

Tony Zmirski, Obl OSB

Location: Little Flower Room 4

We will watch and discuss movies with jazz/blues soundtracks, plots, or actors. Plus a few surprises! Suggestions are encouraged. Session length may vary based on the movie length.

Max: 10 Min: 4 Sessions: 9

Thursday Classes

1:00 PM - 2:20 PM

The Catholic Counter-Reformation

Rev. Christopher Kuhn, M.A.

Location: Little Flower Room 2 & 3

This semester will present the Catholic response to the Protestant Reformation (first semester.) We will discuss the Council of Trent (1545-1563) and consider the historical theological & political context of this monumental Council. We will examine the popes, cardinals & bishops who were leaders of the Catholic Church at the time of the Council. Also we will consider the reforms which the Council made in areas such as seminary training, the sacraments & Eucharist. We will also discuss the new religious orders & the people that took up the cause of reform & the spread of Catholicism to the New World.

Max: 25 Min: 25 Sessions: 10

1:00 PM - 2:20 PM

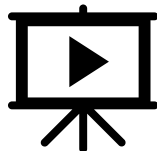
YouTube Made Simple: Share Your Story with the World

Dr. Louise Williams

Location: Jewish Federation

Learn how to record, edit, and share your own YouTube video! This hands-on course focuses on using smartphones as the easiest and most powerful tool for video creation. You'll learn the essentials by completing a personal video project that engages with the people, places, or stories at the Jewish Federation, and upload it to YouTube. You may also choose a topic connected to your own interests. Required: A smartphone (iPhone 8+/Android 9+) with working camera, mic, and app access. Newer laptops are welcome—contact the instructor if unsure your tech is suitable.

Max: 20 Min: 3 Sessions: 9



1:40 PM - 3:00 PM

Business/Consumer Math

Bill Barna

Location: Little Flower Room 1

This class will focus on math that is relevant to both business, privately owned or balancing your books. We'll discuss managing daily math calculations for purchasing items and sales prices, percentages, math relating to insurance, financial statements, loans, and taxes. Class will not meet on Oct. 23rd.

Max: 12 Min: 3 Sessions: 9

2:00 PM - 3:20 PM

A Touch of Theatre

Mary Ann Moran & Barb Thomas

Location: Little Flower Room A

We will study 3 plays, spending 1 week talking about the play and looking at parts of a movie or YouTube version; 1 week taking parts and beginning to read it; and 1 week reading the whole play. We may do a staged reading for friends the final week.

Max: 12 Min: 6 Sessions: 10

2:00 PM - 3:20 PM

Conversational Spanish Level 4

Janet McPeak, DML

Location: Little Flower Room 6

This course will be an extension of language learned in conversational Spanish Level 3. In this course, emphasis will be placed on Spanish conversation based around language tasks/vocabulary, as well as grammatical topics. Students will talk about everyday topics in present, past and future tenses.

Max: 10 Min: 7 Sessions: 8

2:00 PM - 3:50 PM

Soul-Magic Collage Journal

Rev. Marianne Chalstrom, M.Div.

Location: Little Flower Upper Room

Create a "wisdom book" of your soul's messages using magazine collage. It feels magical because of the insight and wisdom that appears on the page! We use simple techniques and a journal template learned in the Spiritual Art Journal class. (Previous class experience highly recommended). Bring: composition book, scissors and glue stick and old magazines to cut up.

Max: 12 Min: 5 Sessions: 8

Calling All Teachers!

If you have a passion to share, consider teaching with FLI. Teaching a fun way to give back and meet people with similar interests. Give us a call or stop by the office to discuss what you're passionate about and get added to our teacher outreach list today.

Teachers receive 2 free class credits per semester, 1 free class for a spouse, and special pricing for certain Forever Travel local trips.

Friday Classes

9:00 AM - 11:00 AM

Autumn's Subtleties and Splendor

Jan McGowan, B.A, MLS

Location: St. Joseph County Parks

Once each month, meet a naturalist at a County Park for an introduction to what's going on with plants, animals and insects as nature gradually prepares for winter. Then head out for a naturalist-led hike to look and listen for nature in action. Dates and locations: Sept 19th at Bendix Woods Nature Center; Oct 17th at Spicer Lake Visitors Center; Nov 14th at St. Patrick's County Park Brown Barn.

Max: 15 Min: 7 Sessions: 3



9:00 AM - 10:30 AM

Intermediate/Advanced Watercolor

Joy DeLaurelle

Location: Little Flower Room 2 & 3

Learn how to up the level of your painting. You will sharpen your skills in drawing, painting, and composition. You will understand the balance that is between moisture, pigment, and paper with the decisions of every brushstroke. Letting your techniques serve what you want to convey in your painting. Helping you gain clarity to move forward in your art. Materials needed: Watercolor paints, Palettes, Watercolor paper, Brushes, #2 pencil, Gum eraser, Water cup, Paper towel

Max: 15 Min: 5 Sessions: 10

9:30 AM - 10:20 AM

Notre Dame's Basilica of the Sacred Heart

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

Location: Little Flower Room 6

Thousands of tourists and pilgrims visit the Basilica of the Sacred Heart each year. However, many local residents have never visited and have little knowledge about it. This course will examine the history, architecture, art and theology of the Basilica, and include a guided tour of the Basilica.

Max: 15 Min: 5 Sessions: 10

9:40 AM - 10:40 AM

Line Dance - For Beginners

Linda VanOverberghe, ACE & AEA Certified

Location: Little Flower Gym

Line dancing is a fun and engaging way to dance with others. In line dancing a group of people perform a choreographed sequence of steps in unison, usually in rows or lines, moving in the same direction. The steps are repeated, and dancers often change direction at various points in the routine. Line dancing can be done to various music genres

and is suitable for all skill levels, making it an enjoyable activity for individuals and groups alike.

Max: 30 Min: 5 Sessions: 10

10:00 AM - 11:20 AM

Writing the Stories of Your Life

Ann Carey Schmiedeler, B.A.

Location: Little Flower Room A

How often have you wished you had asked your parents, grandparents, or aunts and uncles about what life was like when they were younger? Young people usually don't think to ask those questions until older loved ones are not around to answer. This is your chance to write down the stories of your life so that younger generations will benefit from your wisdom, discover how you overcame difficulties or reached goals, and learn what life was like in the past. The instructor will present topics for you to choose from, such as memories of your parents, your first job, etc., and class discussions will help spark ideas for your stories. You will wind up with a collection of memories that will become a cherished legacy for generations in your family. Bring paper and a pen or a laptop, and don't worry about spelling or grammar: It's all about the stories! Copy fee of \$1

Max: 12 Min: 5 Sessions: 10

11:00 AM - 11:50 AM

K-12 School Finance

Ralph Spelbring, B.A.

Location: Little Flower Room 1

Which Lake Michigan state has the best K-12 school finance system? Berrien County is an excellent example of the shortcomings of using property taxes as the major source of school revenue.

Max: 12 Min: 6 Sessions: 4

11:00 AM - 12:20 AM

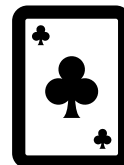
Euchre for Everyone

Sharyl Dawes M.B.A & George Azar M.Ed

Location: Little Flower Room 2 & 3

Whether you've never played, played before, or are an avid player, this class is for you! We will learn about the history, rules, tips, tricks, and strategy of the game. This class will end each session with round robin play. By the end you will feel confident playing in the community and having fun!

Max: 20 Min: 4 Sessions: 10



Share Your Story

You mean the world to us, and your stories are a powerful way to share the impact of our mission with others! We'd love to hear how Forever Learning has made a difference in your life.

Friday Classes

11:00 AM - 12:50 PM

Traditional Country Dance

Kevin Cawley, Ph.D. & Roy Sommerville

Location: Little Flower Gym

Contra dance, a descendant of country dance traditions of the British Isles, might remind you of the dancing you see in movies based on Jane Austen novels -- or the hoedowns in westerns. We will learn some country dances from England, Scotland, Ireland, and Wales, as well as American contra dances. Dancing exercises your body, and mind. Before the end of the course you should have the confidence to participate in Michiana contra dances.

Max: 32 Min: 6 Sessions: 10

11:20 AM - 1:10 PM

Watercolor and Ink Workshop

Gloria Mann

Location: Little Flower Room 2 & 3

This Fall Semester we will be adding more than Watercolor to the mix. We will also add Calligraphy and Pen and Ink sketches, and work on textures to give our work more interest. Fall colors will be in our art and we will finish off with Landscape. A list of supplies will be provided the first day of class. \$3.00 copy fee. Prerequisite: Beginning Watercolor

Max: 20 Min: 8 Sessions: 10

11:40 AM - 1:00 PM

Introduction to the Bible

Greg Doyle, M.A.

Location: Little Flower Room A

The Bible is a foundational text for all three monotheistic religions (Christianity, Judaism, and Islam). The Bible has had an amazing influence on human culture, thought, art, and literature for thousands of years. Learn about the history and literature of the Bible. Open to anyone, no matter their experience or religious beliefs. Each participant needs their own copy of the Bible for reading.

Max: 20 Min: 6 Sessions: 10

1:00 PM - 2:00 PM

Senior Balance Class – St. Paul's

Dave Stahl

Location: St. Paul's

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

Max: 25 Min: 8 Sessions: 9

1:00 PM - 1:50 PM

Beginning Hula

Becky Albrecht

Location: Little Flower Gym

This Hula course introduces the basics of traditional Hawaiian dance. Students will learn steps such as the basic kaholo, ami, and hula pahu. We'll emphasize the connection between movement and storytelling, and the importance of rhythm and breath in hula. Perfect for beginners, this class offers a fun, energizing way to improve flexibility, coordination, and body awareness, all while exploring the rich history of Hawaiian culture.

Max: 15 Min: 7 Sessions: 10

1:00 PM – 2:20 PM

Intro to Genetics

Sharon Dennis, B.S.

Location: Little Flower Room 6

This class covers the history, discovery, & understanding of inheritance through the study of genetics, genetic diseases, treatments, and the role genetics plays as the driver of evolution & diversity.

Max: 15 Min: 5 Sessions: 10

1:30 PM - 2:50 PM

The United States in the Last Century I

John H. Haas, Ph.D.

Location: Little Flower Room 2 & 3

The first of two sessions are devoted to understanding the travail of the United States since the Great Depression. We will be most focused on the way ideas, events, and personalities come together to forge eras of political dominance and provoke critiques. New Deal liberalism, mainstream conservatism, and the emergence of radical alternatives such as populism and identity politics will be examined. We will take the story from the 1930s to the 1980s, and a subsequent class will pick the story up there. Readings will be emailed.

Max: 25 Min: 5 Sessions: 10

3:00 PM - 3:50 PM

Easy Fun 8 Form T'ai Chi Chaun - St. Paul's

Cecelia Hossler

Location: St. Paul's

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

Max: 20 Min: 6 Sessions: 10



The Mission of Forever Learning is only possible thanks to our many generous volunteers, teachers, donors, and corporate sponsors. We are not funded by any federal, state, or local program.

During the 2024-25 School Year

4260

Volunteer hours
were donated by
our teachers

242

Individual students
and teachers gave
monetarily

\$74.39

Was the average
dollar amount
donated

Thank you!



Forever Learning Course Registration Form

Please fill out completely and return or mail to the FLI office

Date _____

A separate form is required for each student

Name:

Last

First

Mi

M / F

☐ ☐

Phone (H)

Phone (C)

Birth Year

Address:

City:

State: Zip:

Email:

Emergency Contact:

Emergency Phone:

Course Name

Day

Time

Tuition

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Please accept this donation to Forever Learning Institute

Make Checks Payable to: Forever Learning Institute

TOTAL \$ _____

PLEASE SIGN WAIVER AS READ AND AGREED WITH: I agree to release, discharge and hold harmless and indemnify The Forever Learning Institute, Inc. (FLI) its agents, instructors, employees, or other entities acting on its behalf from all claims, demands, rights, and causes of action of any kind. I, hereby, waive all claims from personal injury or property damage arising from my activities or use of the facilities and equipment at FLI and all offsite facilities and I accept, assume, and incur all responsibility for risk of injury from such activity and exercise. I also agree to allow any pictures taken of me during classes or activities at FLI, to be used in publications/publicity for Forever Learning.

SIGNATURE REQUIRED _____

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 form with your registration to the FLI office to request a scholarship.

Name:

Last

First

Mi

Phone (H)

Address:

Phone (C)

City:

State: Zip:

Previous Student? Yes / No

Course Name

Day

Time

1.	_____	_____	_____
2.	_____	_____	_____

Scholarship Approved By _____ Date _____

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